



The Food We Eat—

Where Food Comes From, General Types of Food, and
When & Why We Eat



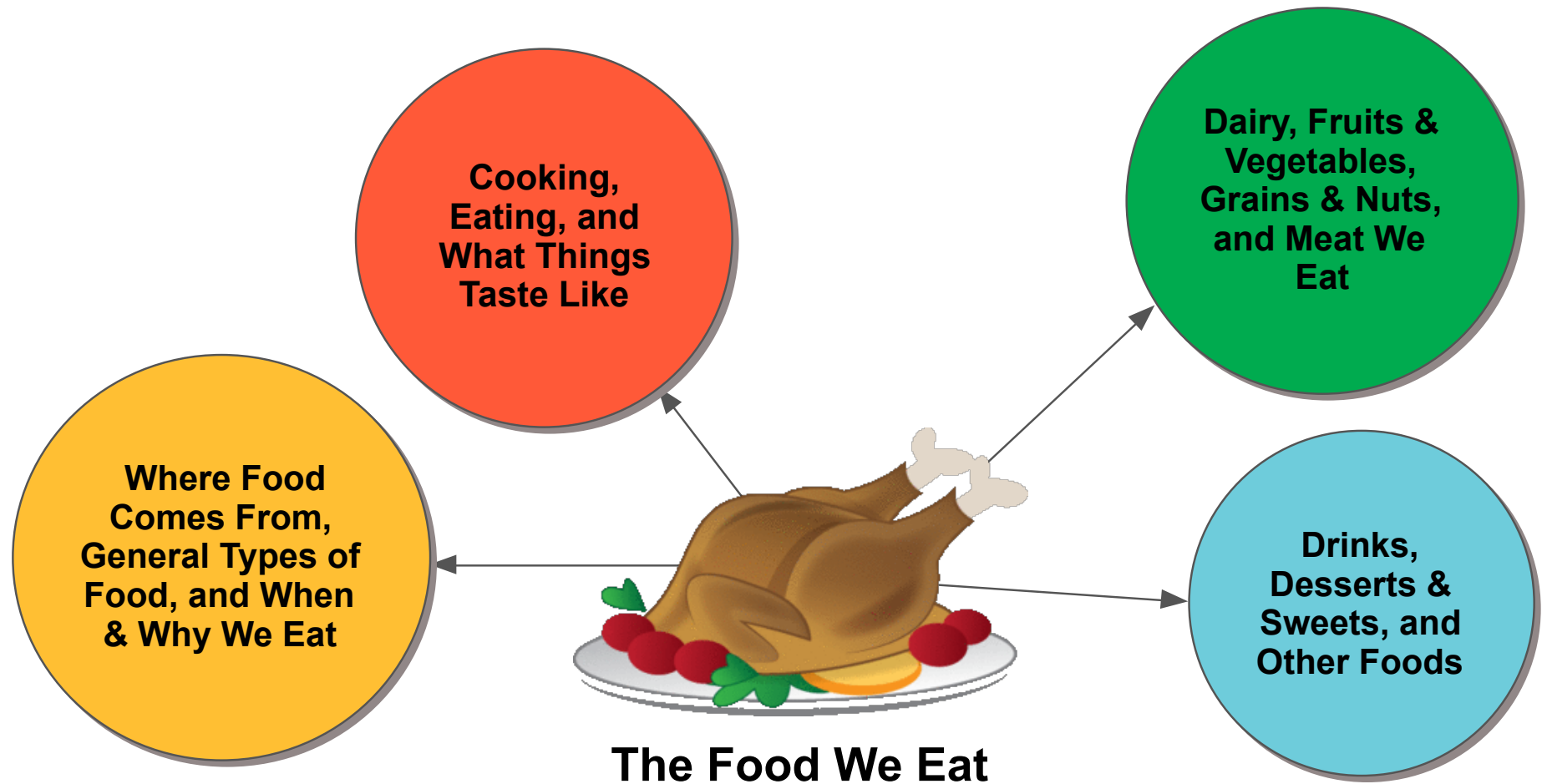
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The Food We Eat

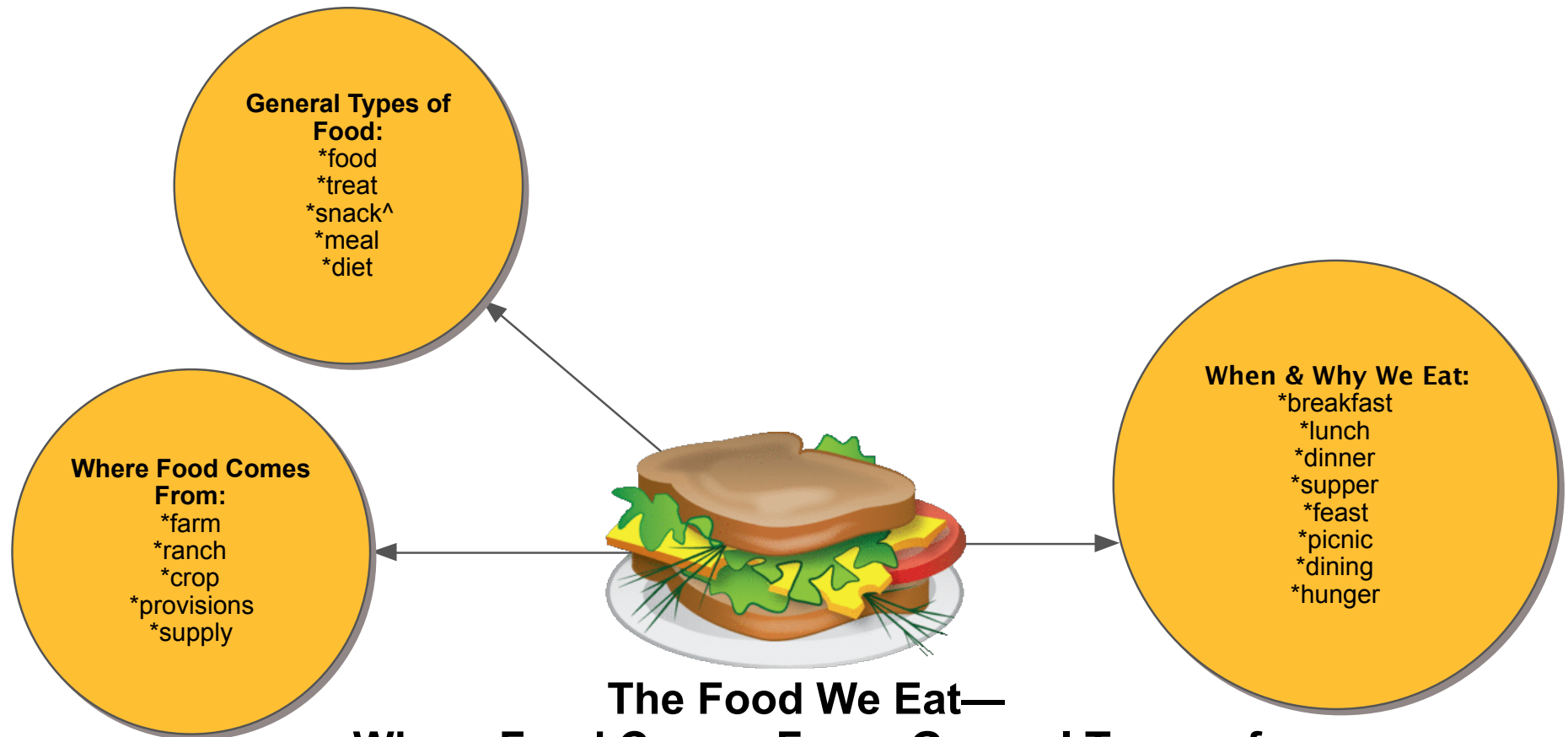
Everyday we eat food in order to give our bodies energy to play, work, and do the things we need to do. There are lots of words to describe where our food comes from, what our food tastes like, and the different types of food that we eat.

We've grouped these words into four groups.



Where Food Comes From, General Types of Food, and When & Why We Eat

Do you know where your food comes from? Words that describe where food is grown and raised are important to know. Words describing different types of food and when and why we eat are also good to know, too.



**The Food We Eat—
Where Food Comes From, General Types of
Food, and When & Why We Eat**

^ non core vocabulary words added to supplement concept

farm (farm)

A *farm* is a piece of land used for growing crops or raising livestock.



ranch (ranch)

A *ranch* is a place for the raising of livestock (cattle, horses, or sheep) on range.



crop (crop)

A *crop* is a plant that can be grown and harvested so people can eat it.



provisions

(pro·vi·sion)



Provisions are a stock of materials or supplies.

supply (sup·ply)

Supply is the amount of something that is needed or available.



food

(food)

Where Food Comes From





treat

(treat)

A *treat* is something that is special. Sometimes a treat involves going to a special place or eating something you don't get to eat very often.

snack (snack)

A *snack* is a small amount of food you eat between meals so you don't get hungry.



meal (meal)

A *meal* is all the food prepared to be eaten at one time. Meals can be eaten alone or with a group of people.



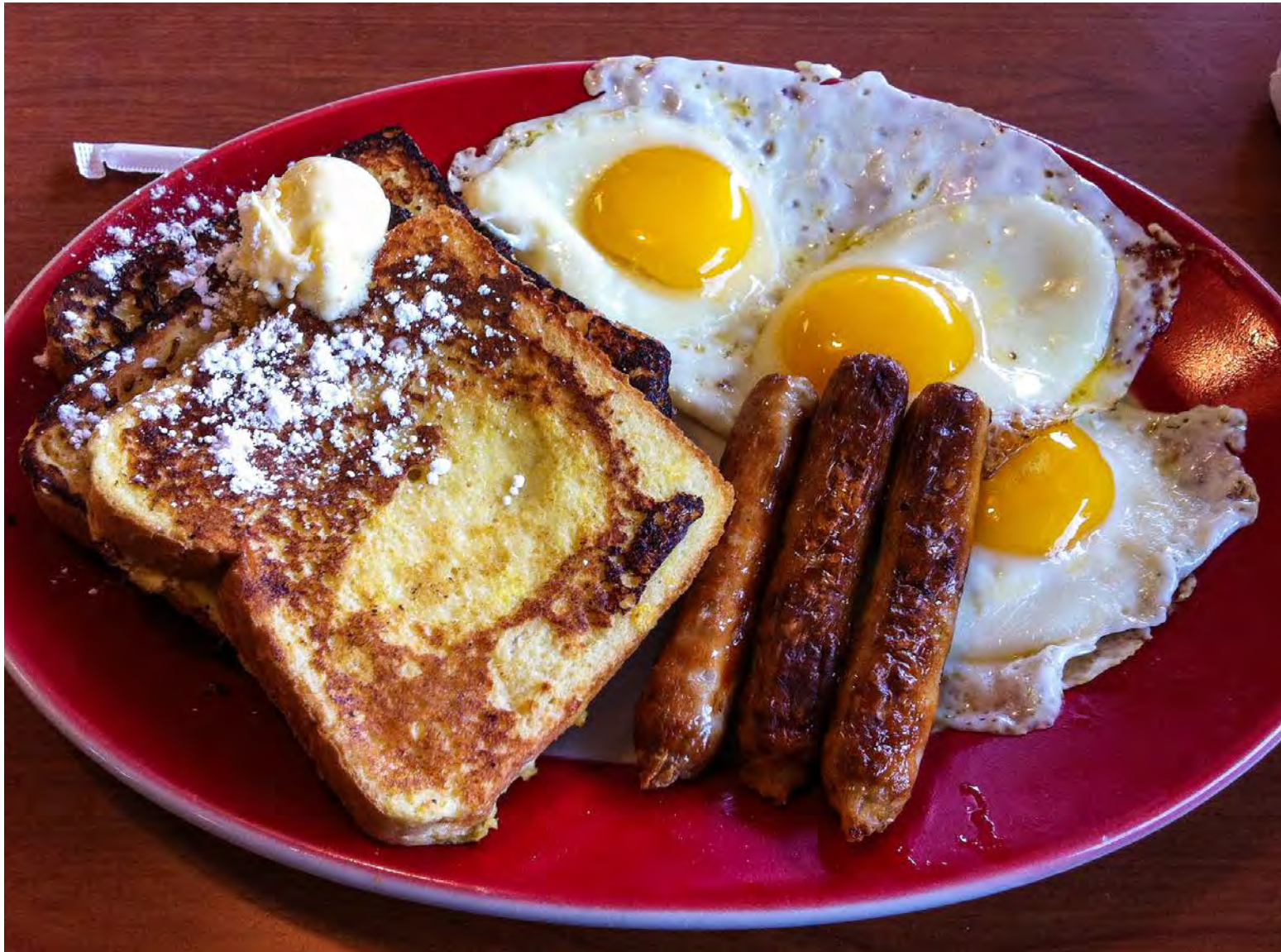
diet (di·et)

Diet has two major definitions. Anything a person eats is considered part of their regular *diet*. *Diet* also includes eating certain foods for a specific reason, like to improve your health.



breakfast

(break·fast)



lunch

(lunch)



dinner
(din·ner)

supper
(sup·per)





feast

(feast)

A *feast* is a meal with a large amount of food and drink.

picnic

(pic·nic)

A *picnic* is a meal eaten outdoors.



dining

(din·ing)



hunger (hun·ger)

Hunger is a desire or a need for food.





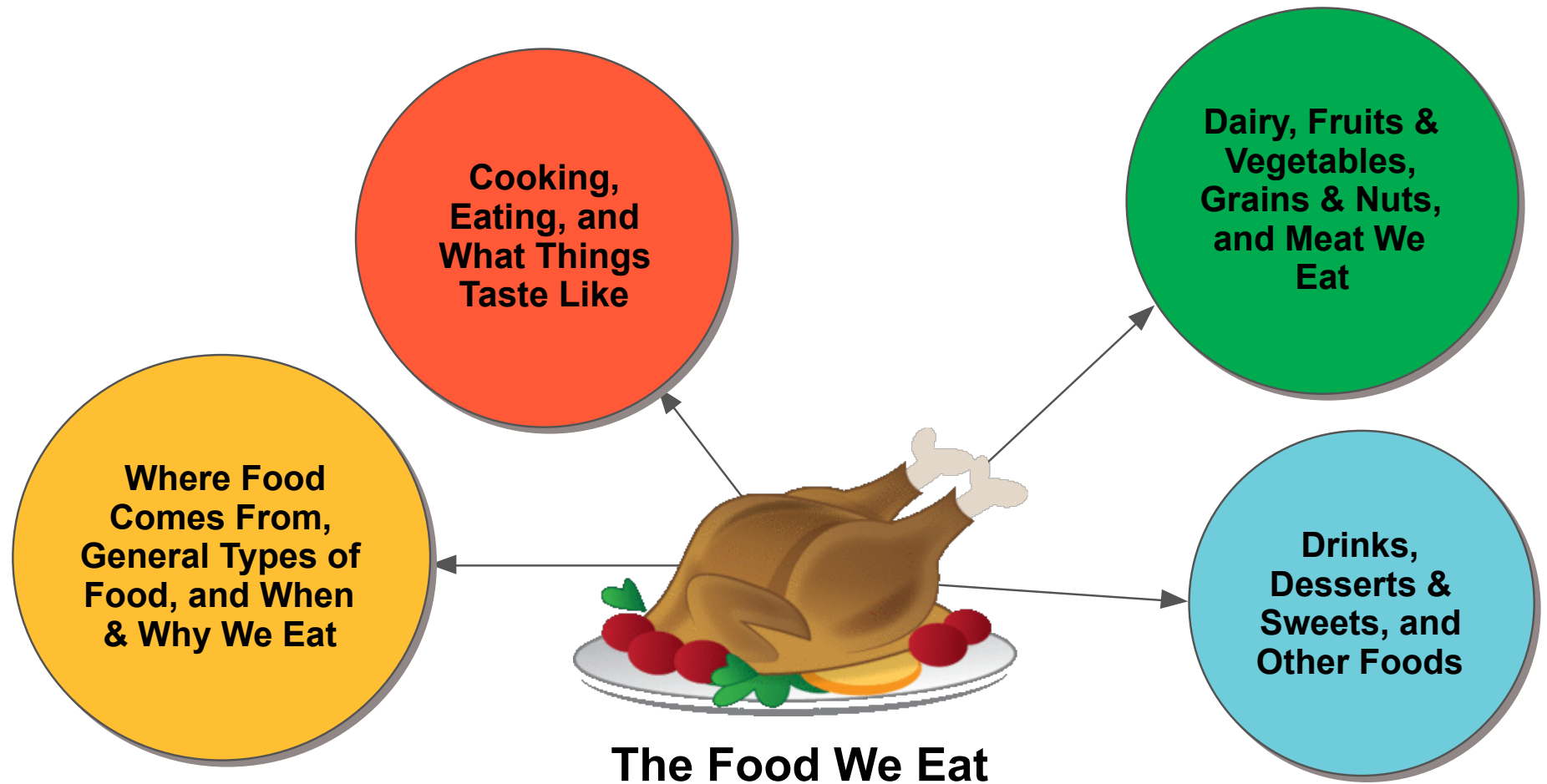
The Food We Eat—

Cooking, Eating, and What Things Taste Like



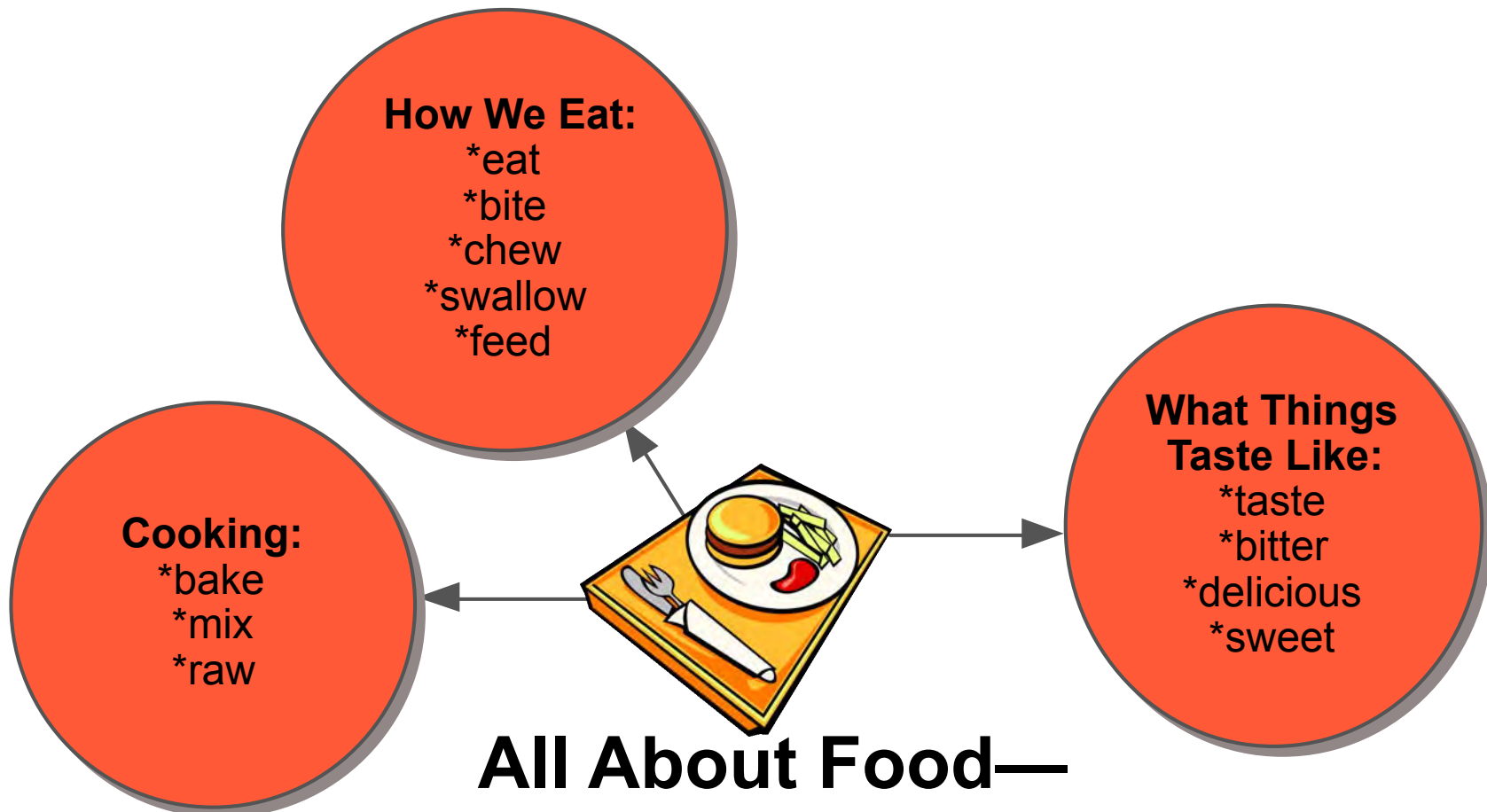
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Words to Describe Cooking, Eating, and What Things Taste Like

Everyone likes to eat, but not all people like to cook. There are lots of words to describe cooking that may help you be a good helper in the kitchen. Words that describe eating and how things taste are helpful, too.



All About Food— Cooking, Eating, and What Things Taste Like

bake

(bake)



mix

(mix)



raw (raw)





eat
(eat)

bite

(bite)





chew
(chew)

swallow

(swal·low)



feed

(feed)



taste

(taste)



bitter

(bit·ter)

Something that tastes *bitter* tastes strong. Some people don't like bitter foods.



delicious
(de·li·cious)

Delicious food tastes good.





sweet
(sweet)

Foods that taste *sweet* taste good and are often sugary.



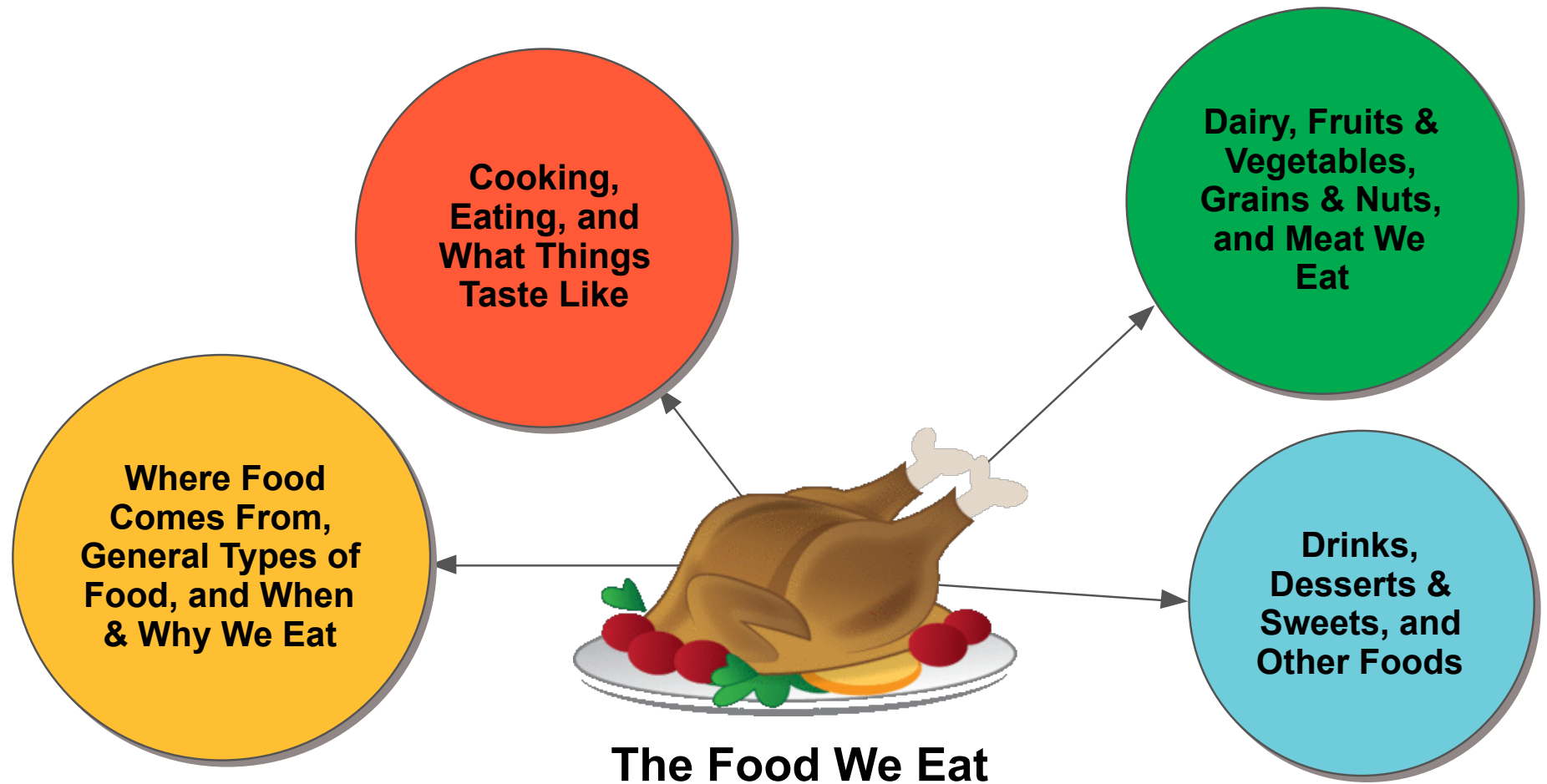
The Food We Eat—

Dairy, Fruits & Vegetables, Grains & Nuts, and Meat We Eat



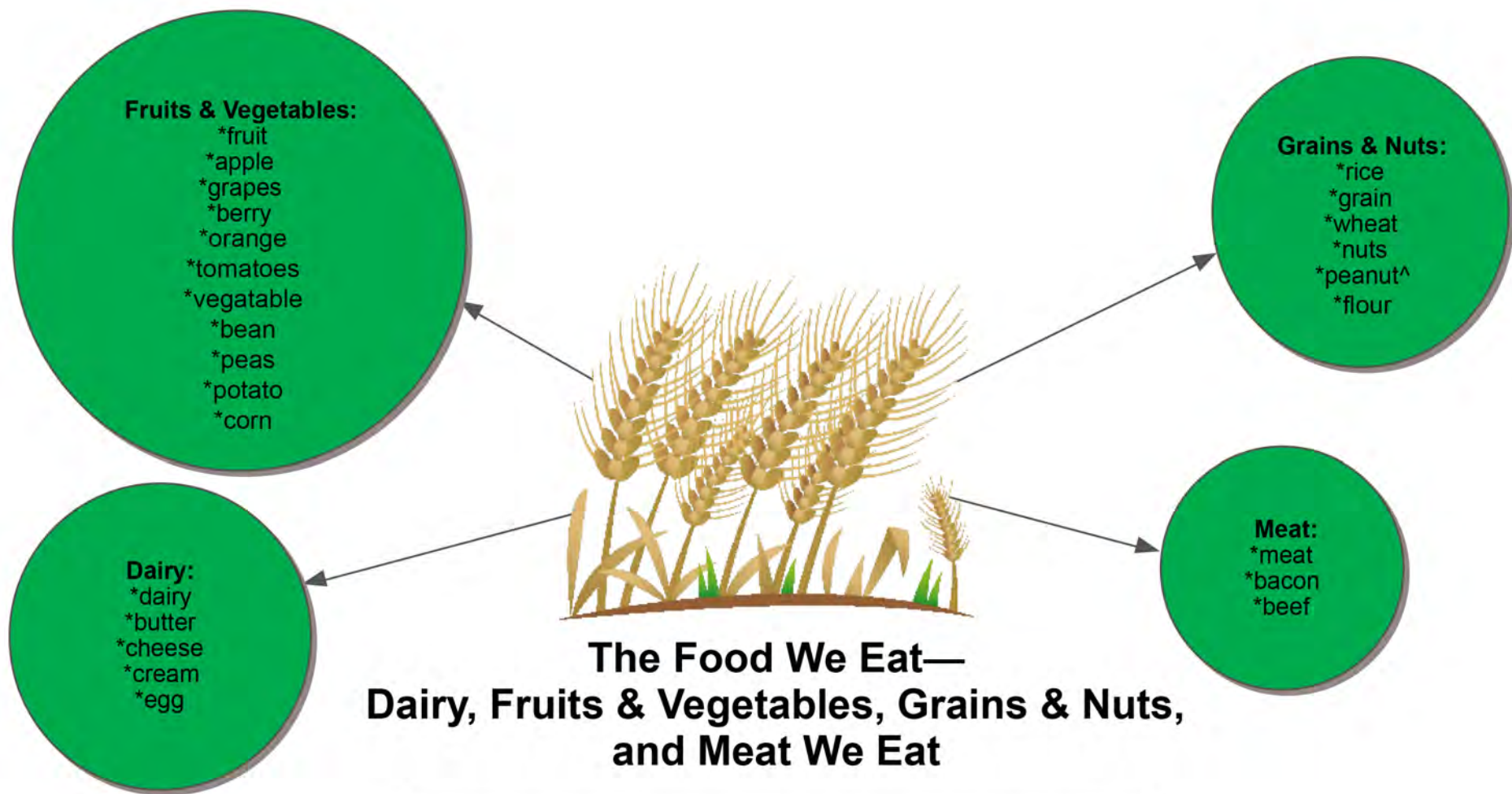
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Dairy, Fruits & Vegetables, Grains & Nuts, and Meat We Eat

Do your parents like it when you eat your fruits and vegetables? There are lots of things that are good for you to eat. Milk, apples, rice, and chicken are from different food groups. Eating a balance of foods from different food groups is something we can do to stay healthy.



^ non core vocabulary words added to supplement concept

dairy

(dairy)



butter

(but·ter)



cheese

(cheese)





cream
(cream)

Dairy



egg
(egg)





fruit
(fruit)

apple

(ap·ple)



grapes

(grapes)



berry

(ber·ry)



Fruit



oranges
(or·anges)

tomatoes

(to·ma·toes)



vegetable

(veg·e·ta·ble)



bean

(bean)





peas
(peas)

potato

(po·ta·to)



corn

(corn)



rice

(rice)



grain

(grain)



wheat

(wheat)





nuts
(nuts)

peanut

(pea·nut)





flour
(flour)

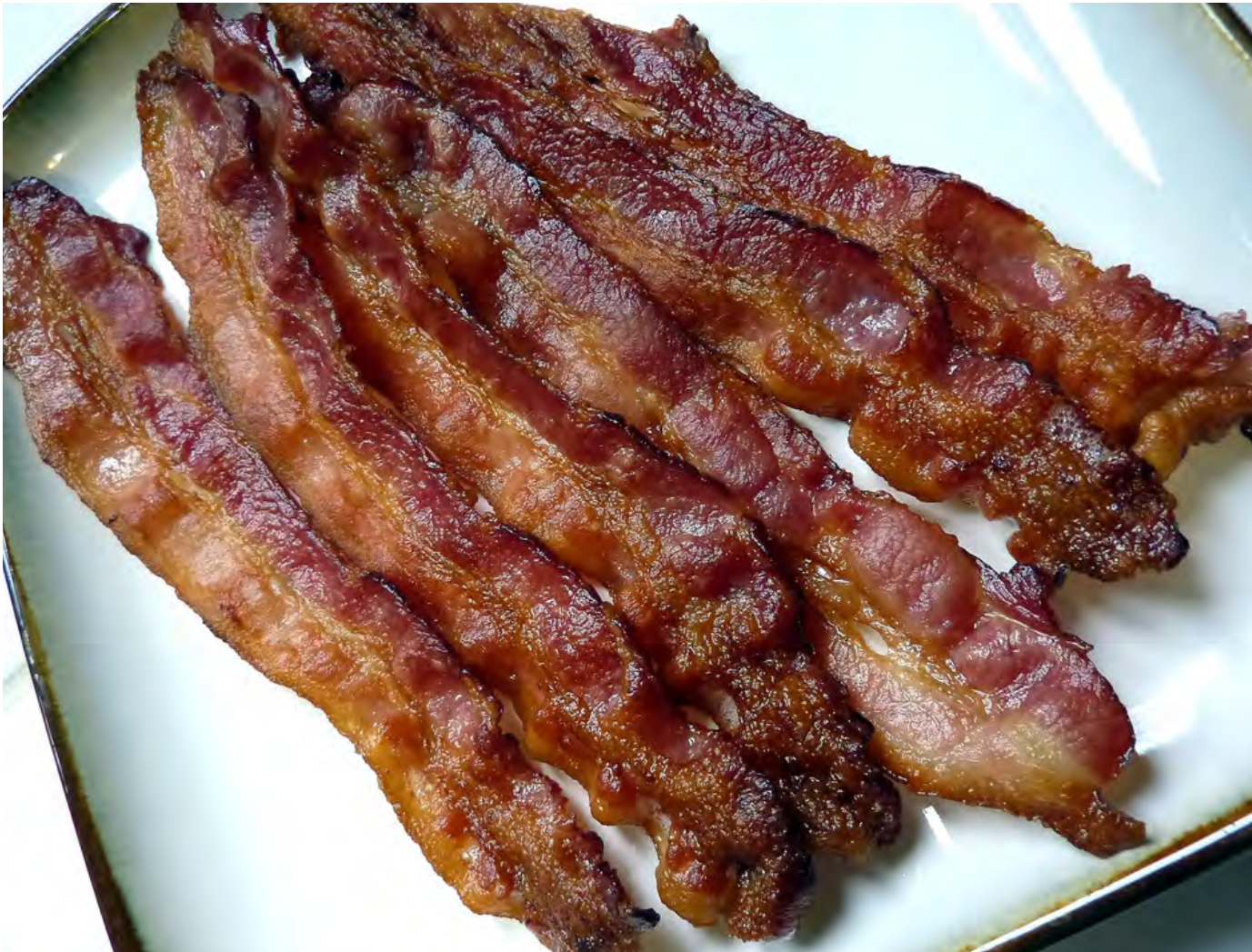
meat

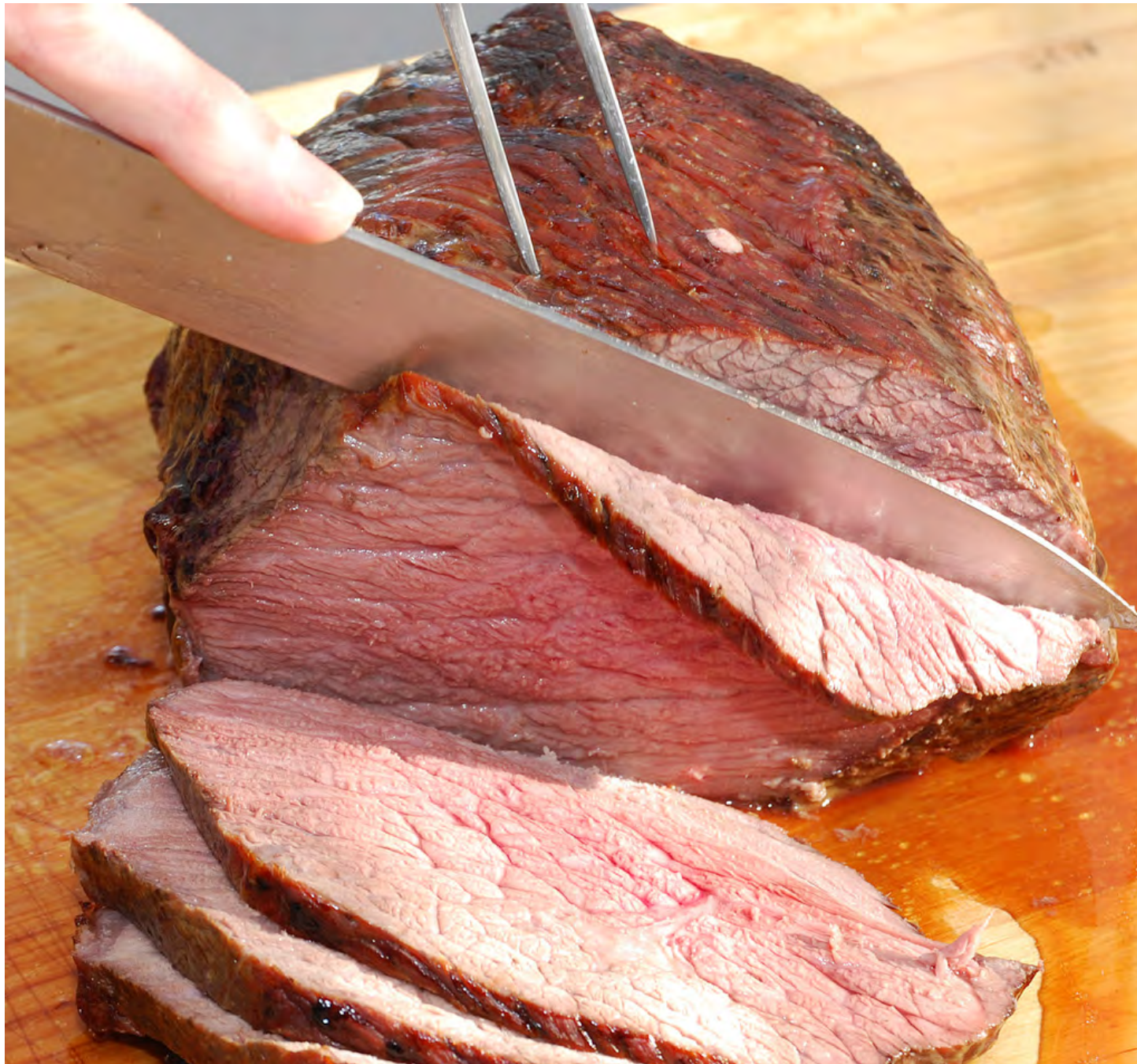
(meat)



bacon

(ba·con)





beef
(beef)



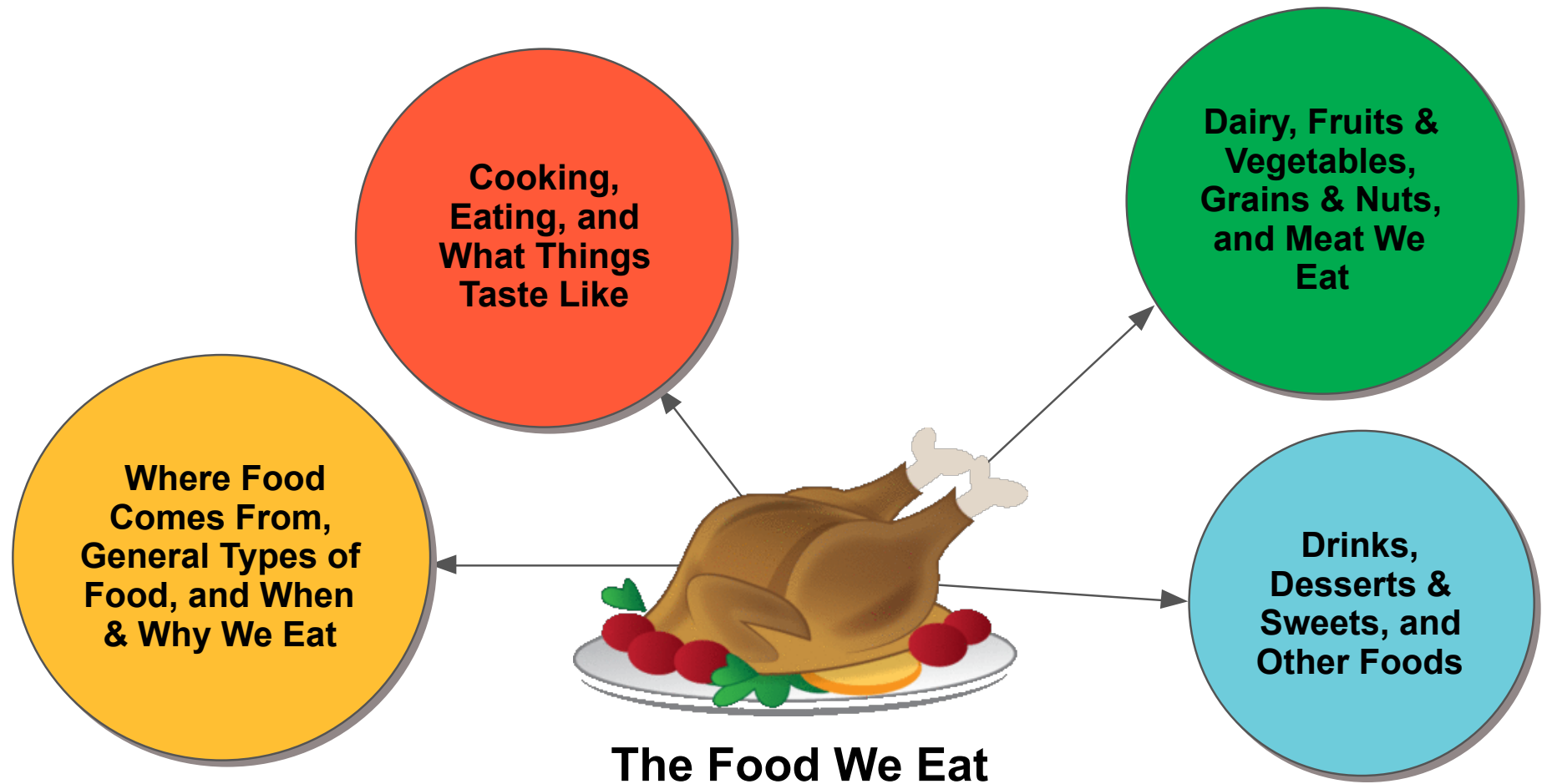
The Food We Eat—

Drinks, Desserts & Sweets, and Other Foods



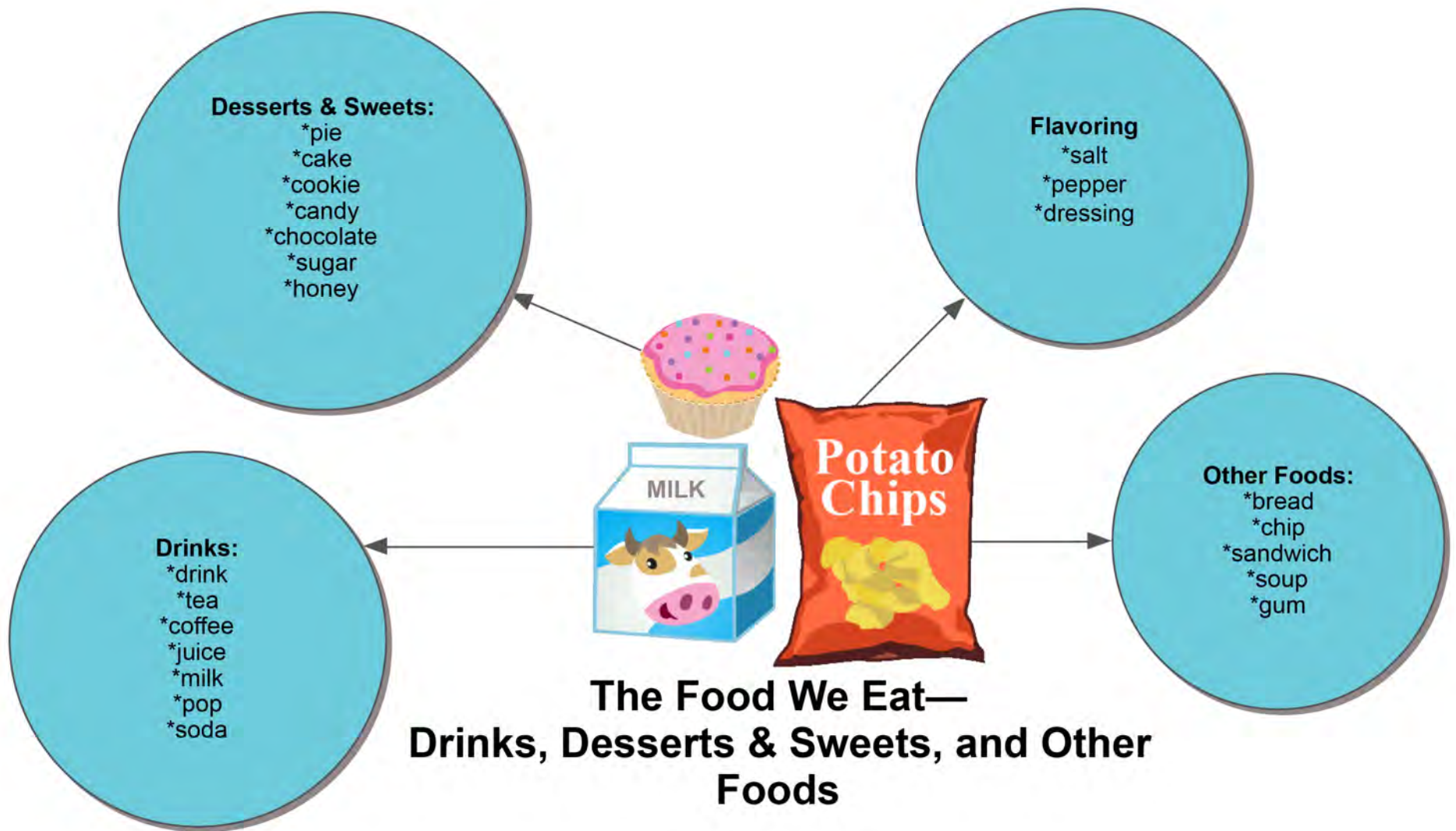
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Types of Drinks, Desserts and Sweets, and Other Foods

Many people enjoy a cup of coffee or tea in the morning or an occasional bowl of ice cream after dinner. There are endless choices when it comes to the types of drinks, desserts and sweets, and other foods we eat.





drink
(drink)



tea
(tea)

coffee

(cof·fee)





juice
(juice)

milk

(milk)



pop
(pop)

soda
(so·da)



pie

(pie)



cake

(cake)



cookie

(cook·ie)



candy

(can·dy)



chocolate

(choc·o·late)



sugar

(sug·ar)



honey

(hon·ey)



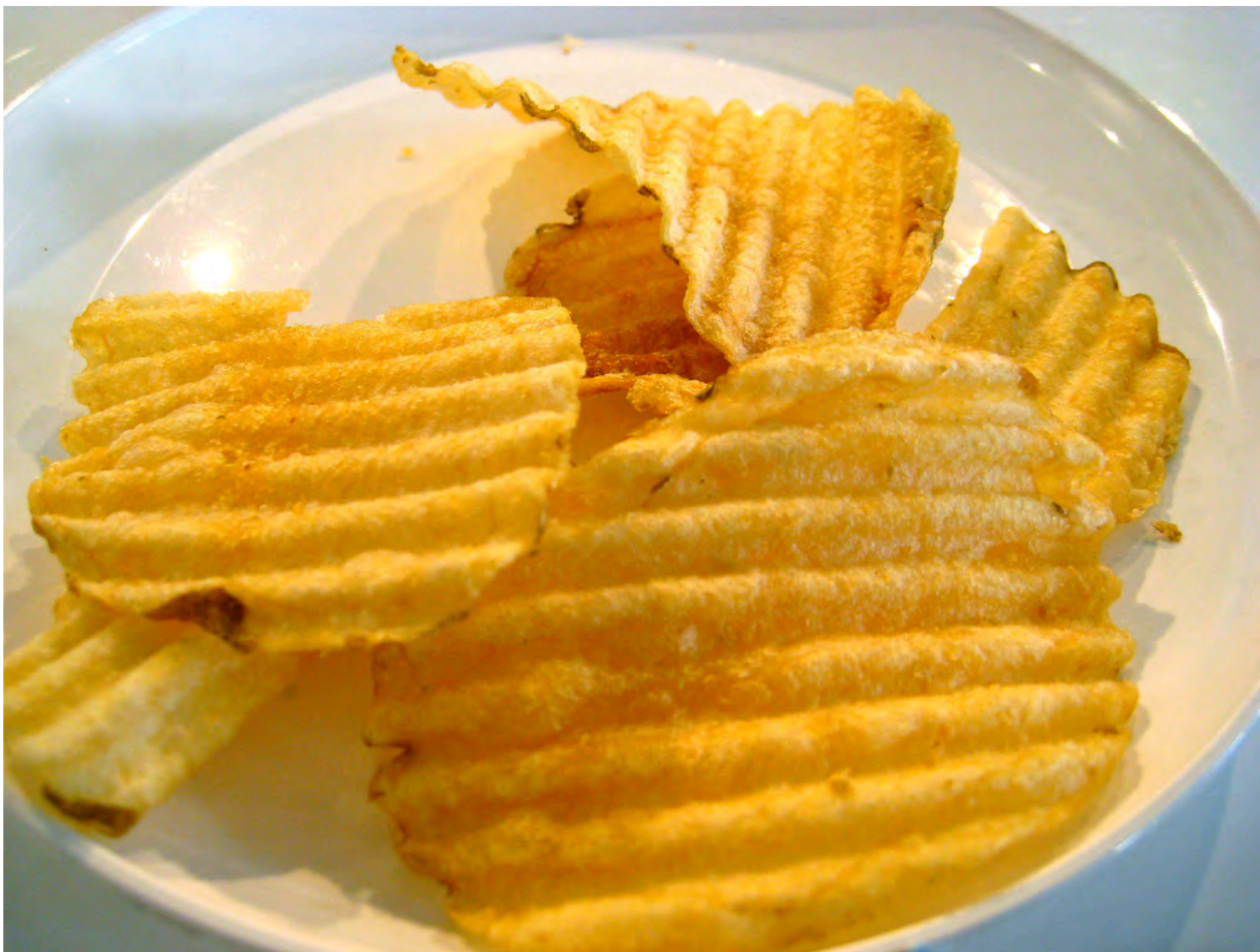
bread

(bread)



chip

(chip)



sandwich

(sand·wich)



soup

(soup)



gum
(gum)



pepper
(pep·per)

salt
(salt)



dressing

(dress·ing)

He poured *dressing* on his salad.

