

MAP YOUR FOOD

All living things need to get energy in order to live – people eat food. Where does your food come from?

MAKE A MAP OF YOUR NEIGHBORHOOD

Draw a map of your neighborhood. Include your home, ways that people can move from one place to another, and other important places, like your school.

Then, add places that your family can get food.

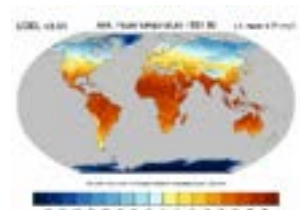
- Are there stores in your neighborhood?
- Where can you get food? Even if your family doesn't use them, are there stores, gardens, restaurants, friends and family, natural areas, or anywhere else that might have food?
- Where do you go to get food? Do you get different types of food at different places?
- Are the places you get food closer or far away?
- Are the food stores you go to outside your neighborhood? Can you make a larger map that includes them?



WHERE IN THE WORLD DOES YOUR FOOD COME FROM?

Look at the food in your home to find where the food comes from.

- Look for labels or stickers. Sometimes, the stickers tell you where the food was packaged, not where it was grown, so look carefully.
- You might have to research where some of the food comes from based on the kind of plant and where it can grow. For example, bananas aren't grown in the United States – most of them are grown in India, China, the Philippines, Ecuador, and Brazil.



Keep a list of everything you eat today. Where did each thing you ate come from?

Make a map of where all of your food was grown. How much of your food came from:

- Your neighborhood?
- North Carolina?
- The United States?
- North and South America?
- Somewhere else in the world?