



Miss Panda's Books

Food



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Miss Panda's Books

Miss Panda's Books Series helps children learn about plants, animals, and how to care for them. We teach the basic traditional knowledge of being self-sufficient by growing your own food and making healthy choices. Each book in every set will educate your child on a subject related to the set topic, and you can find a fun craft idea on the last page. We hope these books will bring your children wisdom and joy!

Have you ever wondered where your food comes from? Perhaps the cereal you ate this morning, or even tacos have you asking, "Where did this come from?"



Food comes from two things: Plants and animals.

The next time you have a meal with your family, point out each food on your plate, and decide if it comes from a plant or an animal. Ask a grownup if you need help.



Plants and animals come from many places. Farms, ranches, orchards, forests, gardens, the ocean, and many more places provide us with food. Food comes from all over the world!



Farms can have both plants AND animals. Some may only grow one type of plant, while some may only care for one type of animal. Have you ever visited a farm?



Bodies of water, like rivers, lakes, and oceans can provide us with many foods, as well! We have plenty of fish and other sea creatures to choose from, as well as seaweed and other plants that grow in the water.



Orchards are like farms, but they only grow fruit or nut trees. Orchards are especially known for their beautiful spring blooms. Visit a cherry or apple orchard during the early spring, and admire all the bright colors.



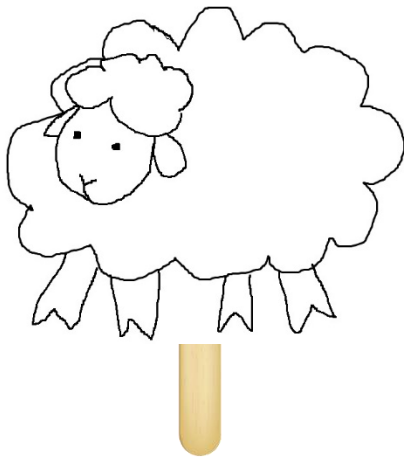
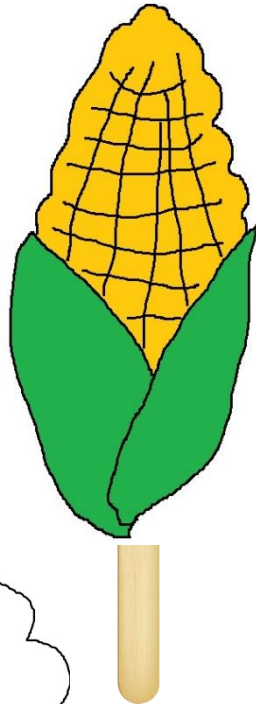
Food is made possible by nature and hard work.
Be sure to thank your local farmers and ranchers, beekeepers, and other food growers. They helped put the food on your plate!



Plant or Animal Scavenger Hunt

Supplies:

- Green paper
- Yellow paper
- White paper
- Black Marker
- Popsicle sticks
- Glue



Directions:

1. Draw and cut out your papers similar to the examples to the left.
2. Glue the green leaves to the corn.
3. Draw the face on the sheep and attach the legs with glue.
4. Glue 1/2 of two popsicle sticks, and attach to the bottoms of the corn and sheep.
5. Once they dry, you can pick them up using the other half of the popsicle stick, like a puppet.
6. Take these to the supermarket. As you walk through the supermarket, decide whether each food comes from a plant or an animal. Then hold up the correct puppet, the corn (plant) or sheep (animal).