

What's for Lunch?

Have a little fun with your food! Use the worksheets below to see where some of your favorite foods originate. Choose the activity for the appropriate age group, or try all three. Challenge yourself to see how many continents you can fit on your plate!

Activity One: Connect the Continents (Elementary School)

Activity Two: Decode the Foods (Middle School)

Activity Three: Lunchtime Personality Test (High School)

Extending the Activity: Look up your own favorite foods. Once you have your meal on your plate, take a photo and research where the foods originated – and don't forget to share on social media!

Connect the Continents

Many foods that we eat today originally come from different parts of the world. Let's take a closer look at our lunch.

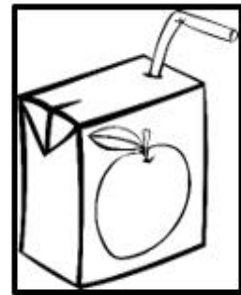
DIRECTIONS: Draw a line to connect the food item to the continent it originally came from. Answers on the next page!



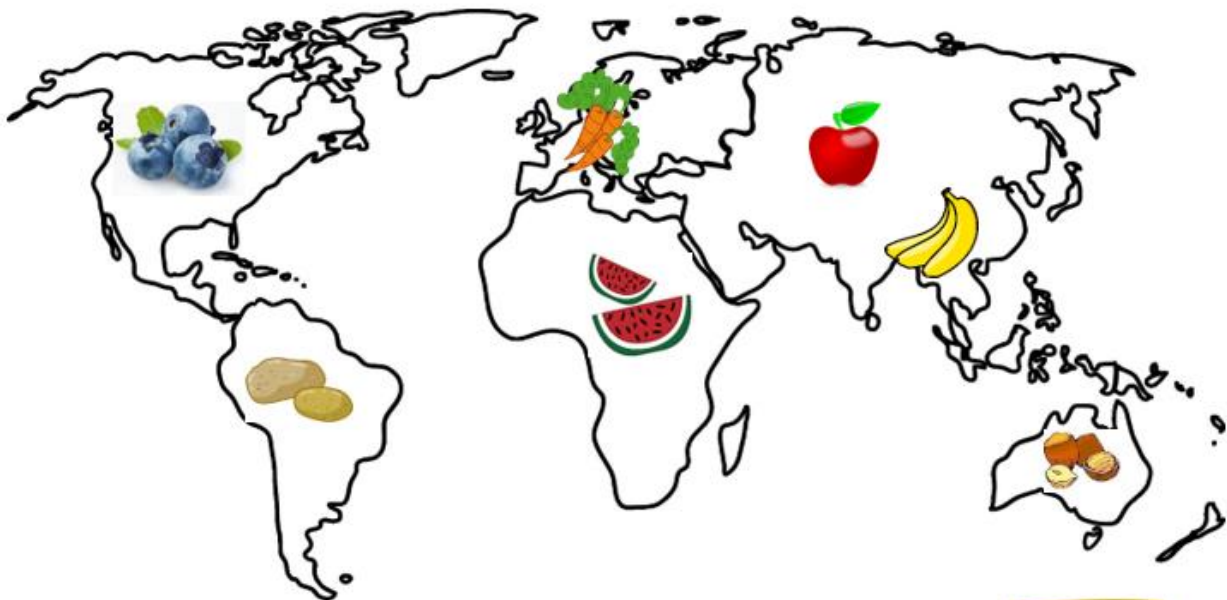
Banana Chips



Baby Carrots



Apple Juice



Watermelon Gummies



Blueberry Muffin



Macadamia
Nut Cookie



Potato Chips

Decode the Foods

Many foods that we eat today originate from different parts of the world. Let's take a closer look at our lunch.

DIRECTIONS: Use the key to decode the places where these famous foods came from. Fill in the blanks to discover the early beginnings of our favorite foo Answers on the back!

Mustard Seeds, *mustard*: Home to the earliest form of writing and farming

13--9--4--4--12--5

5--1--19--20

Avocado: Home of the mighty Incas and the great Amazon River

19--15--21--20--8

1--13--5--18--9--3--1



Pear: Home to Stonehenge and prehistoric cave paintings

5--21--18--15--16--5

Coffee: Home to the earliest humans and the Nile River

1--6--18--9--3--1

Macadamia Nuts: Home to Dreamtime and the Didjeridu

1--21--19--20--18--1--12--9--1

Apples: Home to major routes along the Silk Road

3--5--14--20--18--1--12

1--19--9--1

KEY		
A: 1	J: 10	S: 19
B: 2	K: 11	T: 20
C: 3	L: 12	U: 21
D: 4	M: 13	V: 22
E: 5	N: 14	W: 23
F: 6	O: 15	X: 24
G: 7	P: 16	Y: 25
H: 8	Q: 17	Z: 26
I: 9	R: 18	

Lunchtime Personality Test!

Many foods that we eat today originate from different parts of the world. Take the quiz to discover where the foods you love came from.

DIRECTIONS: Choose the food item that best represents your palate. Count how many a's, b's, c's, d's, and e's you get. Turn the sheet over to find out your results.

1. Which butter would be the love of your jelly's life?

- a. Peanut Butter
- b. Sesame Butter (tahini)
- c. Hazelnut Butter
- d. Almond Butter
- e. Macadamia Nut Butter

2. Which fruit would be the star of your fruit salad?

- a. Blueberry
- b. Watermelon
- c. Raspberry
- d. Banana
- e. Riberry

3. No meal is complete without vegetables, which is your favorite?

- a. Corn
- b. Okra
- c. Carrots
- d. Peas
- e. New Zealand Spinach

4. Which dip is worthy of your tortilla?

- a. Guacamole
- b. Black Eye Pea Dip
- c. Artichoke Dip
- d. Hummus
- e. Bunya Nut Pesto

5. Which dessert would be worth a trip to the dentist?

- a. Chocolate Mousse
- b. Coffee Sponge Cake
- c. Juniper Berry Cookies
- d. Coconut Cream Pie
- e. Desert Lime Ice Cream

Count Your Score:

A's: _____

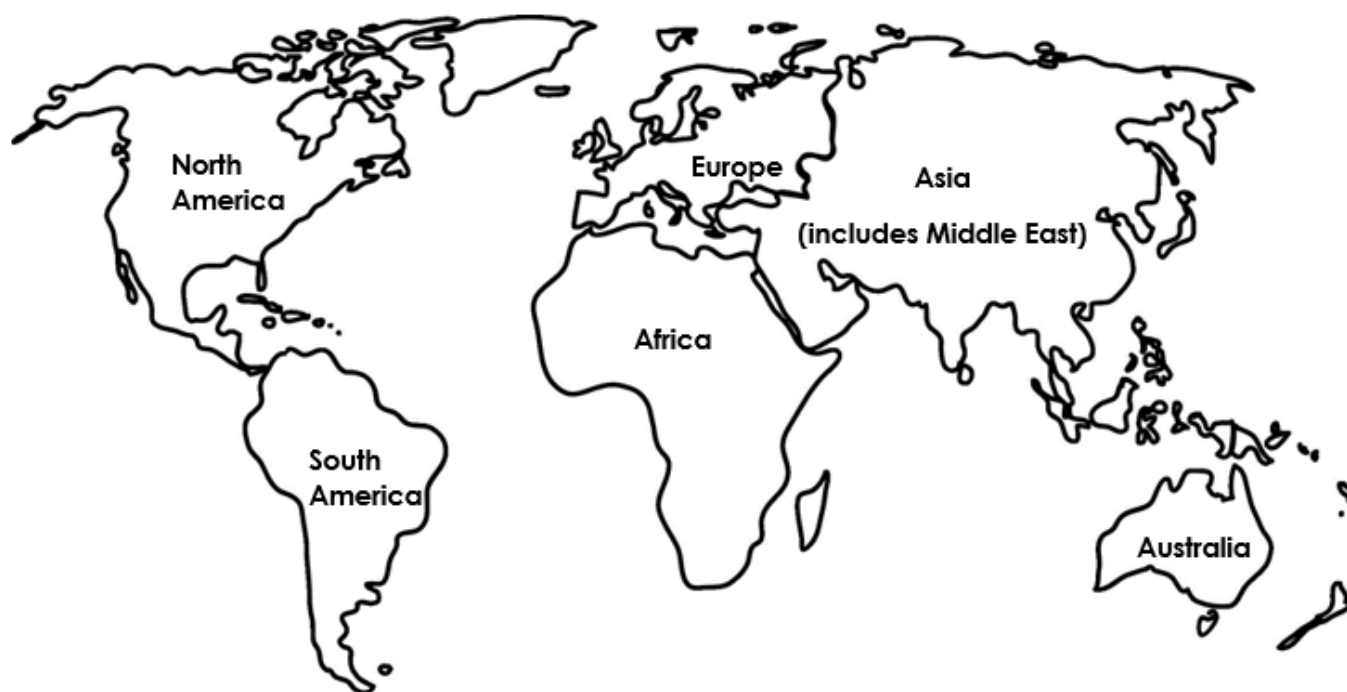
B'S: _____

C'S: _____

D'S: _____

E'S: _____

ANSWERS



Mostly A's Americas	Mostly B's Africa	Mostly C's Europe	Mostly D's Asia	Mostly E's Australia
Peanut	Sesame	Hazelnut	Almond	Macadamia Nut
Blueberry	Watermelon	Raspberry	Banana	Riberry
Corn	Okra	Carrots	Peas	New Zealand Spinach
Avocados (Guacamole)	Black Eye Peas	Artichoke	Chickpeas (Hummus)	Bunya Nut Pesto
Chocolate	Coffee	Juniper Berry	Coconut	Dessert Lime