

Nature Feeds Us Well

Colorful Health



RESPOND to the idea that some foods are edible as they exist in nature and they tend to be very colorful and healthy. There is a beautiful simplicity in eating a fruit, vegetable, nut, or seed that is not overly processed with preservatives, added sugar, or stored for long periods before it is eaten. Why do you think nature feeds us so well and why do fresh foods tend to be healthier than processed foods?



CONNECT the various types of food-bearing plants with the parts that are eaten. Identify if you eat the plant's root, stem, flowers, leaves, or seeds. Research the climate, type of soil, and amount of water that is needed for various types of food-growing plants. For example, how do the conditions needed to grow root vegetables differ from those needed for tropical plants that bear fruit?



CREATE a colorful pictograph chart of food we eat directly from plants (meaning they aren't processed into another type of food). As you sketch the foods think about their color variations. For example, apples and grapes may be various shades of red or green. Pears and papayas change from green to yellow as they ripen, and bananas develop brown freckles as they age.



PRESENT your pictograph of foods that come directly from plants. Discuss similarities and differences in the charts created by classmates. Ask how some of those foods are also used as ingredients in processed foods and how recipes can provide desired flavors and health benefits when additional fruits and vegetables are added.



Education

THINKING SHEET

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