



## ✂ WONDERVILLE ACTIVITY

# WHERE DOES MY FOOD COME FROM?

### What To Do

1. For one day, write down what you have eaten and where it came from in the chart below. Use a separate piece of paper if needed.

### Tips

- If you are eating a packaged food, it should say on the package where the food was produced.
- Fruits and vegetables usually have a sticker on them that says where it was grown. If not, ask your parent or guardian if they know where the produce was grown as they may have purchased it at a local market.
- Record each individual item. For example, if you eat a bowl of cereal, record the milk and cereal separately. If you add sugar to your cereal, record that as a separate item.

FOOD	WHERE IT CAME FROM

### Observation

1. How many items came from other countries or provinces? \_\_\_\_\_
2. If you were challenged to eat only food that was produced in your province:  
What items could you eat? \_\_\_\_\_  
What items would you have to give up? \_\_\_\_\_  
Could you find substitutes for the items you had to give up? \_\_\_\_\_

