

A Pause Before We Eat

Learn together, one small step.



Look closely

Where does a carrot travel before it reaches our meal?



Story 1 / 3



Xiaohe draws a seedling. Mum adds a gardener, and her son draws a delivery van. They also think of shopping, washing vegetables and cooking. Xiaohe looks at a carrot in the basket.
"Our meal did not arrive all by itself!"

Pause and ask: Who appears in the food journey?

Story 2 / 3



Before eating, they pause briefly. Mum explains that Buddhist families may remember the Three Jewels and make a food offering. Today they begin with words they understand. Xiaohe thanks the people who helped provide the meal. Her brother wishes that other people have enough to eat too. Then they eat.

Pause and ask: What do the children appreciate and wish for?

Story 3 / 3



Xiaohe takes a suitable portion and can have more if needed. Afterwards she hands Mum her bowl while her brother wipes the table. Mum promptly stores suitable leftovers. Xiaohe discovers that caring for food means thoughtful choices and tidying, not forcing down more than her body needs.

Pause and ask: How does the family care for the table afterwards?

A Buddhist idea

Make gratitude specific.



Talk together

Who helps besides the person who cooks?

Does caring for food mean forcing ourselves to eat too much?



Try an activity

Draw three stops on food's journey.
Who would you like to thank?



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.

