

Where Food Comes From

Set up

We eat many different kinds of food every day, but where does it all come from? Think about where our food might originate from before it gets to the grocery store.

Play

Which food comes from which plant or animal?
Match them. Did anything surprise you?



Bacon



Milk



Eggs



French Fries



Tofu



Guacamole



Chocolate



Pig



Soybeans



Potatoes



Cocoa Beans



Avocado



Chicken



Cow



What You'll Need:

Activity sheet for each child, pencil.



Take it Further:

What is a favourite meal for your family? Working together, cook your favourites and discuss where the ingredients come from. Cooking is a great way to work together and discuss the importance of eating a balanced diet!