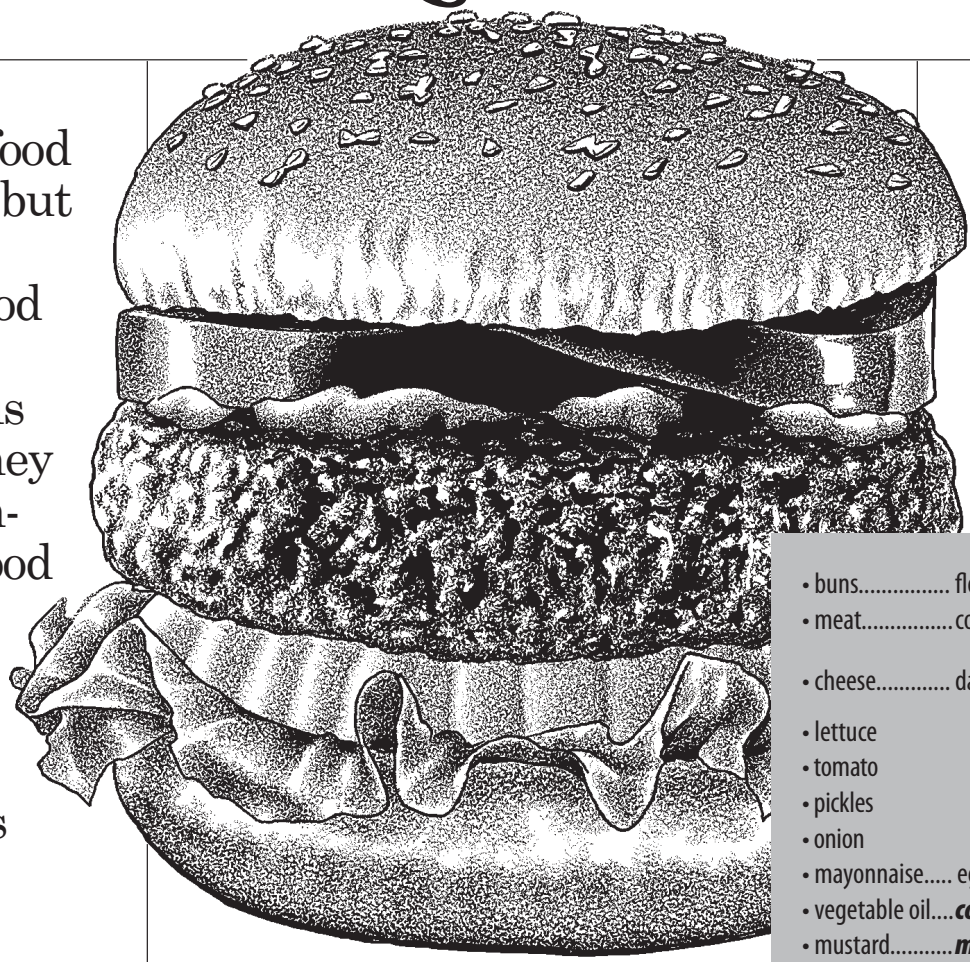
Where do we get OUR FOOD?

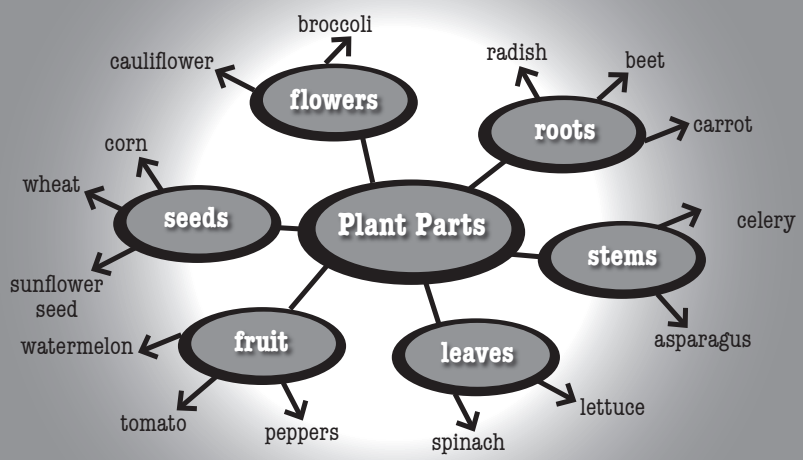
We buy our food at a market, but do you know where our food comes from? The answer is **"plants."** They are the beginning of the food chain and provide both animals and people with the nutrients we need.



Do you know that hamburgers come from plants?

Yes, they do! Below is a list of all the ingredients found in a hamburger. Circle any word that names a plant. Go through each ingredient where does it come from? You will see that each ingredient is linked to plants! Without plants, hamburgers would not exist!

- buns..... flour..... ***wheat***
- meat..... cows..... feed on ***grass, hay, grain***
- cheese..... dairy product..... cows feed on ***grass, hay, grain***
- lettuce
- tomato
- pickles
- onion
- mayonnaise..... eggs..... chickens feed on ***grain***
- vegetable oil.... ***corn, canola***
- mustard..... ***mustard seed***
- Ketchup..... ***tomato***



Activity

Choose one of your favorite dishes (lasagna, pizza, chili, macaroni and cheese, etc.) and write down all the ingredients. Then, circle each ingredient that names a plant. Go through each of the remaining ingredients. Ask yourself where it originates, until you find a link to plants.