

Where our Food comes from 1

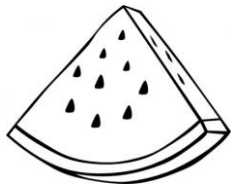
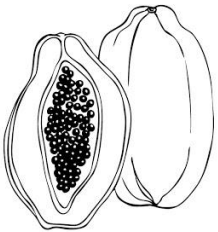
Foods from God's creation

When we eat an apple from a tree, or an egg from a chicken, we are eating food as God made it. These are the best foods.

Some foods come from factories. Some foods have added colours and flavours. These may not be so healthy.

1. Draw some foods that come from God's creation.

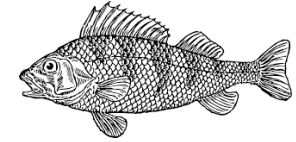
2. Now draw some fruits and vegetables that have seeds inside them. Show the seeds in your drawing.



Where our food comes from 2

Food from gardens, farms and the sea

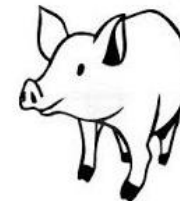
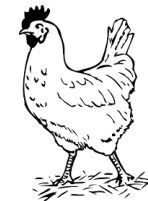
1. Draw some food from the sea.



2. Draw some foods from the garden.



3. Draw some food from farm animals.



Where our food comes from 3

What's good for you?

Choose the best supermarket foods

Draw Sniffer's shopping trolley and fill it with healthy food.



Sniffer is checking around the supermarket for foods that may not be so good for us. He does not want to buy only the foods from the farm, the sea or the garden.

Pick three foods from the farm or garden in this list. Draw them.

- packet of potato chips.
- fresh fruit
- fizzy drink
- chops
- eggs
- lollies
- packet of breakfast cereal



Hi. My name is Sniffer.

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The Supermarket

Copy this map of a supermarket. Draw the things you might find in each section.

