

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?

Ingredient  
Example: Corn

Plant Part Guess  
Seeds

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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: \_\_\_\_\_