Where Does Food Come From?

By Shelley Rotner and Gary Goss

Cocoa beans are seeds.

They grow on cocoa trees.

Chocolate is made by crushing and cooking cocoa beans.

Hot cocoa is made from chocolate.

Apples are fruits that grow on trees.

An apple is picked right off the tree.

Apple juice is made by pressing the juice from apples.

Potatoes are vegetables.

These vegetables grow under the ground.

French fries are made from potatoes.

Wheat is a grain that grows in fields.

Flour can be made by crushing the wheat.

Bread is made from flour.

Rice is a grain.

It grows in wet fields called paddies.

Rice that you eat is made by cooking the grain.

Corn is grain that grows in fields.

Popcorn is made from corn.

First you heat it, and then it pops.

Milk comes from cows—or sometimes from goats.

Butter, cheese, and ice cream are made from milk.

The eggs you eat are laid by hens.

The hens live on farms.

There are many ways to cook eggs.

Tomatoes grow on vines.

Ketchup is made from tomatoes.

Honey is made by bees.

They bring the nectar of flowers to the hive.

Maple syrup is made from sap.

The sap drips from maple trees.

Where does your favorite food come from?