



Thank the Farmer

Before we eat a raisin, we thank the people, places and things that were part of its journey from grapevine to table.

Duration: 5 to 10 minutes

Age: Young children or teens with a slight modifications

Supplies: Raisins & a cup

Leading the Game

Prepare by finding a comfortable place to eat and placing a few raisins in a cup for each child

1.) Let's pick up a raisin. Bu before we eat it, let's think about how it got from the grapevine into our hands.

- Think of the worms that nourished the soil . . . *Thank you, worms!*
- Think of the sun and rain that fed the vines . . . *Thank you, nature!*
- Think of the farmers who took care of the vines and harvested the grapes . . . *Thank you, farmers!*
- Think of the workers who harvested the grapes, put them out to dry and boxed them . . . *Thank you, workers!*
- Think of the truck drivers who drove the raisins to the store . . . *Thank you, truck drivers!*
- Think of the person who bought the raisins and brought them to you . . . *(The children thank you.)*





Leading the Game continued . . .

1.) You're welcome! Now Let's eat the raisin. Put it in your mouth for a moment without chewing and notice what it feels like. Then spend a moment chewing. And then, swallow. Pay careful attention to how each step feels.

3.) Talking points: *Have you thought about your food this way before? Do you think about raisins differently now?*

Modification

Teens and kids who might be too old for *Thank a Farmer* can reflect on the Vietnamese proverb upon which it is based: "When eating a fruit, think about who planted the tree."

You can also use a different fruit for the activity.

