

One More Idea: Trace It Back to the Sun

REVEAL AT REVIEW

10 MIN

NO PREP

The point

We sorted the world into plants and animals. Here is one more idea: pick **any** animal's dinner and walk it **backwards** — it always ends at a **plant**, and the plant caught its energy from the **sun**. Every meal on Earth is sunshine, passed along.

Do it

- 1 Let each child name a food they ate this week — the wilder the better.
- 2 Trace it out loud, step by step: *hot dog* → *pig* → *corn* → *sun*. *Cheese* → *cow* → *grass* → *sun*.
- 3 Try to stump it: is there ANY food that does not walk back to a plant and the sun? (There isn't.)

Say: "Plants catch sunshine. Animals eat the catch. Every dinner is sunlight that took the long way to your plate."



Fig. 1 — walk any food backwards and you reach a plant, then the sun

What to watch for

- The gasp at tracing junk food: even a **potato chip** walks back to a potato plant
- Kids racing to find a food that breaks the rule

A PEEK AHEAD

THESE BACKWARD WALKS ARE CALLED **FOOD CHAINS** — AND THE ENERGY IN THEM FLOWS ONE WAY, SHRINKING AT EVERY STEP. A WHOLE LESSON ON THAT IS COMING SOON.