

Illustration adapted from Food for the Future (Barefoot Books), written by Mia Wenjen and illustrated by Robert Sae-Heng

# edible FOR KIDS

Activities, recipes, stories (and more!)  
created for family sharing



**Read to Learn More:**

Learn more about sustainable farming in *Food for the Future*

[barefootbooks.com/food-for-the-future](http://barefootbooks.com/food-for-the-future)

CUT ME OUT!



Barefoot Books

*edible* FOR KIDS is created in partnership with indie, award-winning, Concord, MA-based children's publisher, Barefoot Books. Learn more by visiting [www.barefootbooks.com](http://www.barefootbooks.com).



Can we feed the world without pollution?  
Sustainable farms are one solution.

We can go back to old ways or try something new.  
Let's take care of our Earth — for me and for you!



Learn more about how these and other farms grow food at [barefootbooks.com/food-for-the-future](http://barefootbooks.com/food-for-the-future)

**Sustainable farms** grow food without using too much energy, water or harmful chemicals, and without harming the habitats of animals who live nearby. Some types of sustainable farms have been around for thousands of years, while others are modern inventions.

**ROOFTOP GARDEN** (Boston, USA)

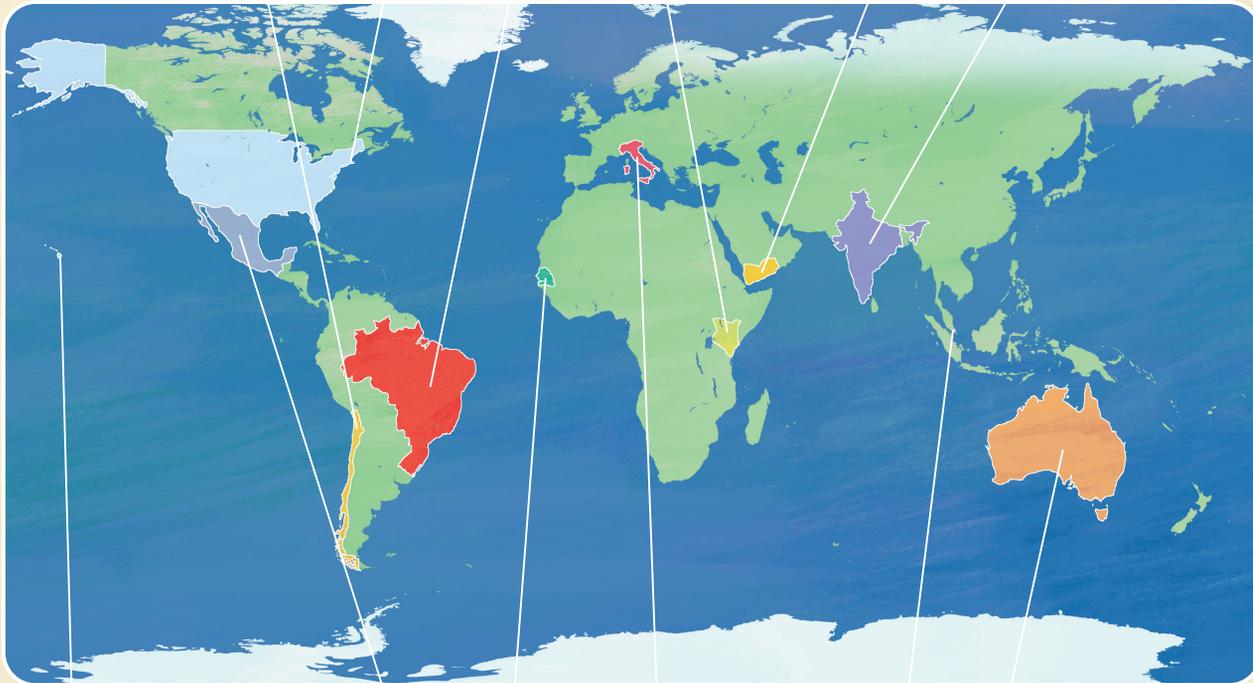
**FISH FARM** (Brazil)

**HONEY FARM** (Yemen)

**TERRACE FARM** (Chile)

**FOOD FOREST** (Kenya)

**DOBA** (India)



**SALT FARM** (Hawai'i USA)

**BIOSPHERE** (Italy)

**MUSHROOM FARM** (Mexico)

**VERTICAL FARM** (Singapore)

**CIRCULAR GARDEN** (Senegal)

**OYSTER FARM** (Australia)

Are there any sustainable farms like these close to where you live? Which would you most like to visit?

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# Sustainable Farms Around the World



**Rooftop Garden (Boston, USA):** The Red Sox baseball team created a farm on an empty roof at Fenway Park.



**Food Forest (Kenya):** Self-maintaining food forests are replacing some animal farms in an effort to provide enough food.



**Fish Farm (Brazil):** Temporary traps catch fish as they return downstream.



**Doba (India):** Water is stored in the wet season to use for farming in the dry season.



**Terrace Farm (Chile):** Steps are built into mountains to save water while farming.



**Biosphere (Italy):** Underwater pods use hydroponics (nutrient-enriched water instead of soil) to grow food.



**Oyster Farm (Australia):** Oyster farming is one of the oldest forms of aquaculture (farming in the water).



**Salt Farm (Hawai'i USA):** When sea water evaporates, the salt crystals that form are mixed with red clay.



**Vertical Farm (Singapore):** Supertree Grove is a garden that creates solar energy and collects rainwater.



**Circular Garden (Senegal):** The circular design allows plant roots to grow towards the middle, trapping liquids.



**Honey Farm (Yemen):** Honey is one of the most sustainable foods, because all you need to produce it are bees and flowers!



**Mushroom Farm (Mexico):** Mushrooms don't need energy from the sun, so they can grow in the dark!

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# ACTIVITY

## Grocery Games

*Do you know where your food came from?*

### You'll Need:

- packages of food
- world map



- 1 Gather packages of food to look at. Read the front, back and sides of the packages and see if they list where the food was grown or made. (Not all food packages do.) Make a list of the various locations. How many different countries and cities can you find listed on the food packages?
- 2 Using a world map, find the food that came the longest distance to you. How do you think it got to you? Find the food that came the shortest distance to you. Do you notice any patterns? Do certain types of food often come from the same geographical area?
- 3 Look for any words written in foreign languages. Do you know what languages they are? Do you know what the words say?
- 4 Put the packages back where you found them when you're finished!



### Shop Smart!

Now that you know how to discover where your food comes from, look for labels when your family shops for food. Try to find foods grown and prepared close to where you live. It takes energy — and can cause pollution — to move food from place to place.



Explore 50+ hands-on activities about crafts, food, games, festivals and ways of helping others around the world in the Global Kids activity deck at [barefootbooks.com/global-kids-deck](http://barefootbooks.com/global-kids-deck)



Illustration and text adapted from Global Kids (Barefoot Books), written by Homa Sabet Tavangar and illustrated by Sophie Fatus

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