

# What do you need to make a meal?

## Breakfast

To make **scrambled eggs**, you need eggs and milk.

To make **orange juice**, you need oranges.

To make **toast with honey**, you need bread and honey.

To make **bread**, you need flour, milk, eggs, baking powder, salt, and butter.

To make **flour**, you need some sort of grain, such as wheat, rice, oats, corn, rye, or barley.

To make **oatmeal**, you need oats.

## Lunch

To make **a grilled cheese sandwich**, you need bread, cheese, and butter.

To make **applesauce**, you need apples and sugar.

To make **potato chips**, you need potatoes, salt, and cooking oil.

To make **cooking oil**, you need an oil-rich food, like olives or peanuts.

To make **cooked carrots**, you need carrots.

To make **oatmeal cookies**, you need butter, sugar, eggs, flour, baking powder, salt, and oats.

## Dinner

To make **chicken tacos**, you need flour tortillas, lettuce, cheese, chicken meat, chili peppers, and limes.

To make **tortillas**, you need flour, salt, baking powder, and cooking oil.

To make **salsa**, you need tomatoes, cilantro, chili pepper, onion, garlic, lime, salt, and pepper.

To make **refried beans**, you need pinto beans.

To make **ice cream**, you need cream, sugar, and strawberries.

# Where does that ingredient come from?

Now that you know what you want to eat and what ingredients you need to make it, fill in the blanks below with the animals or plants you need to supply these ingredients. For some of these ingredients, there is more than one answer.

## Basics you bring with you:

You are going to bring enough salt, sugar, pepper, and baking soda to meet your needs for a few years.

## Basics used in many meals:

What plants or animals can supply eggs? \_\_\_\_\_

What plants or animals can supply milk, butter, and cheese? \_\_\_\_\_

What plants or animals can supply honey? \_\_\_\_\_

What plants or animals can supply the grain you need to make bread? \_\_\_\_\_

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Add other foods you might grow to the lists below.

### Some fruits that grow on trees:

- Oranges
- Apples
- Limes
- Olives
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Some plants that grow in the garden

- Potatoes
- Carrots
- Beans
- Tomatoes
- Cilantro
- Chili pepper
- Onion
- Garlic
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_