

# Where does your food come from and what part of the plant are you **REALLY** eating?

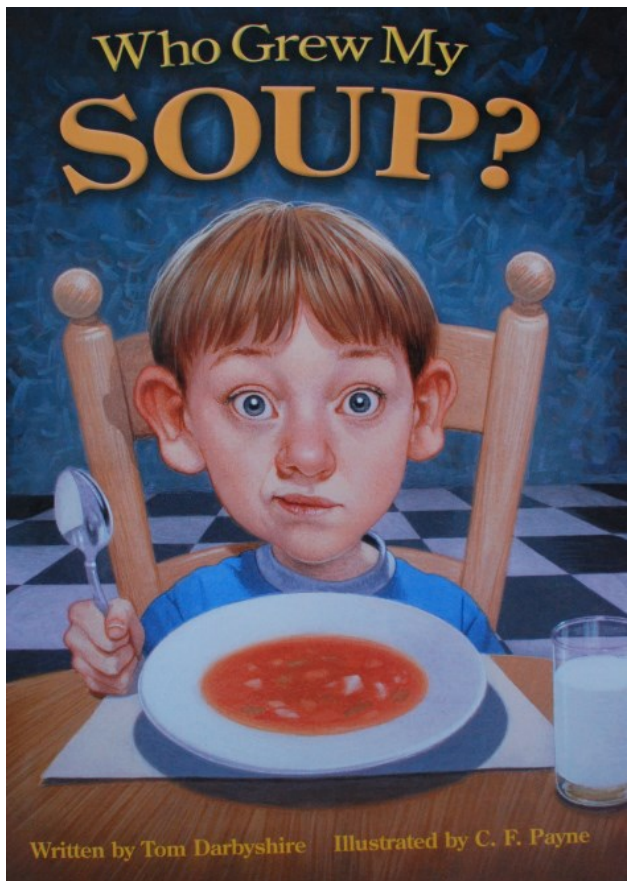
Find a copy of **Who Grew My Soup**  
at your local library.

- Or -

You can listen to it for free here:

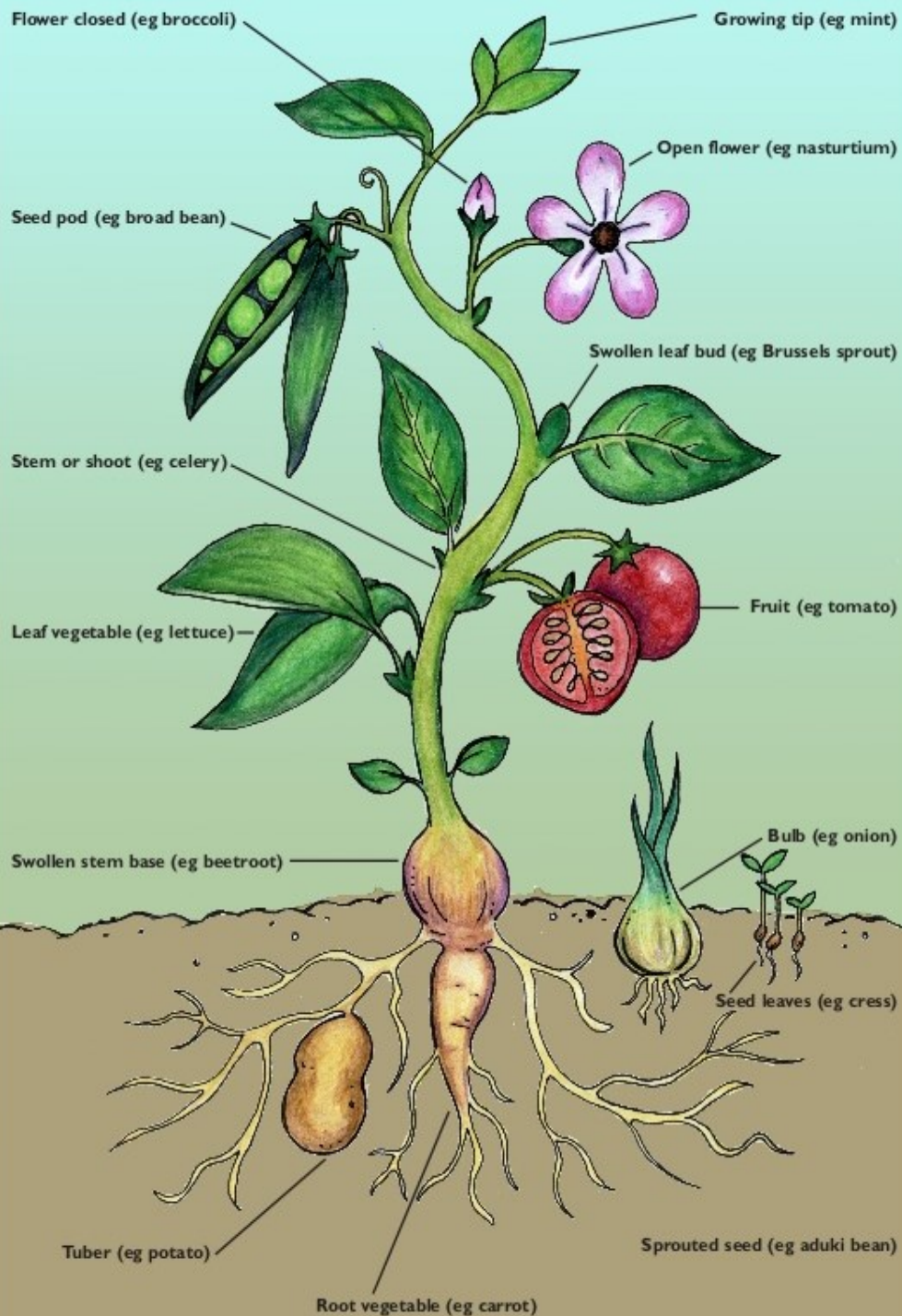
<https://youtu.be/WEK1mqeCjio>

Fill out one of the food plant parts  
quizzes below and then look  
around your own kitchen for  
foods made from plant parts!  
Check ingredient labels.



# Edible plant parts

*Plants offer us so much. Almost every part can be edible, but which ones?*



Illustrations: Verity Thompson





# PARTS OF A PLANT WE EAT

**\*\*Write which part of the below plants we eat.**

stems – roots – seeds – flowers – leaves - fruits

strawberries



cauliflowers



leeks



oranges



spinach



peas



celery



apples



lettuces



artichokes



asparagus



corn



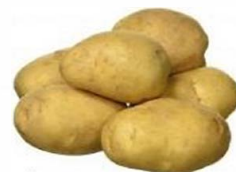
peppers



sunflowers



potatoes



# Circle the foods you like to eat!

## Flowers



Cauliflower



Broccoli



Artichoke

## Stems



Rhubarb



Asparagus



Celery

## Leaves



Cabbage



Lettus



Spinach

## Roots



Carrots



Radishes



Potatoes



Sweet Potatoes

## Seeds



Corn



Beans



Peas



Popcorn

## Fruits



Tomatoes



Peppers



Cucumbers



Pumpkins