



The Whole World Inside Nan's Soup

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Concepts

This book provides an excellent opportunity to initiate productive discussions about:

- Community
- Food supply chains
- Interconnectedness
- Family
- Generational connection
- Diversity
- Gratitude
- Traditions
- Labor

Takeaway

Resilient people ground themselves by recognizing the interconnectedness they share with the whole world.

This story focuses on a grandmother who is making a soup for herself and her granddaughter. As the granddaughter questions what is inside Nan's soup, Nan begins explaining all of the supply chain and natural world steps to obtaining the ingredients for this soup. *The Whole World Inside Nan's Soup* teaches us the interconnectedness of all these processes, explaining that the whole world is inside Nan's soup.

“Without the sun, the moon, the stars, the seeds that were planted in the soil by the gardener, with their gentle hands, and then watered by the rain, wouldn't grow. So, they are in the pot too.”

This story is important for young children to understand how much effort goes into making a meal. This book can be used as a variety of learning opportunities: the natural world, interconnectedness, mindfulness, grounding techniques, or the impacts of food waste. *The Whole World Inside Nan's Soup* can also be used as a lesson on gratefulness in young children who may not fully understand the amount of effort it takes to make one meal.



Activities to try at home:

Use one or more of the attached activities to strengthen your child's understanding of this book's lessons.

1. **The World in a Meal**
2. **The World Inside a Family Recipe**

Flip for [Conversations to Have at Home](#)



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Conversations to Have at Home:

In our normal day to day, we usually lack the time to truly understand and appreciate the amount of effort, history, and people it took to get us where we are, to make our food, and to do pretty much everything. Taking the time to think and ponder on these things is a form of mindfulness as it helps us realize that we are one important piece of a whole greater puzzle.

Consider these ideas when discussing this book with your child:

- Demonstrate for your child the effort that goes into making a meal.
 - Discuss the history behind a significant dish that you make.
 - If you have the means, gardening with your child may help them gain a tangible understanding of the effort and care that goes into getting the ingredients to make a meal.
 - Reflect with your child, “How does it feel to know that so many people and elements of nature help us have food on our table?”
- Discuss with your child the meaning of interconnectedness and recognize ways in which we are all connected.
- Take advantage of opportunities to recognize the role of nature in our lives.
 - Nanni tells her granddaughter about the impact of the the soil and the sun on the meal.
- Express gratitude for all the people that go into getting you your food, such as grocery store workers, farmers, truck drivers, etc.



For additional *Resilience Grows Here: At-Home* book recommendations, visit fvhd.org/community-health/rgh/books

For additional mental health support, visit fvhd.crediblemind.com

The World in a Meal

Nanni tells us that every meal is made up of a whole host of things, such as people, nature, and processes. Draw your favorite meal and identify all the things that go into making it.



*Ex: The sun provides
light for plants to grow*

My favorite meal:

The people and things that go into making my favorite meal:

Takeaway:

Resilient people recognize the interconnectedness they share with the world.

The World Inside a Family Recipe

Almost every family has a classic dish that follows generations. The dish brings loved ones together and connects the family, whether it’s a holiday dish or a comfort food. Contact a family member or loved one who makes a meal that you love. Ask them the following questions:

1. What ingredients are needed for the meal?

2. Where do these ingredients come from?

3. What did it take to grow, distribute, and transport these ingredients to your home?

4. Are there any familial ties to this dish? Where did this recipe come from?

Takeaway:

Resilient people recognize the interconnectedness they share with the world.

