



Whole, Close to the Source Food

Eating whole food that is close to the source and minimally processed is good for our bodies and for the earth. Food that has been *processed* means it has been changed, with things added in or taken out. Processed food can be harder for our bodies to recognize as food, and may cause digestive and other health problems. In the word bank below, the items in each group of food come from the same source, but are processed in different amounts. Organize the items in the groups of foods using the chart, based on if it is *whole*, *minimally processed*, or *very processed*.

WORD BANK:

| | | |
|-------------|-------|-------------|
| Apple Juice | Apple | Apple Sauce |
|-------------|-------|-------------|

Source? *Ex: Apple tree* _____

| | | |
|------------------|-------------|------|
| Corn Puff Cereal | Canned Corn | Corn |
|------------------|-------------|------|

Source? _____

| | | |
|------------------------|-----------------|---------------|
| Grilled Chicken Breast | Chicken Nuggets | Fried Chicken |
|------------------------|-----------------|---------------|

Source? _____

| | | |
|-------------|-------------------|--------|
| White Bread | Whole Wheat Bread | Muffin |
|-------------|-------------------|--------|

Source? _____

| | | |
|-----------|------|--------|
| Ice Cream | Milk | Yogurt |
|-----------|------|--------|

Source? _____

| WHOLE | MINIMALLY PROCESSED | VERY PROCESSED |
|------------------|---------------------|--------------------|
| <i>Ex: Apple</i> | <i>Apple Juice</i> | <i>Apple Sauce</i> |
| | | |
| | | |
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