

THE FOOD WE EAT

We need food to grow.

The food we eat comes from animals and plants.

Plants have different parts - seeds, roots, stems, leaves and flowers.

We use seeds to plant new trees and flowers.

We put them in the soil and water them.

They need sun to grow strong!

The food we eat comes from different parts of the plants.



seeds

Roots are the part of the plant that grows under the ground in the soil.

Stems help the plant to stand up.



roots



stem

Carrots and radishes are root vegetables.

They grow under the soil.

We use sweet corn seeds to make popcorn!

Broccoli leaves are very good for our health.

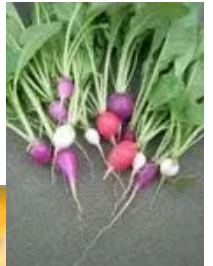
Trees give us fruit.

Fruits like apples, pears and oranges make you strong!

You can eat them every day!



carrots



radishes



sweet corn



eggs



meat



milk

Some of our food come from animals.

They give us eggs, meat and milk!

Eggs come from hens.



Milk comes from cows, goats and sheep.

We use milk to make ice cream, butter and cheese!

There is milk in the yogurt which we have for snack.



goat



sheep



cow

New Vocabulary!

seeds _____

roots _____

stem _____

leave _____

meat _____

butter _____

hen _____

goat _____

Special Words!

the _____

there _____

they _____

some _____

we _____

to _____

with _____

Read the text again and underline the special

THE FOOD WE EAT - worksheet

Chose a word for each sentence:

Trees grow milk every stand up hens

1. We need food to _____.
2. Stems help the plant to _____.
3. _____ give us fruit.
4. You can eat them _____ day!
5. Eggs come from _____.
6. We use _____ to make ice cream, butter and cheese!

Fill in the missing vowel (a, e, i, o, u) to make a word from the text:

m_lk h_n st_m ro_ts fl_wers
she_p c_ws fo_d appl_s or_nges

Write the sentences with capital letters and full stops:

1. they grow under the soil _____
2. broccoli leaves are very good for our health

3. fruits like apples, pears and oranges make you strong
