

What plants have you eaten this week?

Many people are surprised when they find out how many plants they eat every day. Use the information from food labels to help complete the lists below. Remember that a single food, such as a cookie, might be made of several plant ingredients. Other types of food come from animals that eat plants. For example, butter comes from milk which comes from cows that eat grass!

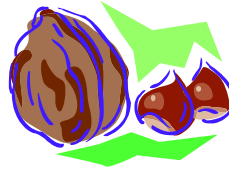
Write down all the foods you ate yesterday. Now list each different food under the correct heading. Hint: Some foods may fit under more than one heading.



GRAINS



FRUITS



NUTS



VEGETABLES

Four vertical lines extending downwards from the category labels, intended for students to write down the foods they ate.