

Name _____ Date _____

Pick a food from your fridge or pantry and answer the following questions.

1. What country is the food from? (Example: USA, Guatemala)
2. What ingredients of the food come from plants? What parts of the plant are they?

<u>Ingredient</u>	<u>Plant Part Guess</u>
Example: Corn	Seeds
_____	_____
_____	_____
_____	_____
_____	_____

3. What ingredients in the food are sugars? (Example: sugar, corn syrup, sweetener)
4. Which ones are starches? (Examples: flour, wheat, rice, potatoes, corn)
5. Guess at least 4 steps this food went through before you bought it at the store. (Example for a bag of popcorn: the corn grew on a farm, a machine picked the corn off the plant, the corn was dried out, the soybean oil and salt were added, the popcorn was packaged in a bag, then it was sent to a store.)

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____