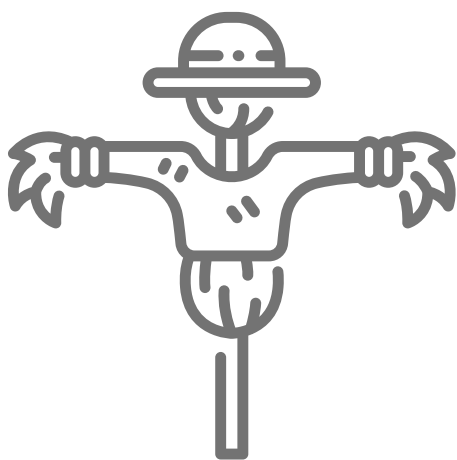
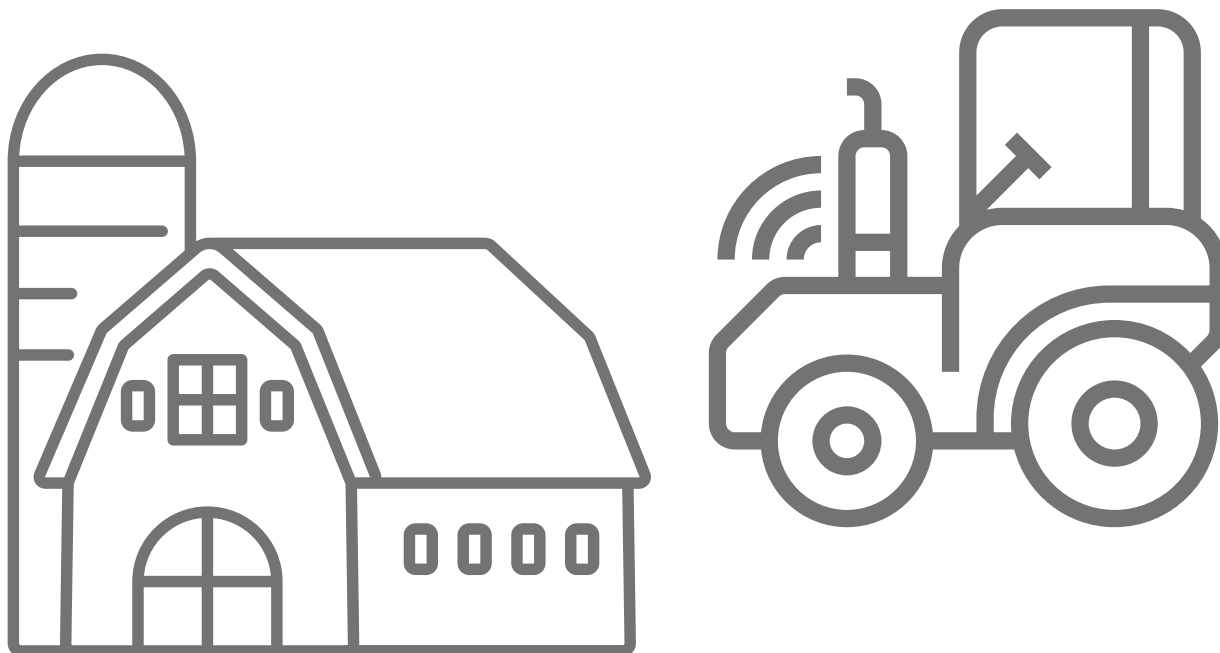


The Journey of Food

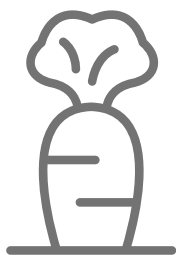
Coloring Book



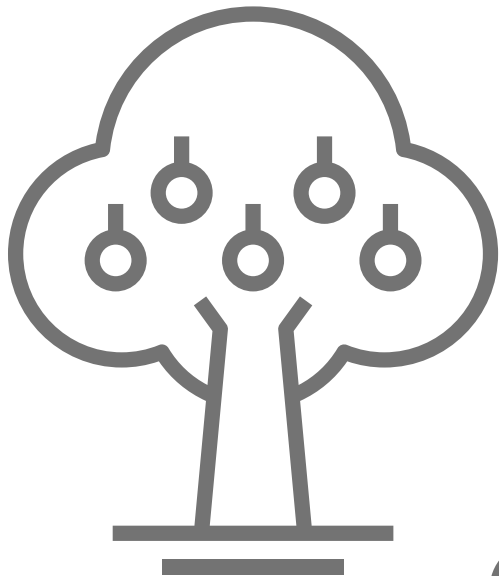
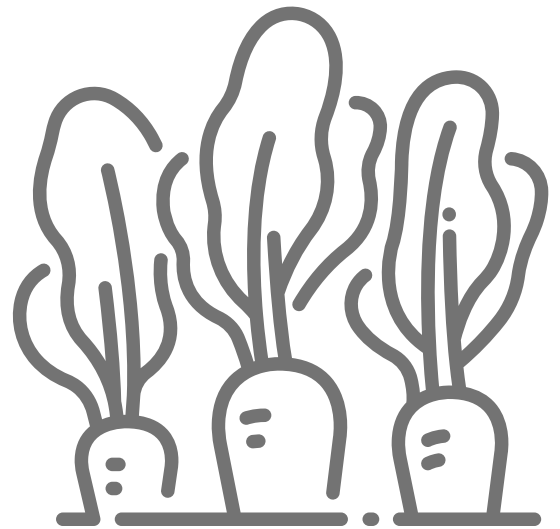
The journey begins in a garden or on a farm.



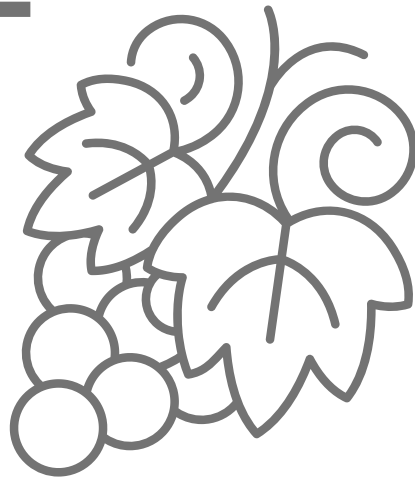
Farmers grow things like fruits, vegetables, spices, and grains on their farms.



Some food grows under ground, like carrots and other root vegetables



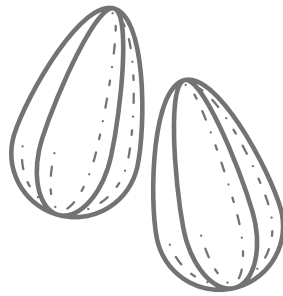
Some food grows on trees or bushes like apples and grapes



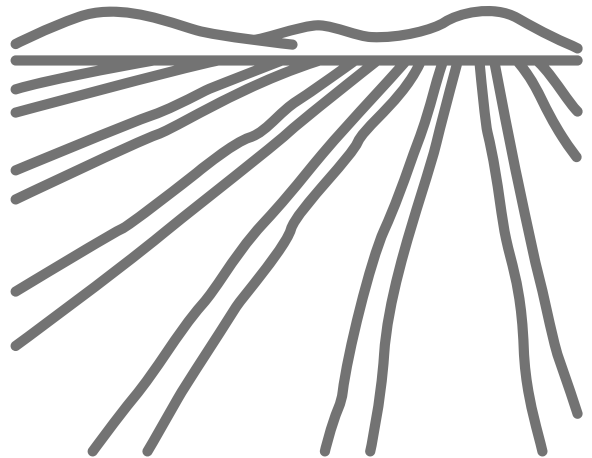
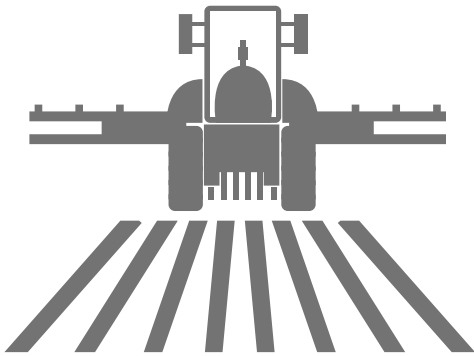
Some food grows above ground, like corn and other grains.



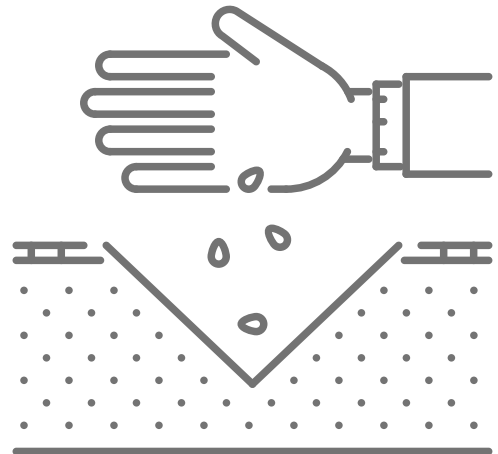
Most food begins
as a tiny seed.

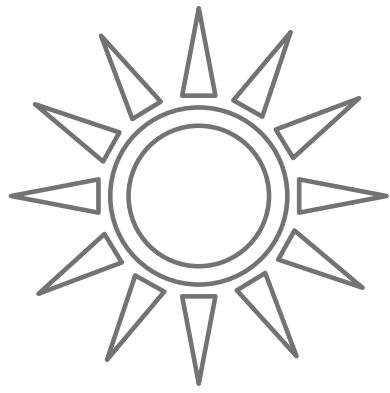


The farmer plows the
field, and then plants the
seeds.

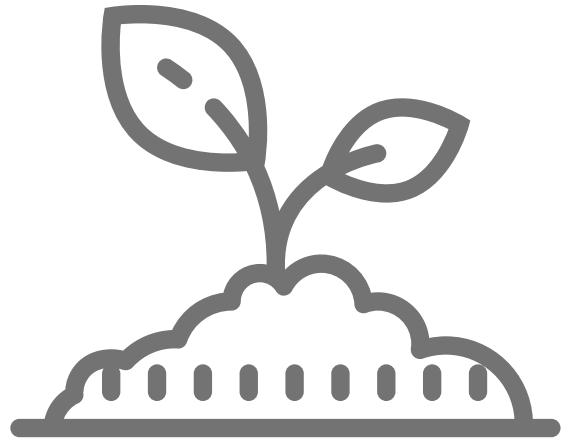
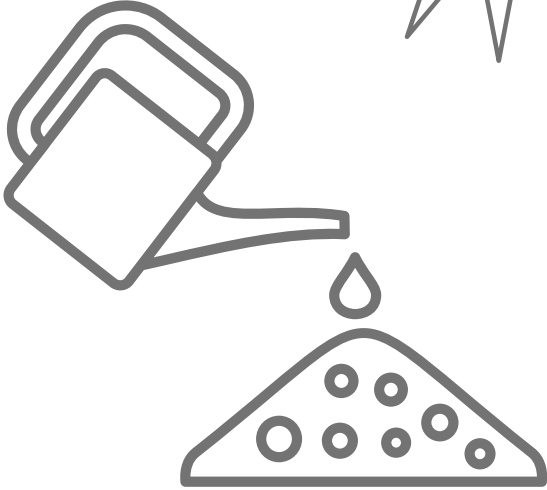


Sometimes, planting
seeds is also called
"sowing seeds."

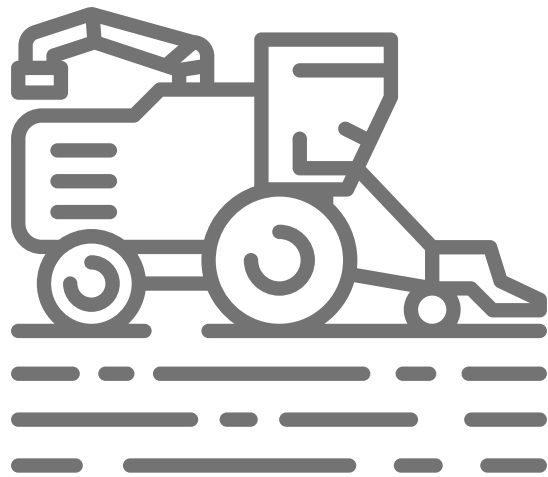
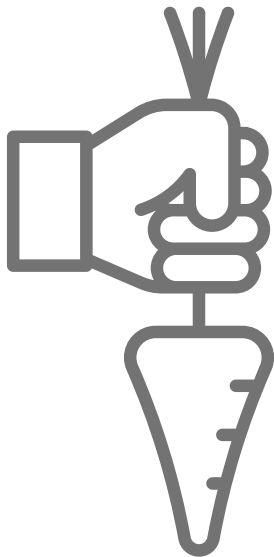




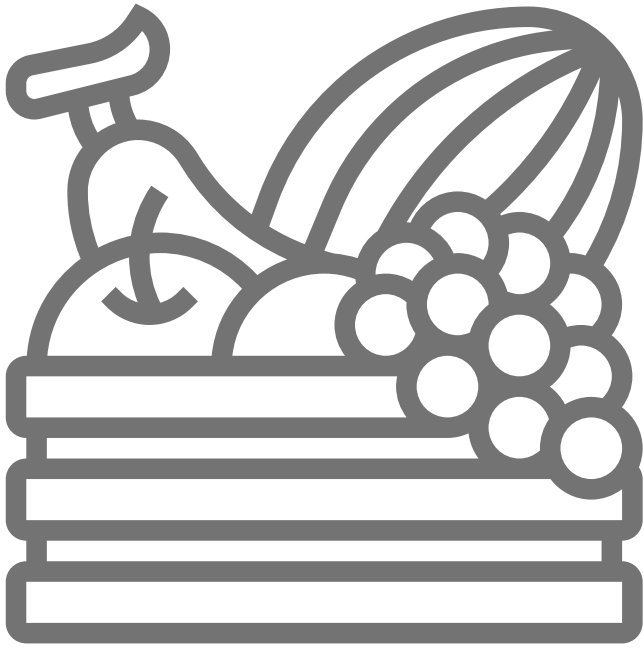
Once the seeds are planted, the farmer must water the fields.



The crops will use water and sunshine to grow.

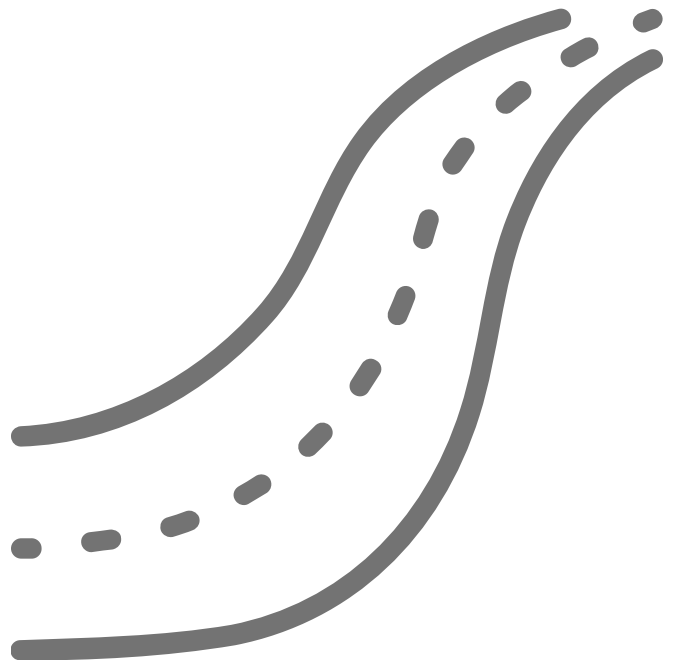
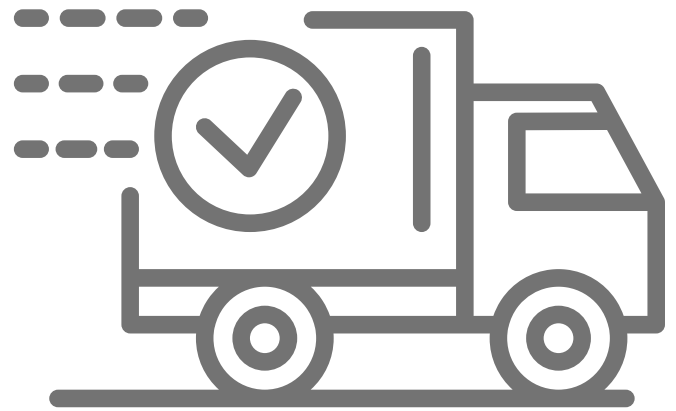


Once the crops are fully grown, the farmer will pick or "harvest" them.

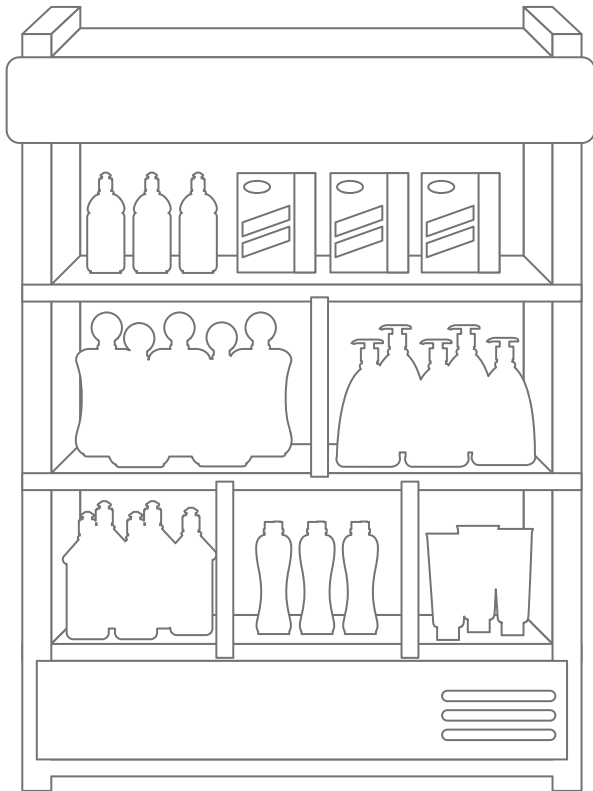


Next, the crops will be packaged, and then transported to stores and markets.

When you visit the store, you'll find food that might have come from a local farm, or it may have traveled a very long way to get to your market.



You go to the market to buy food and bring it home.



Finally the food ends up on your plate.

Draw one of your favorite foods on the plate!

