

The Journey of a Meal

Learn together, one small step.



Look closely

Does a bowl of vegetable rice depend only on the cook?



Story 1 / 3



In a community garden, Lele saw a gardener watering seedlings. "Vegetables grow here before they reach a plate!" he said. "What about rice?" asked Xiaohe. "Rice comes from a grain crop," Mother explained. "Different foods have different journeys. Let us draw a map at home."

Pause and ask: What did Lele discover in the garden?

Story 2 / 3



They drew vegetable rice in the middle of a sheet and added sunshine, rain, soil, growers, transport workers and a cook around it. Lele wanted to make the cook biggest. "Without the other help, the cook would not have these ingredients," Xiaohe said. They made room for each condition.

Pause and ask: Why does a cook also depend on others?

Story 3 / 3



While Mother handled the hot pot, the children set spoons on the cool table nearby. Food had not appeared from nowhere. Many conditions had come together for this meal. “I cannot do every job,” said Lele, “but I can take care of my small part.”

Pause and ask: What safe task could Lele do?

A Buddhist idea

Notice causes and conditions.
Appreciate a meal's journey.



Talk together

What would change without water or transport?

How can children help without touching a hot pot?



Try an activity

Draw three things that support a meal.



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

