

WEEK

Catch up on previous weeks' activities at cook.ba/camp

GOAL: This week, we're going to learn a little bit about where food comes from.

EXPLORING THE ROOTS OF IT ALL

ACTIVITY DIFFICULTY: MEDIUM

Ask Mom or Dad for help.

Most of us get our food at the grocery store (or from Blue Apron boxes!), so it's easy to forget where it really comes from. But it's important to understand and appreciate the hard work and steps that go into creating healthy ingredients. We're peeking behind-the-scenes to learn how different seasonal foods are grown, raised or made before they reach your plate.



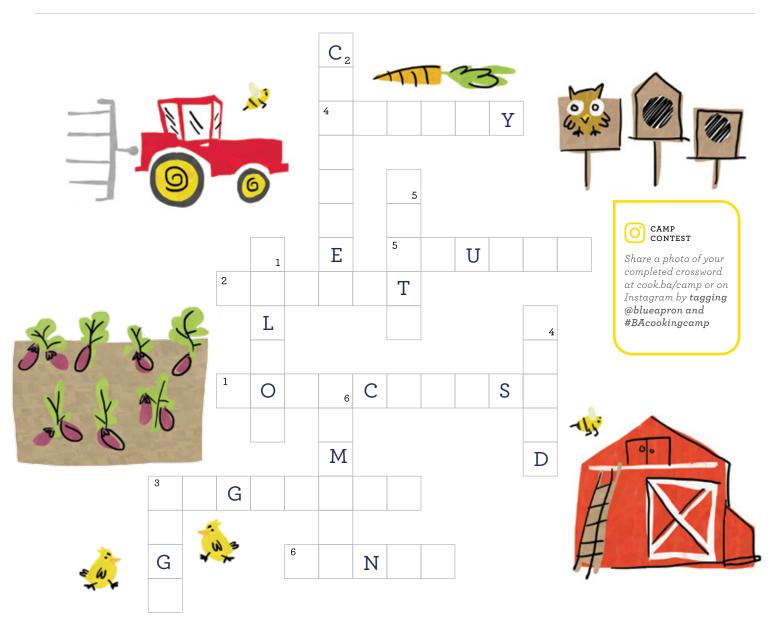




When you're done with this week's activity, color me in!



INSTRUCTIONS: Use clues about where ingredients come from to solve this crossword puzzle.



HERE ARE THE CLUES

ACROSS

- 1. Cheese made from the milk of a small horned animal
- 2. Eating this orange root veggie can help you see better in the dark
- 3. Usually purple, this veggie originally came from India
- 4. Pretty please, with a _ _ _ on top (tree fruit)
- 5. Summer or winter, don't get squished by a...
- 6. Sticky, sweet liquid; comes from beehives

DOWN

- 1. A red-fleshed fish that swims up rivers
- 2. This green veggie is often used to make pickles
- 3. Chickens lay these
- 4. Water, flour and yeast make loaves of...
- 5. Italian noodles made from flour, water and maybe eggs
- 6. Typically round and red, this "veggie" is actually a fruit

