

FAMILY DISCUSSION GUIDE: WEDNESDAY

All of the activities that are a part of Gardening with Community provide ways to try hands-on gardening in a variety of contexts, as well as exploring how gardens can create healthy communities for plants, animals and people. We are providing this discussion guide for adults to help inspire conversations with your children and connect the activities to the weekly theme.

Today's activities included:

- Food Webs
- Map Your Food
- Making Food

Questions to prompt discussion:

- What food webs did you discover in your sit spot?
- How is your adopted plant?
- What food sources did you map in our neighborhood?
- Go on a food sources field trip – visit all the places you could get food in your neighborhood, or visit the one you normally go to and explore things with your child. Where do different foods come from, can you find signs or labels? Why do you choose certain foods and not others?
- What was it like making the meal you chose?
- What does that meal mean to you? How does it make you feel?