



It was a bright morning at Maplebear Preschool.

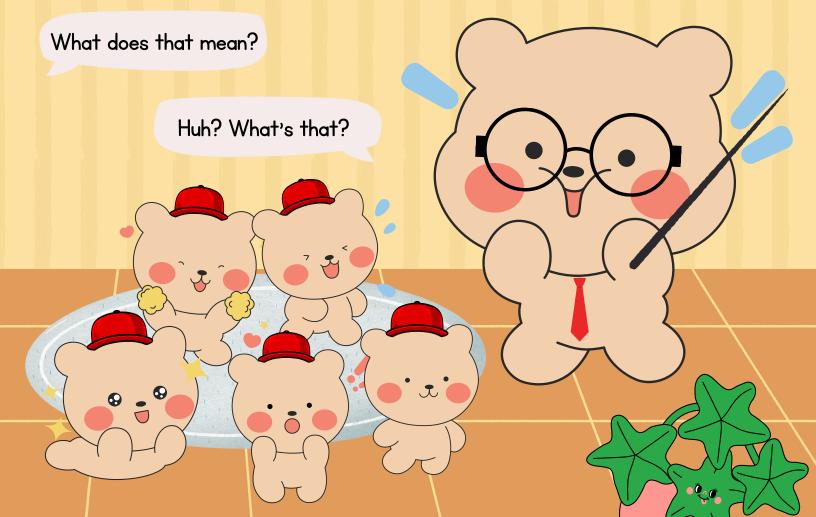
Ms Bear said "We are starting a special project with our friends, Corridor Farmers."







"They are going to teach us about food sustainability!"



Food sustainability means learning how
to grow and use food,
to keep our Earth healthy.
When the Earth is healthy,
there will be enough food.
Everyone will be happy and healthy,
for a long time.

We can have a little garden.

Let's try planting our own fruits, herbs and vegetables!







But how?

Reducing wastage and finishing your food is also food sustainability. When we care for the plants, we are caring for the Earth too!







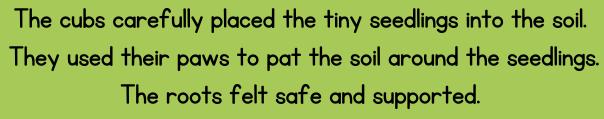


The cubs headed outside and saw something waiting for them.

It was a heap of planting materials,
and they were unsure of their names.

These are vegetable trays, potting nets, soil and some seedlings.





Now, let's wait and watch the plants grow.



When they have grown bigger and stronger, we can use them in our food!

Growing our own food reduces food waste and saves energy used to bring vegetables from other countries into supermarkets.



Ms. Bear said to the cubs.

"We have to be patient.

Plants grow slowly, bit by bit everyday."

"They need your love and gentle hands to grow tall and strong, just like how you need Papa and Mama Bear's love and patience too."





However, Ms. Bear reminded the cubs that "Plants grow best, when we care for them everyday.

Sometimes, too much sun or water make the plants sick, and they grow slower.

We must protect ourplants, so that they grow healthy and strong.".





Ms Bear brought some delicious treats to class.

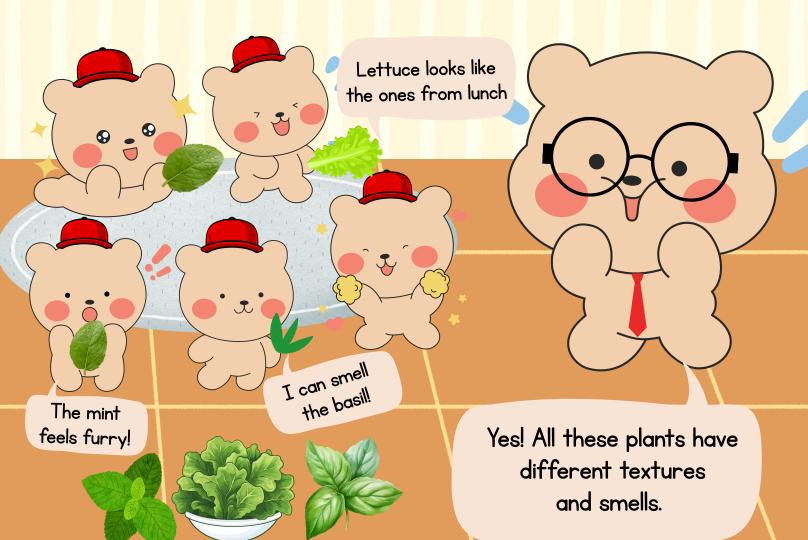
There were basil, mint and lettuce leaves.

Ms Bear smiled at the cubs and said

"These are how your plants will look when they are all ready to harvest!".



The cubs took turns to touch and smell them.





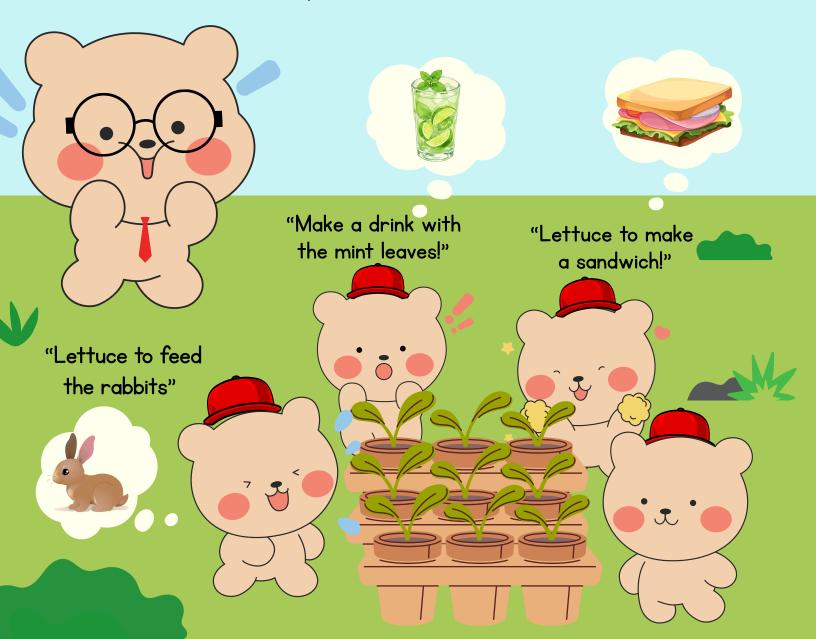
"What do you think we can make with these plants?"

The cubs started sharing their ideas.

"Excellent! We can use these plants to make many types of yummy food. When we grow food and use only what we need, we are reducing food waste.

And that is food sustainability!"

Ms. Bear replied, with a smile on her face.





At the end of the project, the cubs brought the vegetables they had grown home.

The cubs smiled at their leafy vegetables as they showed Papa and Mama.

