

## Grade 1 Worksheet: Food From Plants and Animals

**Instructions:** Draw a line from the food to its source.

Plant | Animal | Food ----- | ----- | ----- (Picture of a plant) | (Picture of a cow) | Apple (Picture of a plant) | (Picture of a chicken) | Milk (Picture of a plant) | (Picture of a hen) | Egg (Picture of a plant) | (Picture of a pig) | Carrot (Picture of a plant) | (Picture of a sheep) | Wheat

## Grade 2 Worksheet: Matching Food Sources

**Instructions:** Match the food item to its source by writing the correct letter in the blank.

**Food Item | Source ----- | -----** 1. Rice | a. Animals 2. Milk | b. Plants 3. Apple | c. Plants 4. Eggs | d. Animals 5. Carrot | e. Plants

**Bonus Question:** Draw a picture of one plant food and one animal food.

## Grade 3 Worksheet: Food Source Detective

**Instructions:** Read each clue and write whether the food comes from a plant or an animal.

1. This food is white and comes from a cow. \_
2. We make bread from this grain. \_
3. This orange vegetable grows underground. \_
4. This comes from chickens and we can cook it in different ways. \_
5. This red fruit grows on trees. \_

**Challenge:** Name two other foods that come from plants and two other foods that come from animals.

## Grade 4 Worksheet: Food Sources and Ingredients

**Instructions:** Complete the table below. Think about different meals you eat and list some common ingredients. Then, identify the source of each ingredient.

Food Item (e.g., Pizza)	Ingredient (e.g., Tomatoes)	Source (Plant or Animal)
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**Discussion Question:** Why is it important to eat a variety of foods from both plants and animals? Explain your answer.

**Challenge:** Research one ingredient from your table and write three interesting facts about it. Include information about where it grows best, how it is harvested, or its nutritional value.