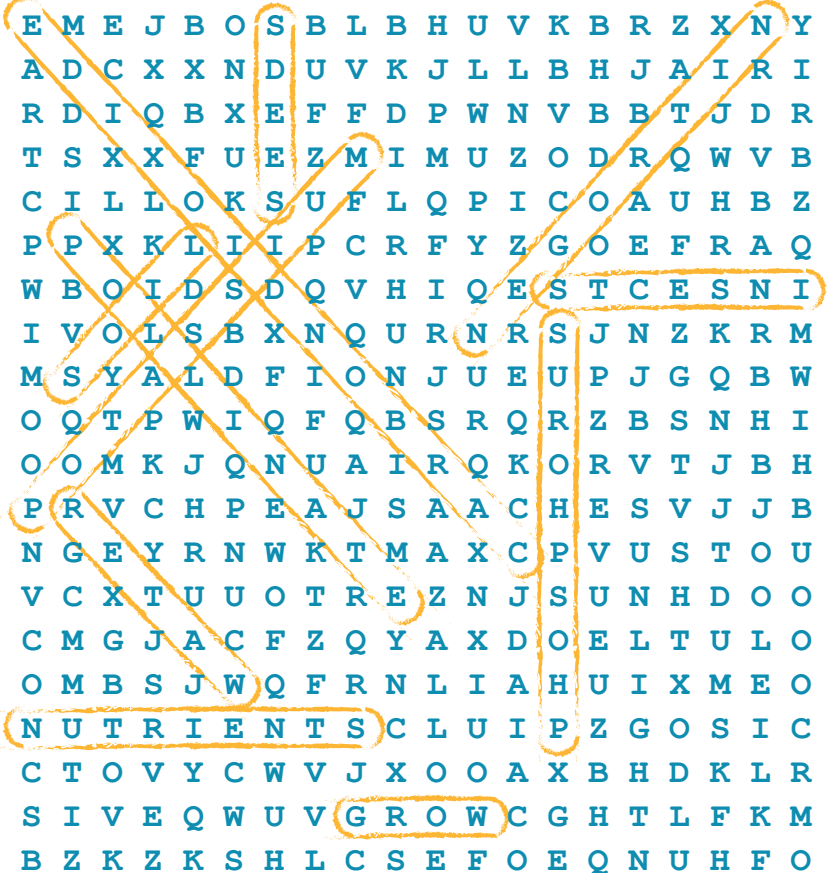


## Did you know?

The fruits and vegetables we eat begin as **seeds**. Inside each seed is a baby plant waiting to **grow**. When a seed is planted in healthy **soil**, it gets everything it needs to produce the food we eat. Plants and people need nutrients to live and grow. The most important are **nitrogen** and **phosphorus**. Every time you eat fresh fruits or vegetables, you take in these nutrients too. When a seed sprouts it produces a root. The root digs into the soil and spreads in all directions to absorb **water** and **nutrients** to make the plant strong. The seed also grows a shoot up and out of the soil. When it reaches **sunlight**, the shoot grows leaves. Leaves are how the plant makes its own food. Leaves absorb sunlight using a special green pigment. The energy from the sunlight combines with **carbon dioxide** from the air and water from the soil to make sugars. These sugars combine with other nutrients to make the plant's body, flowers and fruit. Many of the plant foods we eat are fruits, such as tomatoes, melons, squash and bananas. In order to produce fruit, most plants must be visited by **insects**, like bees. These helpful bugs **pollinate** the plant by carrying pollen from flower to flower. Without insects many of our favorite foods would disappear.

Fun fact from "Ways to Save the Earth" Yarrow, 2007



Find the 12 words below in the word search:

CARBON DIOXIDE	POLLINATE
GROW	POTASSIUM
INSECTS	SEEDS
NITROGEN	SOIL
NUTRIENTS	SUNLIGHT
PHOSPHORUS	WATER



Odd shapes and colors do not impact the flavor of your fruits and vegetables. Eat a nutritious diet including a variety of shapes and colors!

To find out how you and your family can be a part of the solution at home visit:

[sustainabilitysolutions.asu.edu/change](https://sustainabilitysolutions.asu.edu/change)

## After plants are done growing it's time to harvest what you eat.

When you work in your own garden you probably do it all by hand, but what about the food you get from the store? Farmworkers carefully select crops that are ready to eat, leaving the rest to ripen. Leafy greens like lettuce are picked, packaged and boxed right in the field. So are soft fruits like strawberries and blueberries. Apples, pears and oranges are picked from the tree and put into large containers. They are transported to large warehouses where they are washed, packaged and shipped to your store. Grains like wheat and oats have seeds that grow at the tops of long stems. These are harvested using machines called combines. The combine cuts the stem and removes the shells from the seeds. If this were done by hand, harvesting a field of corn would take 20 people up to 10 hours. A combine can finish the job in less than 30 minutes. No matter how it's done, the harvest is a crucial part of getting food from farm to feast.

Match the food with the part of the plant it came from.

