



the little



foodie funbook.





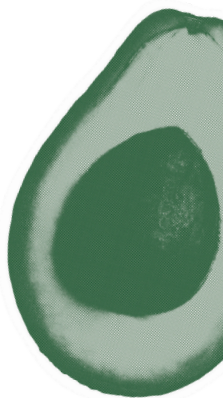
are you ready for an adventure?

Ever wonder how an apple gets from the tree to your lunchbox? Or where crackers started before they land on your plate? Everything we eat has a story, and it starts long before it reaches your plate.

Some foods grow in the ground, like crunchy carrots and juicy strawberries. Some grow on trees, just like sweet peaches and sour lemons. Some foods come from animals like eggs, milk or even honey. Some foods are made by mixing and baking in busy kitchens.

Learning where food comes from helps us understand how we can take care of the earth and the people who help feed us. Farmers, food helps, delivery trucks are doing their best every day to help us feed our tummies.

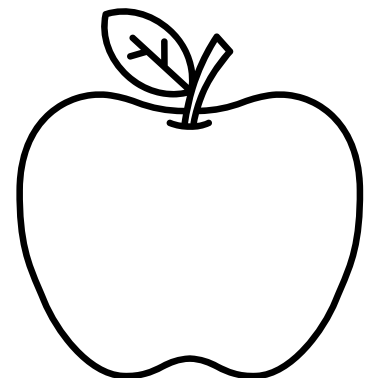
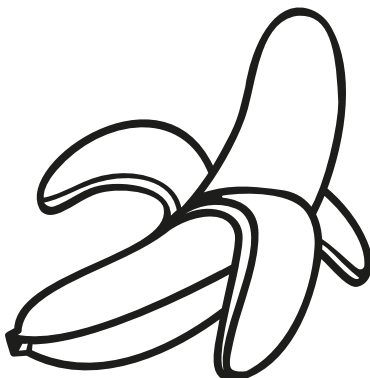
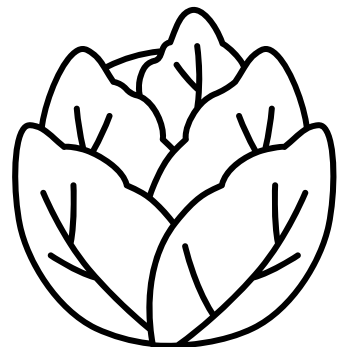
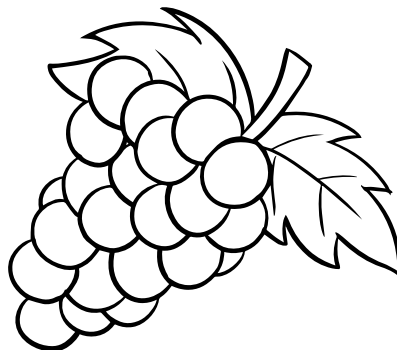
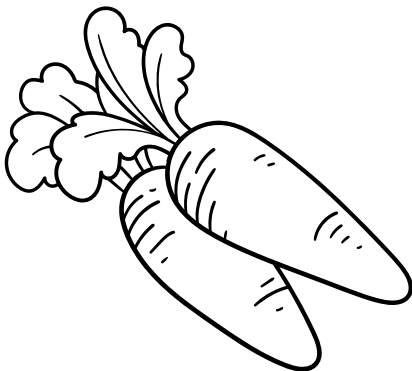
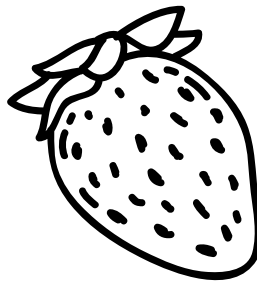
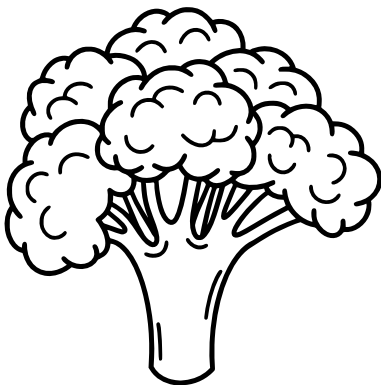
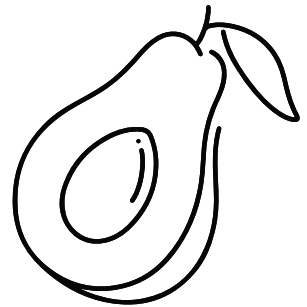
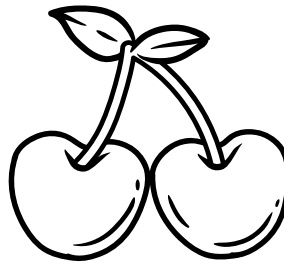
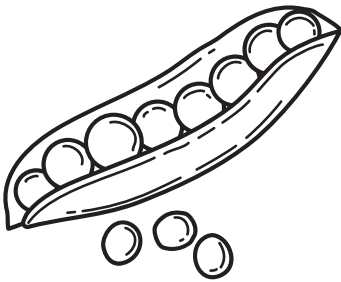
Join us on a little foodie adventure to discover where our food comes from!



vegetable or fruit?

Do you know which of these are fruits and which are vegetables?

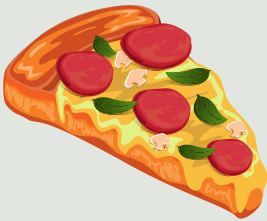
Colour the vegetables **green** and the fruit **red**.



food safari.

Did you know some of your favourite foods might come from a different country?

Research where the following foods traditionally come from:



Pizza



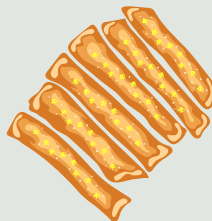
Fondue



Tacos



Goulash



Biltong



Paella



pho



Peking duck



sushi

where do I grow?

Did you know that lots of the food we eat grow in very different ways? Let's learn where some of them grow!

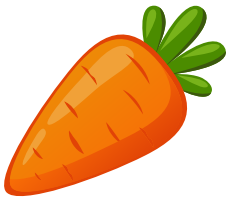
Draw a line to show where each fruit or vegetable grows.



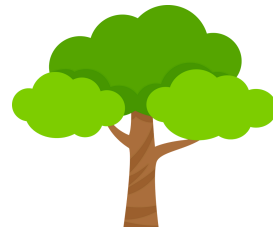
apple



vine



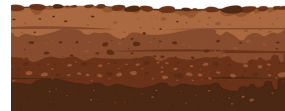
carrot



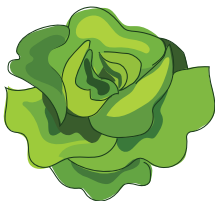
tree



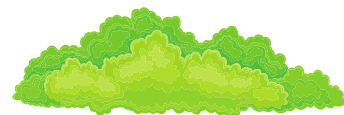
grapes



underground



lettuce



bush



blueberries



on the ground



where does it come from?

Let's explore where some of the foods we eat come from!

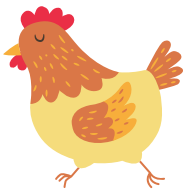
Draw a line between each food and where it comes from.



pig



wheat



chicken



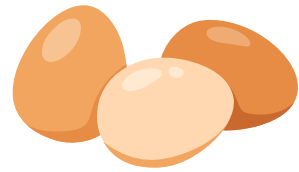
tomato



corn



cow



eggs



ham



milk



pasta



tomato soup



popcorn

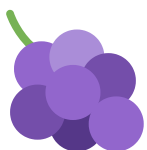
fruit word search.

Find the words and write them.



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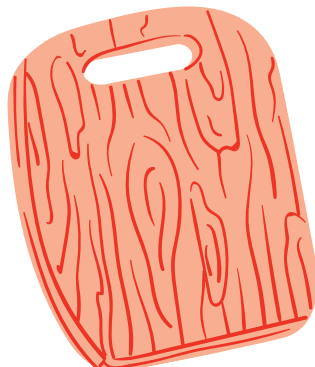
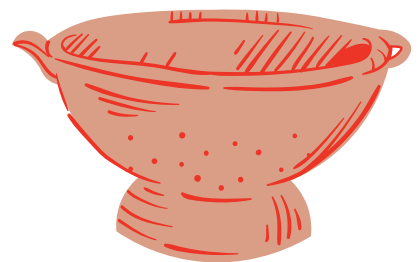
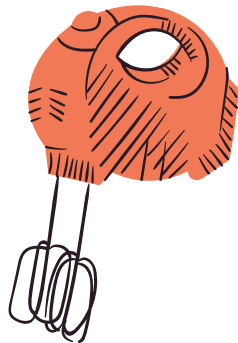
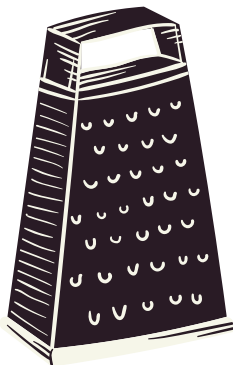
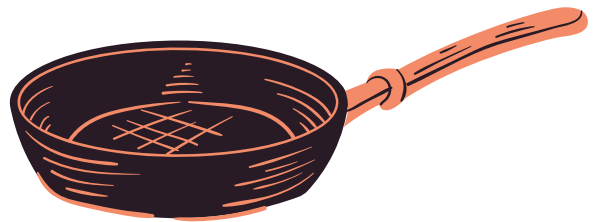
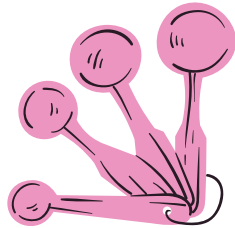
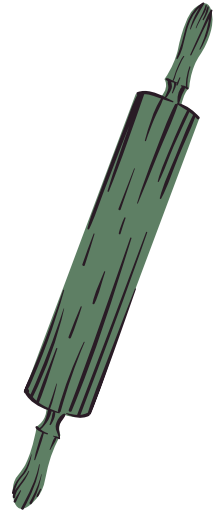
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| Q | P | R | N | S | I | H | H | J | G | D | Y | C | S | O |
| L | A | P | P | L | E | K | R | M | R | E | C | H | R | T |
| D | Z | T | K | W | I | C | D | S | A | E | H | P | O | W |
| X | B | B | X | N | P | K | E | W | P | J | A | H | L | A |
| R | O | E | H | I | X | O | P | A | E | V | T | F | J | T |
| T | P | G | X | T | J | R | B | A | S | M | Y | T | C | E |
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| L | X | E | V | B | H | R | Y | N | K | S | K | G | F | N |
| K | Y | R | S | R | E | S | R | J | O | R | Y | P | Q | C |
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g _ _ _ _ _ a _ _ _ _ b _ _ _ _ w _ _ _ _ _

kitchen scavenger hunt.

Go to your kitchen and try to spot the items. Circle the item on this worksheet once you find it.



Do you know all the names of these items?

my favourite recipe.

Think of your favourite recipe! Write or draw the ingredients, steps to make it and share what you love most about the dish.


Recipe name

Review



Ingredients

What it looks like

[illegible]

Directions

This image shows a full page of handwriting practice paper. It features four identical sets of horizontal guidelines arranged vertically. Each set includes three lines: a solid top line, a dashed midline, and a solid bottom line, providing a structured space for practicing letter formation and alignment. The paper is otherwise blank, with no text or other markings.

my cafe.

If you owned a café, what would you serve to your customers?
Create your own menu by drawing or writing it below.

cafe

Food

Drinks

answers.

vegetable or fruit?

Do you know which of these are fruits and which are vegetables?

Colour the vegetables green and the fruit red.



food safari.

Did you know some of your favourite foods might come from a different country?

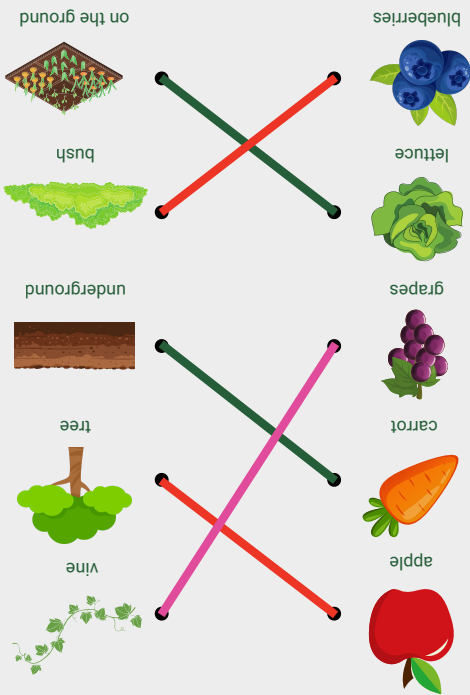
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Did you know that lots of the food we eat grow in very different ways? Let's learn where some of them grow!

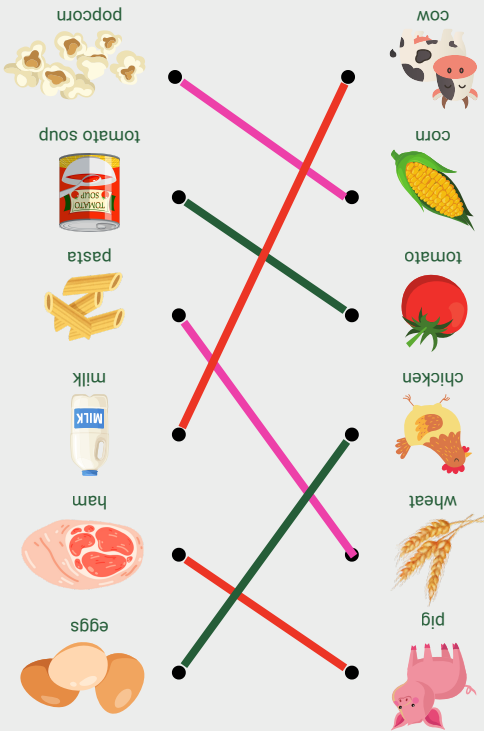
where do I grow?

Draw a line to show where each fruit or vegetable grows.



Let's explore where some of the foods we eat come from!

Draw a line between each food and where it comes from.



answers.

fruit word search.

Find the words and write them.



strawberry



orange



pear



lemon

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | N | B | A | N | A | N | A | N | A | B | O | O | K | U | Y | R |
| Q | P | R | N | S | I | H | H | J | G | D | Y | C | S | O | | |
| L | A | P | P | L | E | K | R | M | R | E | C | H | R | T | | |
| D | Z | T | K | W | I | C | D | S | A | E | H | P | O | W | | |
| X | B | B | X | N | P | K | E | W | P | J | A | H | L | A | | |
| R | O | E | H | I | X | O | P | A | E | V | T | F | J | T | | |
| T | P | G | X | T | J | R | B | A | S | M | V | T | C | E | | |
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| C | A | H | K | Y | Q | N | J | M | E | U | F | W | Y | M | | |
| I | R | R | M | R | I | G | U | L | E | M | O | N | G | E | | |
| Y | S | U | U | O | V | E | Q | V | E | S | K | H | B | L | | |
| C | J | L | M | K | K | W | X | G | S | K | Z | S | X | O | | |
| L | X | E | V | B | H | R | Y | N | K | S | K | G | F | N | | |
| K | Y | R | S | R | E | S | R | J | O | R | Y | P | Q | C | | |
| E | S | T | R | A | W | B | E | R | R | Y | N | B | Q | J | | |



grapes



apple



banana



watermelon