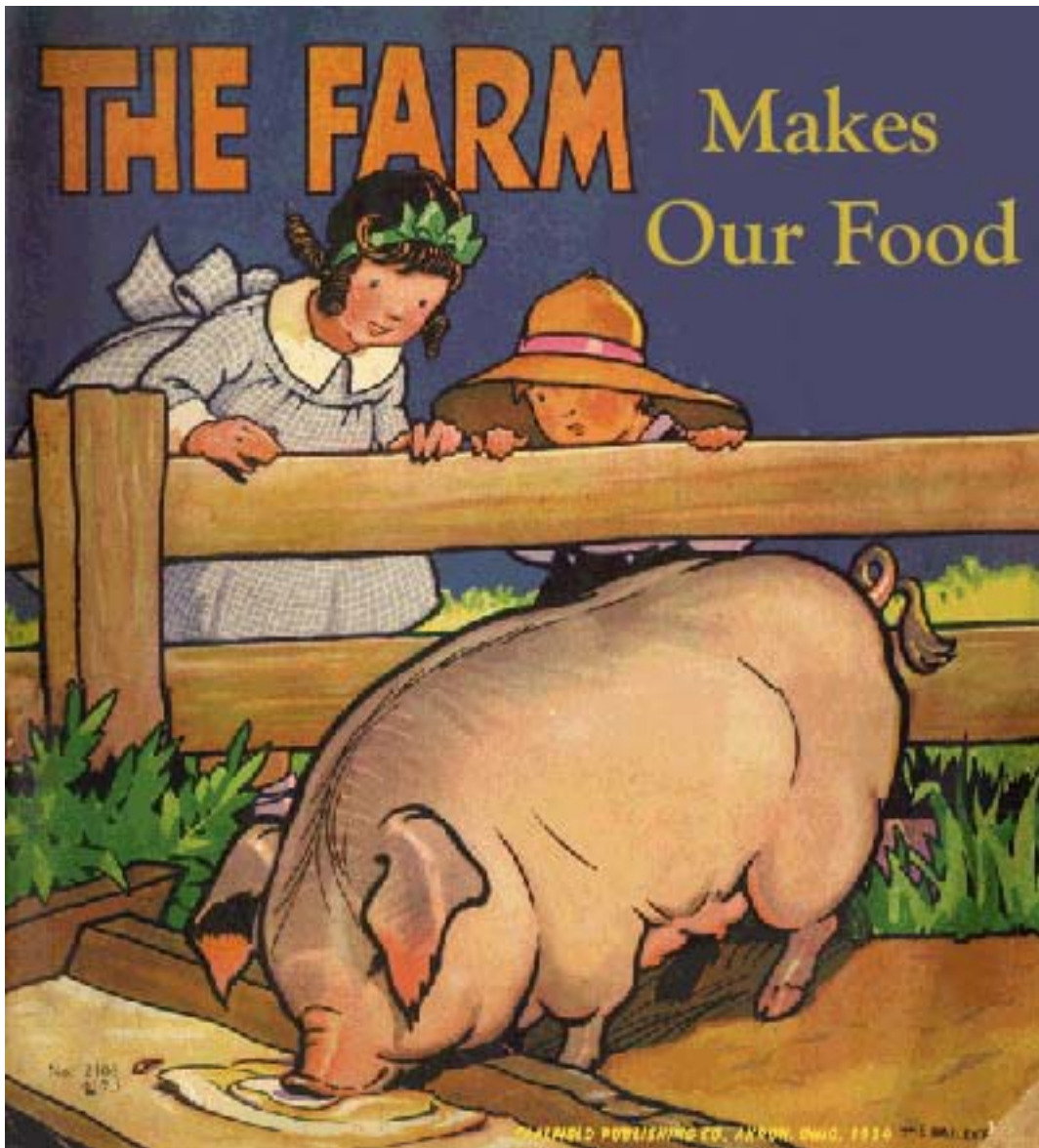


Where Does Our Food Come From?



Illinois farmers grow a lot of the food we eat everyday. In this set of activities, you will be learning which foods come from the farm.

- Match the Food with Its Source
- How Does It Grow? — on a Tree, Vine, Herb, or Bush?
- What part of the plant is it?
- Is It a Fruit or a Vegetable?

Types of Plants that We Eat

How many types of plants do you know about? Do you know their proper name?

Hint: A **tree** is a type of plant. There are many species and varieties of trees.

Think of some other types of plants.



Tree: a tall, woody plant with one or more trunks covered by bark

Bush: a shorter woody plant with many thinner branches



Vine: a woody plant with a stem that grows very long along the ground or that climbs onto structures like walls, poles, or trees.



Grass: a plant with soft-tissued (herbaceous) parts, jointed stems, and long, slender leaves.



Herb: a plant that has soft tissue rather than woody tissue in its stem and branches. (Herb is pronounced like Herb as in the name Herbert).

Food Products from Plant Types

1. Maybe you had **cold cereal** with **peaches**, milk, and **toast** for breakfast.

Cereal may be **wheat, corn, or oats**. They come from what type of plant?

Peaches are from what type of plant? _____

Bread is made from **wheat**, which is what kind of plant? _____

2. For lunch, you have a **peanut butter sandwich, grapes, and potato** chips.
So you have eaten from what types of plants?

3. At dinner, you had **lettuce** and **cucumber** salad, chicken, **rice** with **walnuts**,
and **pumpkin** pie.

This means you had food from which types of plants?

4. Create a meal menu. List the foods. Then list the types of plants from which
you ate.

Then, as a review, list the **plant parts** that you were eating — seed, root, stem,
leaf, bud, or flower.

Activity: Plant Parts that We Eat

The fruits and vegetables that we eat come from plant parts. It's fun to think about which parts of the plant they come from. Sometimes it is surprising!

Match these foods with a plant part labeled in the diagram here.

Potato

Spinach

Asparagus

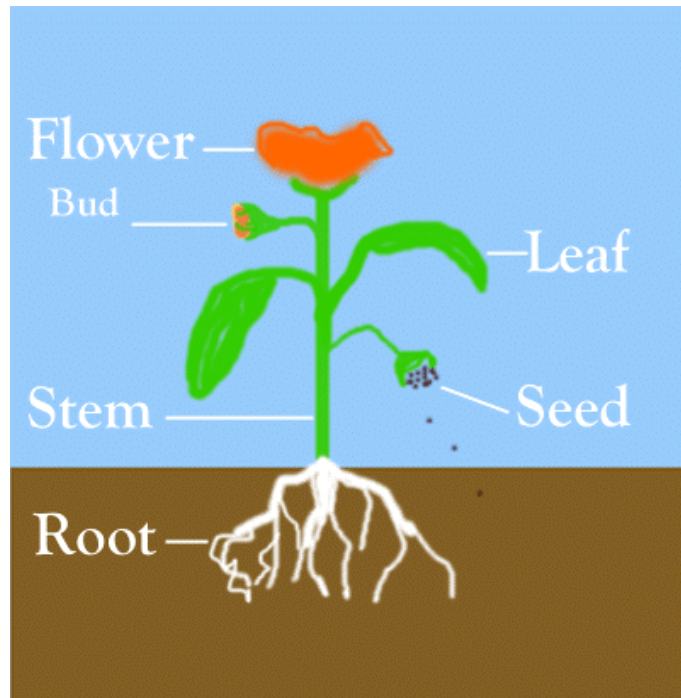
Walnut

Cauliflower

Brussel sprout

Tomato

Wheat

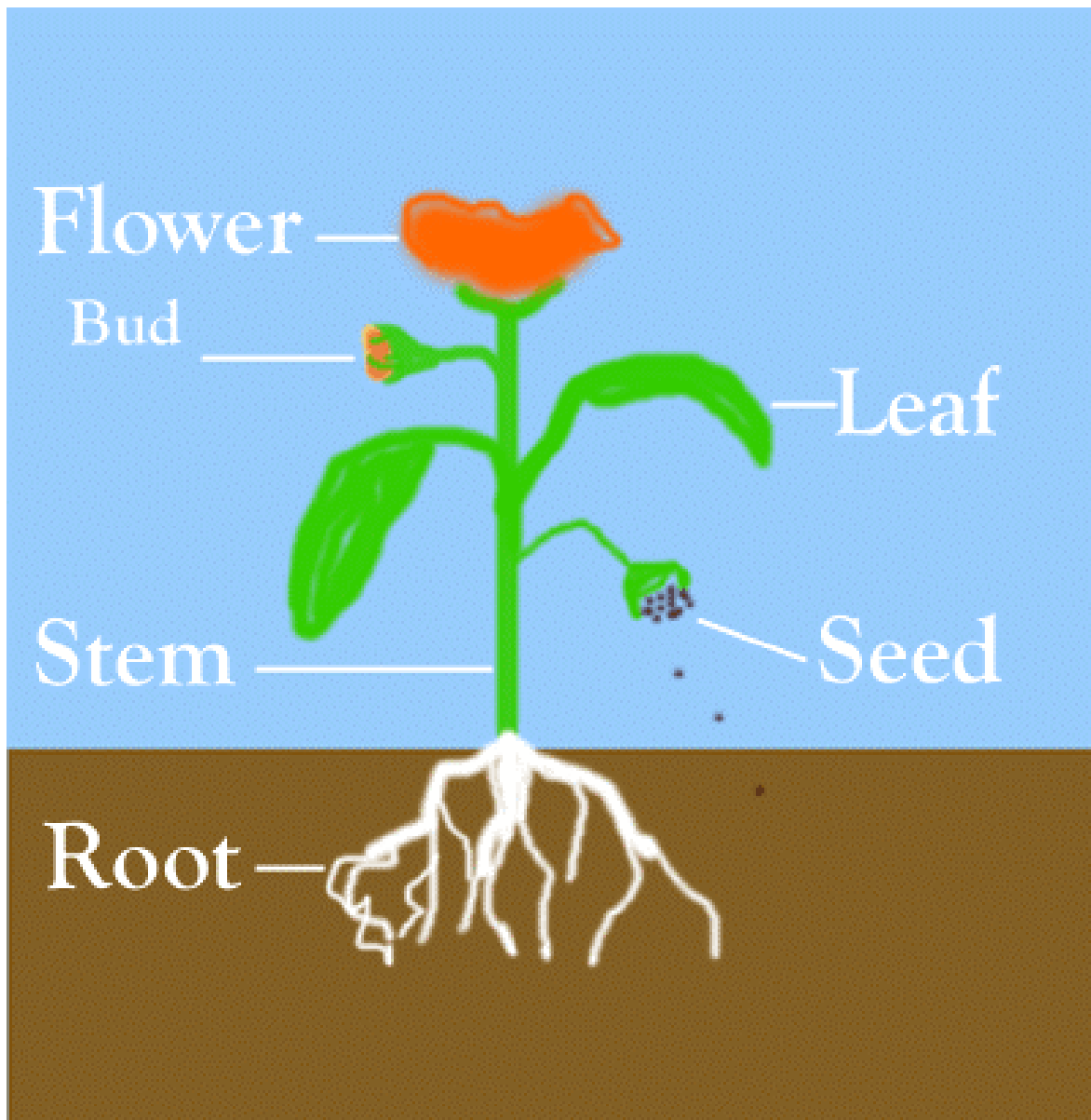


See [Picture Version](#) of this activity.

What part do we eat? Check the box or box for the plant parts we eat for each food.

Food	Flower	Bud	Leaf	Stem	Seed	Root	Fruit
Carrot							
Grape							
Celery							
Corn							
Watermelon							
Pea							
Beet							
Broccoli							
Lettuce							

Plant Parts That We Eat



Is It a Fruit or Is It a Vegetable?

Everybody has heard that a tomato is really a fruit, not a vegetable, even though we use it like we use veggies. But just what makes it a fruit?

We are going to tell the difference between fruits and vegetables by the location of the seeds. If a “fruit or vegetable” has seeds on the inside of the part you eat, you are eating a **fruit**.

What does this mean?

It means that more than just the tomato is a fruit!

Think about cucumbers and pumpkins. If you cut them open, what do you find? Lots of seeds!

Look at other so-called vegetables and see how many fruits you can find!

**These fruits and vegetables are grown on Illinois farms.
Tell if they are vegetables or fruits:**

