

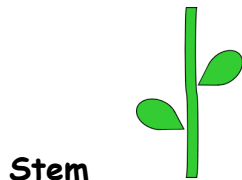
Where Does Our Food Come From?

If you ask your children where we get our food from, their answers might include the supermarket, home, school, farms, or food pantries. But it is important for kids to understand that most of our food starts off as a plant (fruits, vegetables, grains) and that, in order to grow, plants need sun, oxygen and nutrients. Plants then provide us with essential nutrients when we eat them. Here are some fun facts to share with kids about what parts of plants they are actually eating.

Which Parts of Plants Do We Eat?

When we eat a fruit or vegetable, we are eating part of a plant!

Parts of the plant include:



Stem

When we eat asparagus or celery, we eat a plant stem!



Leaf

When we eat lettuce or cabbage, we eat plant leaves!



Seed

When we eat peas or corn on the cob, we eat plant seeds!



Fruit

When we eat a tomato or cucumber, we eat the plant fruit!



Flower

When we eat broccoli or cauliflower, we eat the plant flower!

Challenge: Ask your child to think about their favorite fruits and vegetables. Ask "which part of the plant are you eating when you eat these favorites?".

