

From The Soil To Your Spoon

Where Does Your Food Come From?

Are your favorite foods grown on a farm?

Raised on a ranch? Picked from a tree? No matter where your food comes from, it all has one thing in common...**SOIL!** Most of the food you eat comes from plants that grow in the soil or animals that eat plants that grow in the soil.

Write down where you think your favorite foods come from.

1
2
3

The food you eat is divided into five food groups: **fruits, grains, dairy, protein and vegetables.**

Fill in each blank with a food group. Use the **letters in the circle** to finish the sentence.

- Apples, bananas and peaches are _____ that grow on trees.
- Pork chops, scrambled eggs and pinto beans are all part of the _____ food group.
- Whole wheat bread is one of the healthy foods in the _____ group.
- Sweet potatoes and carrots are _____.

Healthy food grows in healthy _____!

What are three of your favorite foods?
Write them on the lines below.

1
2
3

Healthy Soil... Healthy Food... Healthy Bodies.

Use the alphabet key to solve the puzzle.

A =	N =
B =	O =
C =	P =
D =	Q =
E =	R =
F =	S =
G =	T =
H =	U =
I =	V =
J =	W =
K =	X =
L =	Y =
M =	Z =

- Eating foods in the _____ group gives you energy.
- _____ grains are best.
- You should eat at least one _____ vegetable every day.
- _____ prevent disease and help your body heal.
- Foods in the dairy group help grow _____ bones and teeth.
- Beans and lean _____ help your body build strong muscles.

Look at the foods in the alphabet key. Draw a line under the foods that **grow in the soil**. Circle the foods that come from **animals that eat plants that grow in the soil**.





Word Search

Find each word in the puzzle and circle it. Words can be found up, down, or in any direction.

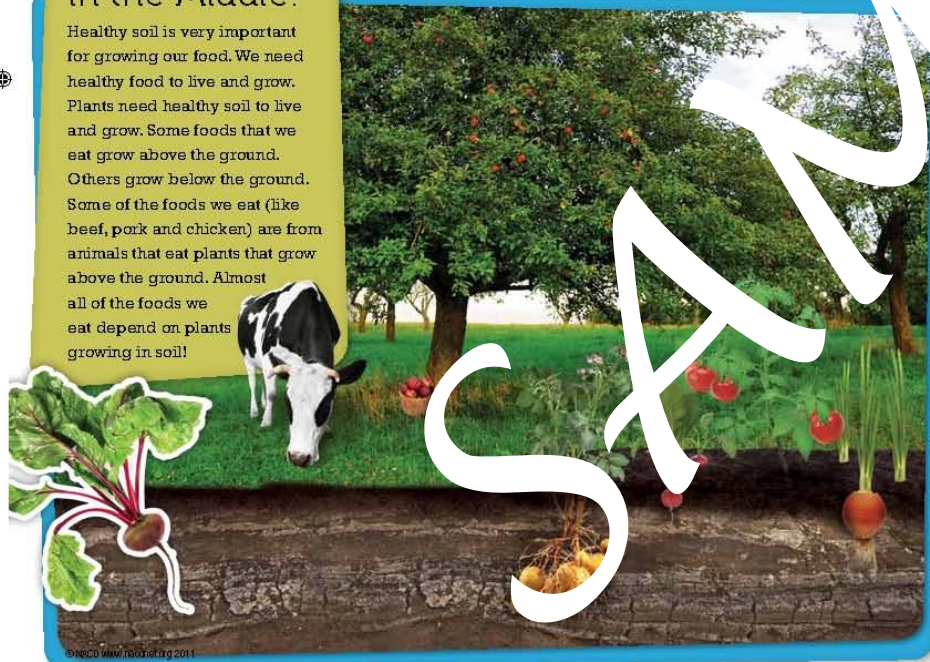
- | | |
|---------|-----------|
| BEANS | MILK |
| DAIRY | PLANTS |
| FOOD | PROTEIN |
| FRUIT | SOIL |
| GRAINS | VEGETABLE |
| GROW | WATER |
| HEALTHY | |
| MEAT | |



L S W W D M I T V N H D V S H X D A O J
 B I O B O O A E W D O A N N E L A H T C
 L A O S U E G X E O A I U D A D Y K X K
 U D Z S M E N W F N A I Q N L T B A R K
 T A P Z T I G A A R I D R C T K S O O W
 U M J A E P I Z G T A P T Y H L S E I S
 A V B T E P A W F A E C T N Y I U C A N
 A L O N K Q U P J Q N R K X G M J H L A
 E R F T T I U R F I B M V P S V V A P E
 P N D O Z J N T P J D B M Q T G R O W B
 V S M Y H M X R J R L A Q I N M H F V J
 N X R I N M J G X F W Z L U A X S T J Y
 V G U Z P E K C Q C R R H L L G I E L O
 X J H A T L N D E A P N F L P Y B U Q V
 Z T N C V P F N I D Y V J L V U R H H C

Up, Down or in the Middle?

Healthy soil is very important for growing our food. We need healthy food to live and grow. Plants need healthy soil to live and grow. Some foods that we eat grow above the ground. Others grow below the ground. Some of the foods we eat (like beef, pork and chicken) are from animals that eat plants that grow above the ground. Almost all of the foods we eat depend on plants growing in soil!



SAY

How Does Food Get from the Soil to Your Spoon?



Food from the soil into your spoon takes a lot of hard work by many people. The food you eat has to be grown by a farmer or raised. It has to be processed and packaged so that it can be sold in stores. Food also has to be moved from fields to processing and packaging plants and finally to stores or restaurants where it can be sold.

How many people do you think have to work so that you can eat a hamburger? Look at the pictures. Draw a circle around the pictures showing work that has to be done before you eat a hamburger. Read the sentences at the bottom of the page. Write the number of the sentence in the box by the picture that it matches.



1. Tomatoes grow in soil and are used to make ketchup. Ketchup is put into bottles or packets and sold in stores.
2. Cows eat hay. Hay is a combination of grass and other plants that grow in soil and are then cut and dried. Farmers bale hay into square or round bales.
3. Tomatoes and other foods are hauled from farms to processing plants in large trucks.
4. Buns, rolls and other breads are made in bakeries. Breads are made with wheat that grows in soil.
5. Cows are raised on ranches. Ranchers feed, water and take care of the cows.



