MODULE 5: **Sources of Food**

Background:

Most people buy food from their local grocery store. Children often only "see" food coming from the grocery store or from their kitchen at home, but it is important for them to understand where different foods come from.
Food travels a long way and passes through a lot of hands before being put on their dinner table at home.

Objective:

Children will learn about the origins of different types of common foods.

Suggested Activities:

(A) Going to the Source

Materials:

- Pictures of different foods and drinks. You may use the pictures on pages 24-33 or cut out pictures from old magazines or newspapers.
  - -Milk and other calcium containing foods
  - -Fruits (apples, oranges, tangerines, berries, mango, banana, etc.)
  - -Vegetables (lettuce, cucumber, onion, carrot, celery, etc.)
  - -Grains (rice, noodles, bread, cereal, etc.)
  - -Meats (fish, eggs, ham, cold cuts, etc.)
- You can focus on one food, or type of food (example: milk products) per activity. It would be great if some days can be a discussion about foods that will be eaten for that day's lunch or snack.

Procedure:

1. Ask children to think about the foods they eat. Ask them where it comes from?
2. Pass out a picture of a different food to each child. Go through each picture and discuss together where the food comes from. Ask them questions to help guide them in the right direction.
   Example: "Has anyone seen pineapples growing before?"
   "Has anyone gone fishing with their family before?"
   "Does this food come from a plant or animal?"
3. Help children group foods according to their origin (land vs. ocean; plant vs. animal).

(B) Plant Matching Game

Materials:

- Plant Parts diagram (see page 47)

- Plant part cards (see page 48)
- Scissors
- Board, tape

Procedure:

1. Post the plant diagram up so everyone can see.
2. Cut out the plant part cards
3. Ask the children what they see in the picture. Tell children that plants are very important because many different parts of the plants provide us with many tasty and nutritious foods.
4. Hold up and read out one of the plant part cards and ask the children to point where they think this plant part is in the picture. Go through some examples of foods that we eat from that particular plant part. Refer to the "Plant Food – Answer Sheet" on page 50 to gather ideas for different foods that we eat that come from that particular plant part.
5. Repeat for the remaining five plant parts.
6. Reinforce the concept that plants provide us with many tasty and delicious foods, like fruits, vegetables and grains. Ask children if they ate any plant parts for lunch or snack today?

For a greater challenge, you can sprout seeds or start a small garden with the children. This can engage them in raising plants and seeing the transformation from seed to plant to food.

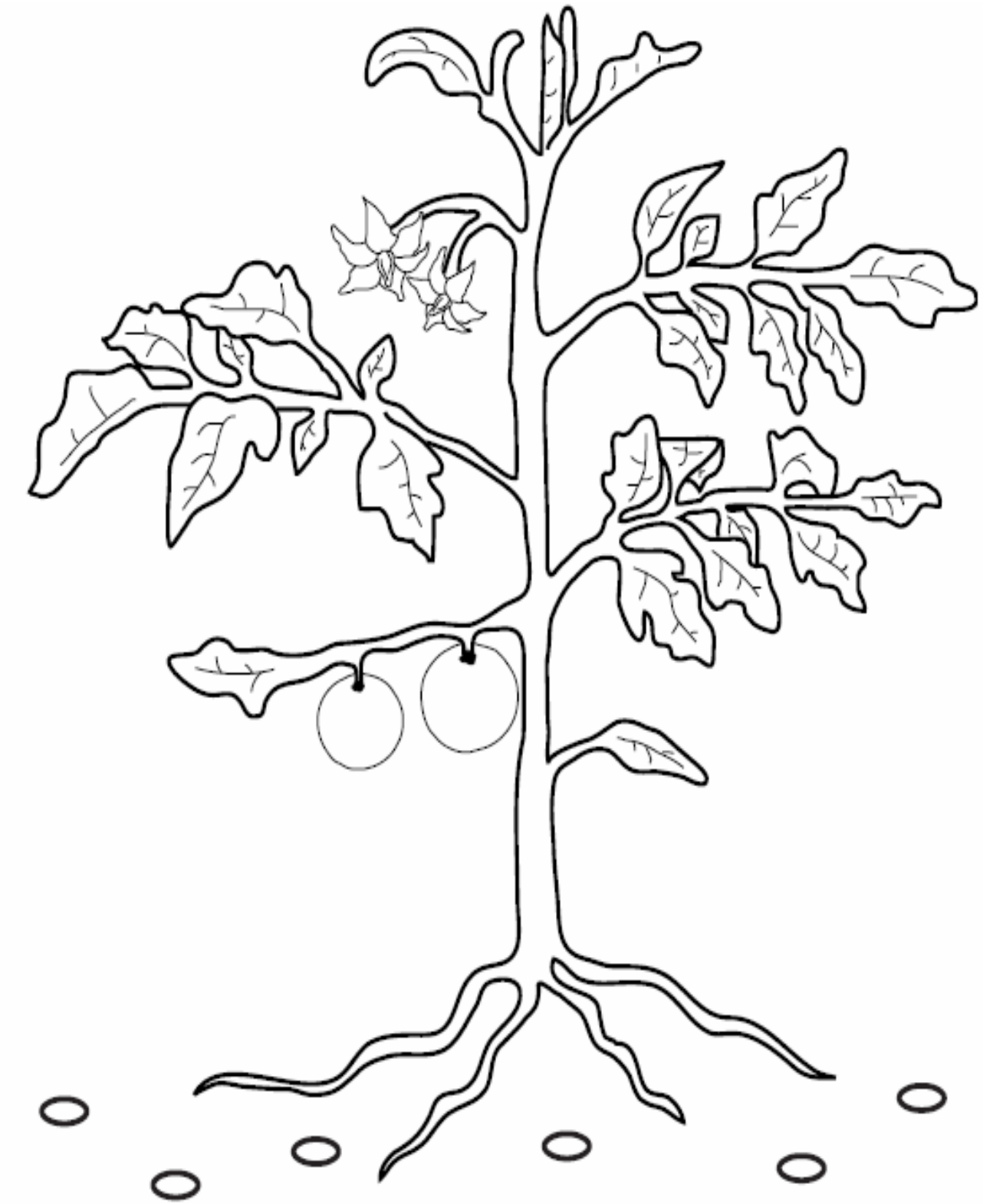
(C) Books

- "My Hawaiian Farm" by Pearl Maxner, Island Heritage Publishing, 2005
- "What's on my Plate?" by Ruth Belov Gross, MacMillan Publishing Company, 1990
- "Grandpas' Garden Lunch" by Judith Caseley, Greenwillow Books, 1990
- "The Giant Vegetable Garden" by Nadine Bernard Westcott, An Atlantic Monthly Press Book, 1981

(D) For parents at home:

- *Plant Food activity sheet* (see page 49). Parents can further expand on the concept that plants provide us with many different fruits and vegetables that we eat everyday. Children can review the different fruits and vegetables that we get from different parts of the plant.

Plant Parts



Adapted from the USDA Team Nutrition Community Nutrition Action Kit

Seed

Stem

Flower

Leaf

Fruit

Root

Plant Food

Parents, we have been learning about the different places that foods we eat come from. Plants provide us with many different foods. Help us fill in the blanks below according to the part of the plant where we find these foods. Use each word only once.

Seeds

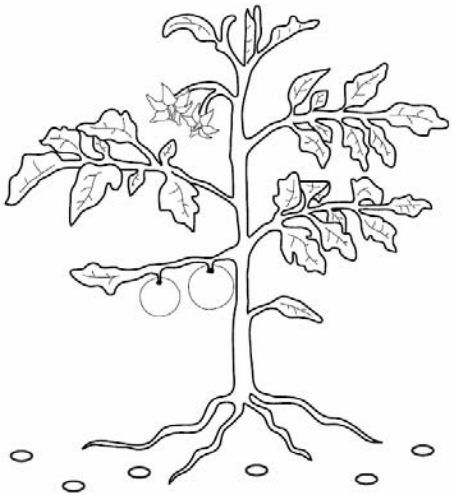
Leaves

Stems

Roots

Flowers

Fruits



Foods we eat that are: _____	Foods we eat that are: _____	Foods we eat that are: _____	Foods we eat that are: _____
Beet Carrot Horseradish Parsnip Radish Rutabaga Sweet potato Turnip	Brussel Sprouts Cabbage Chard Collards Endive Kale Lettuce Luau Leaves Marungay Mustard Greens Parsley Spinach Turnip Greens Watercress Wonbok	Black Beans Butter Beans Corn Dry Split Peas Kidney Beans Lima Beans Peanuts Peas Pinto Beans Pumpkin Seeds Rice Sunflower Seeds	Apple Avocado Banana Cucumber Dates Eggplant Grapefruit Kiwifruit Lychee Mango Melon Orange Papaya Peach Pineapple Pomegranate Strawberry Tangerine Tomato
Foods we eat that are: _____		Foods we eat that are: _____	
Asparagus Celery Onion (bulb) Potato (tuber) Rhubarb Taro (corm)		Broccoli cauliflower	

Plant Food - ANSWER SHEET

Parents, we have been learning about the different places that foods we eat come from. Plants provide us with many different foods. Help us fill in the blanks below according to the part of the plant where we find these foods. Use each word only once.

Seed

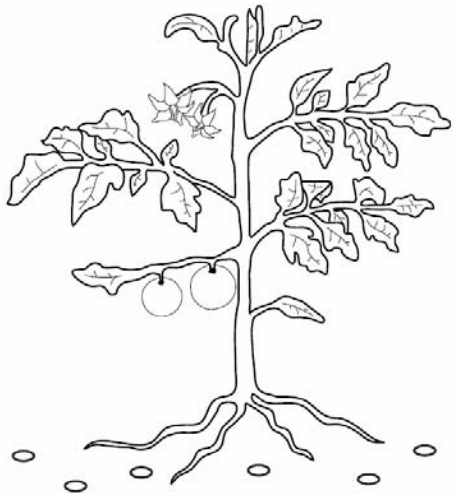
Leaves

Stems

Roots

Flowers

Fruits



Foods we eat that are: **Roots**	Foods we eat that are: **Leaves**	Foods we eat that are: **Seeds**	Foods we eat that are: **Fruits**
Beet Carrot Horseradish Parsnip Radish Rutabaga Sweet potato Turnip	Brussel Sprouts Cabbage Chard Collards Endive Kale Lettuce Luau Leaves Marungay Mustard Greens Parsley Spinach Turnip Greens Watercress Wonbok	Black Beans Butter Beans Corn Dry Split Peas Kidney Beans Lima Beans Peanuts Peas Pinto Beans Pumpkin Seeds Rice Sunflower Seeds	Apple Avocado Banana Cucumber Dates Eggplant Grapefruit Kiwifruit Lychee Mango Melon Orange Papaya Peach Pineapple Pomegranate Strawberry Tangerine Tomato
Foods we eat that are: **Stems**		Foods we eat that are: **Flowers**	
Asparagus Celery Onion (bulb) Potato (tuber) Rhubarb Taro (corm)		Broccoli cauliflower	