

The Food Journey

Choose A Food Item (from your lunch, a snack, or just grab something from the kitchen)!

What ingredients are in the food item you chose?

Example: A bag of cheese flavored corn chips

- Corn
- Spices
- Cheese
- Packaging

Where did each ingredient come from?

Example: A bag of cheese flavored corn chips

- Corn: grain farm
- Spices: spice farm
- Cheese: dairy farm
- Packaging: engineered plastics

How did those ingredients get processed?

Example: A bag of cheese flavored corn chips

- Corn: grown, harvested, dried, shipped to a processing plant, ground up, mixed with other ingredients, baked/fried
- Spices: Grown, harvested, shipped to a processing plant, ground up, blended, applied to chip.
- Cheese: Raise the cow, feed the cow, milk the cow, process milk into cheese, dried, powdered, applied to chip
- Packaging: Lab created by chemists, mass produced in a factory out of various plastics

How did these ingredients come together to make your chips?

Example: A bag of cheese flavored corn chips

Chips are made, spices and cheese are layered onto chips. Seasoned chips are then weighed out and put into plastic packaging. Packaging is then sealed.

How did that package of food get to your home?

Example: A bag of cheese flavored corn chips

A big truck carries the packaged chips from the factory to the grocery store. A grocery store worker puts it on the shelf. You go to the store, select the chips, pay for them at the cash register, and go home to eat them!