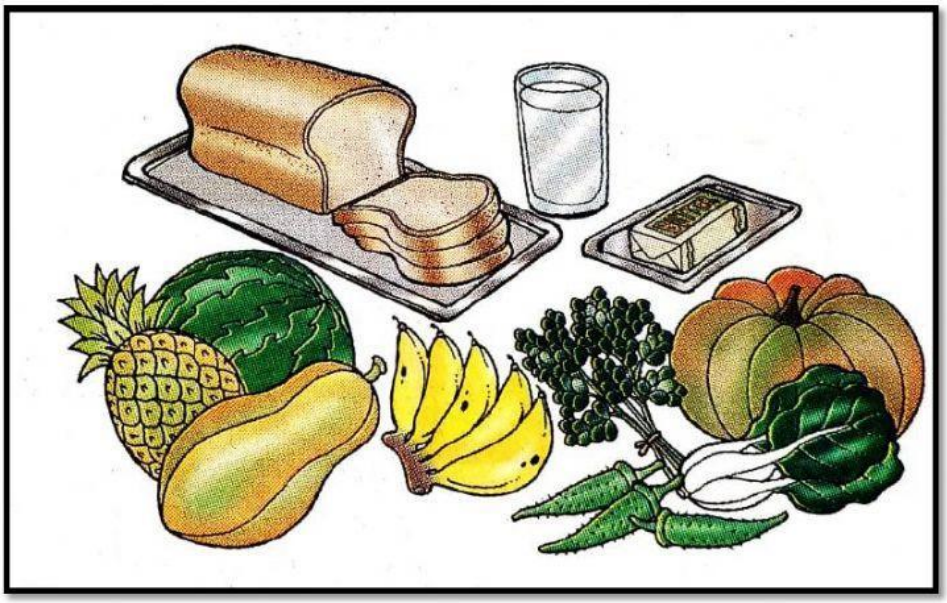
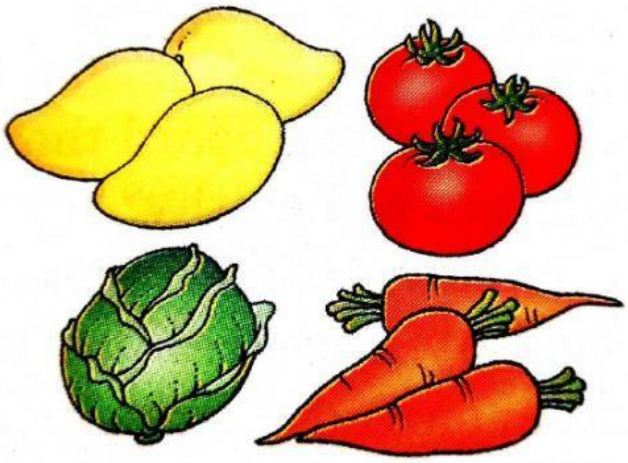
LESSON 1: Sources of Food



Food is anything that people or animals eat, drink, or take. This gives them energy, helps them grow, and keeps them alive.

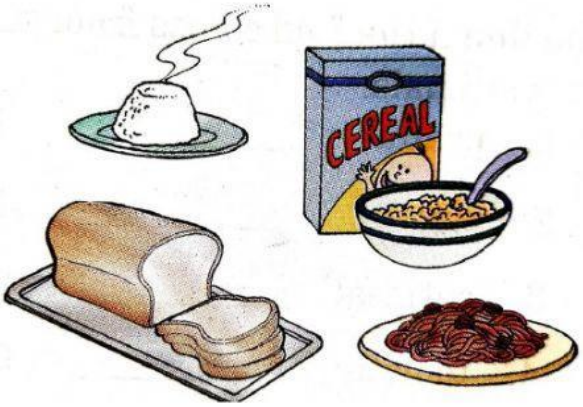


Food comes from **plants and animals**. **Fruits** and **vegetables** are examples of foods that come from **plants.**

Can you name some fruits and vegetables that you eat at home?

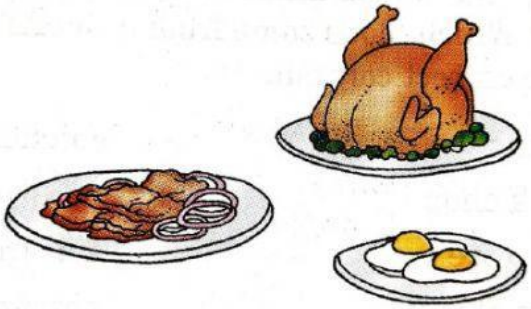
LIVEWORKSHEETS

Rice, bread, cereal, and pasta also come from plants. These are called **grains and grain products.**



What is your favorite pasta or cereal?

Meat and eggs are examples of foods that come from animals. Fish, chicken, beef, and pork all come from animals.



Animals also give you milk, Foods made from milk are **dairy products.** Examples of dairy products are butter, cheese, yogurt, and ice cream. As a growing child, you never outgrow your need for milk.



LIVEWORKSHEETS

A. Write **P** on the line if the food comes from plants. Write **A** if it comes from animals.

_____	1. peanut	_____	6. spaghetti
_____	2. egg	_____	7. lechon
_____	3. oatmeal	_____	8. celery
_____	4. tomato	_____	9. cheese
_____	5. rice	_____	10. squid

B. Read the list of different kinds of food. Which foods come from plants? Which foods come from animals? Write their names in the correct column.

beans	chicken
pork chop	potato
kamote	**kangkong**
corn flakes	sayote

Foods from Plants	Foods from Animals

LIVEWORKSHEETS