

How Does Our Food Grow? + Rainbow Salad Recipe**What's this lesson all about?**

Lettuce, tomatoes, and bananas come from the grocery store, right? In this lesson, we'll learn about how plants grow and where they come from before they reach the grocery store shelves. Plus, you'll make a colorful and delicious rainbow salad.

LEARN ABOUT IT

What are plants?

Plants are organisms that grow in a permanent place, absorb water and inorganic substances through their roots, and synthesize nutrients in their leaves by photosynthesis using the green pigment chlorophyll.

How much of our food comes from plants?

Over 75 % of our food worldwide comes from plants

- Vegetables: corn, lettuce, broccoli, kale, potatoes, collard greens
- Fruits: apples, oranges, lemons, bananas, tomatoes
- Grains: rice, wheat, oatmeal
- Legumes: beans, peas, chickpeas, lentils, soybeans, peanuts
- Snacks: french fries, popcorn, potato chips, sugar
- Seasonings: garlic, onions, basil, peppers, parsley, cinnamon
- Grain products: tortillas, bread, flour, cookies
- Other examples of plant foods: tea, coffee, juice

**Who grows our food?**

Farmers are people who grow plants that are used for food. These plants are known as crops.

What do plants need to grow?

- Plants need water and sun to make their own food energy (photosynthesis).
- Too much sun can dry out the soil and plants.
- A plant's roots use the soil to hold the plant in place and absorb nutrients.
- A plant's roots hold soil in place so it doesn't wash away in the rain.
- Plants can drown in soil that has been flooded (oversaturated) with water.
- The movement of air refreshes the plant's supply of carbon dioxide.

FOOD FOUNDATION STANDARDS: Food is Fun, Food is from the Earth

This lesson meets the following Indiana State Academic Standards: 4.RV.1, 5.RV.1, 6.RV.1, 4.SL.1, 5.SL.1, 6.SL.1, 4.SL.2.1, 5.SL.2.1, 6.SL.2.1, 4.SL.2.3, 5.SL.2.3, 6.SL.2.3, 4.SL.2.4, 5.SL.2.4, 6.SL.2.4, 4.SL.2.5, 5.SL.2.5, 6.SL.2.1, SEPS.1, SEPS.2, SEPS. 8, 4.PS.3, 4.LS.2, 5.PS.1, 5.1.2, 5.4.2, 5.4.3, 5.4.6, 5.7.1, 5.7.2, 8.4.1, 8.4.2, 8.4.3, 8.4.4

FOOD IS FUN! FOOD IS FUEL. FOOD IS FROM THE EARTH. FOOD IS FOR SHARING!

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BE A FOOD EXPLORER

WATCH: Many plants require a process called pollination in order to grow. Pollinators, creatures that visit flowers for nectar and help disperse pollen, are responsible for one in every three bites of food we eat. Find out more about the process of pollination and seed dispersal in this lesson from Generation Genius. Click this link: <https://www.generationgenius.com/videolessons/pollination-and-seed-dispersal-video-for-kids/>

WONDER: How was ketchup invented? Can you grow food indoors? Can food labels tell you how far away your food traveled to get to you? All of these questions are answered in this episode of Finding Stuff Out. Click this link: <https://www.youtube.com/watch?v=Qfm5ExOwI0w>

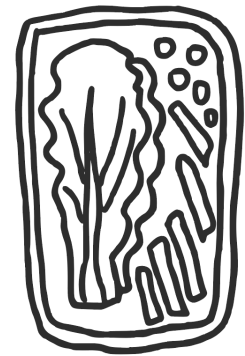
TRY: Create your own kitchen scrap garden! Did you know that many kitchen scraps will sprout into new plants if given a little water? This includes the tops of carrots, beets, pineapple and turnip, as well as the stumps of vegetables like celery and onions.

Click this link: <https://kidsgardening.org/garden-activities-kitchen-scrap-gardening/>

MAKE:

Rainbow Salad

This recipe makes 5-6 servings. You may cut the recipe to reduce number of servings. (For example, to cut the recipe in half, divide the quantity for each ingredient by 2). Store extra salad dressing in the fridge for later. Feel free to make substitutions as needed. Use what you have on hand! Make sure you have a grown-up to help you while cutting.



Ingredients

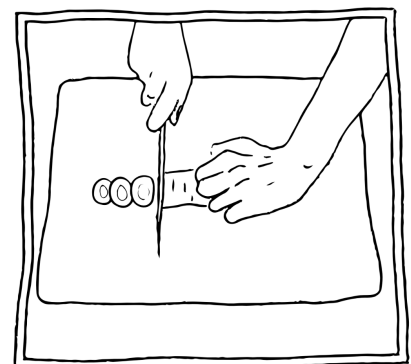
- 1 bunch chard (3-4 leaves)
- 1 head romaine lettuce
- 2 apples
- 1 orange bell pepper
- ¼ cup pumpkin seeds
- ½ cup cheese

Materials

- Cutting Board
- Knives
- Mixing bowls
- Tossing spoons
- Wash cloth
- Serving bowl
- Fork

Directions

1. Chop the romaine and place into mixing bowl.
2. Chop the chard and apple. Add ingredients to bowl.
3. Add diced red pepper, pumpkin seeds, and cheese to bowl.
4. Set aside and make the dressing.



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How Does Our Food Grow? + Rainbow Salad Recipe**Balsamic Berry Dressing****Ingredients**

- 4 tablespoons Dijon mustard
- 2/3 cup balsamic vinegar
- 3 tablespoons strawberry preserves
- ½-1 teaspoon salt
- ½-1 teaspoon black pepper
- 1 1/2 cup extra virgin olive oil
- Sugar to taste

Directions

1. Place vinegar, preserves, salt, and pepper in a mixing bowl and whisk to combine.
2. Pour in the oil. Whisk vigorously until combined into a creamy consistency.
3. Season to taste with sugar, if you like.
4. Pour vinaigrette over salad and toss salad with utensils.
5. Serve and enjoy!



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