The Food We Eat—
Where Food Comes From, General Types of Food, and When & Why We Eat
The Food We Eat

Everyday we eat food in order to give our bodies energy to play, work, and do the things we need to do. There are lots of words to describe where our food comes from, what our food tastes like, and the different types of food that we eat. We’ve grouped these words into four groups.
The Food We Eat

Cooking, Eating, and What Things Taste Like

Dairy, Fruits & Vegetables, Grains & Nuts, and Meat We Eat

Drinks, Desserts & Sweets, and Other Foods

Where Food Comes From, General Types of Food, and When & Why We Eat
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Do you know where your food comes from? Words that describe where food is grown and raised are important to know. Words describing different types of food and when and why we eat are also good to know, too.
The Food We Eat—Where Food Comes From, General Types of Food, and When & Why We Eat

Where Food Comes From:
* farm
* ranch
* crop
* provisions
* supply

General Types of Food:
* food
* treat
* snack
* meal
* diet

When & Why We Eat:
* breakfast
* lunch
* dinner
* supper
* feast
* picnic
* dining
* hunger

^ non core vocabulary words added to supplement concept
farm
(farm)

A *farm* is a piece of land used for growing crops or raising livestock.
ranch
(ranch)

A *ranch* is a place for the raising of livestock (cattle, horses, or sheep) on range.
crop

crop (crop)

A *crop* is a plant that can be grown and harvested so people can eat it.
provisions
(pro·vi·sion)

Provisions are a stock of materials or supplies.
supply
(sup·ply)

*Supply* is the amount of something that is needed or available.
food
(food)
A treat is something that is special. Sometimes a treat involves going to a special place or eating something you don’t get to eat very often.
snack  
(snack)  

A *snack* is a small amount of food you eat between meals so you don’t get hungry.
meal
(meal)

A *meal* is all the food prepared to be eaten at one time. Meals can be eaten alone or with a group of people.
Diet has two major definitions. Anything a person eats is considered part of their regular diet. Diet also includes eating certain foods for a specific reason, like to improve your health.
breakfast
(break·fast)
When and Why We Eat

lunch
(lunch)
dinner
(din·ner)
supper
(sup·per)

When and Why We Eat
feast

(feast)

A feast is a meal with a large amount of food and drink.
A picnic is a meal eaten outdoors.
dining
(din·ing)

When and Why We Eat
hunger
(hun·ger)

Hunger is a desire or a need for food.

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The Food We Eat
Words to Describe Cooking, Eating, and What Things Taste Like

Everyone likes to eat, but not all people like to cook. There are lots of words to describe cooking that may help you be a good helper in the kitchen. Words that describe eating and how things taste are helpful, too.
All About Food—Cooking, Eating, and What Things Taste Like

How We Eat:
* eat
* bite
* chew
* swallow
* feed

Cooking:
* bake
* mix
* raw

What Things Taste Like:
* taste
* bitter
* delicious
* sweet
bake
(bake)
mix
(mix)
raw
(raw)
How We Eat

eat
(eat)

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bite
(bite)
chew
(chew)
swallow
(swallow)
feed
(feed)
taste
(taste)
bitter (bit·ter) Something that tastes *bitter* tastes strong. Some people don’t like bitter foods.
delicious
(de·li·cious)

Delicious food tastes good.
sweet
(sweet)

Foods that taste *sweet* taste good and are often sugary.

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Dairy, Fruits & Vegetables, Grains & Nuts, and Meat We Eat

Do your parents like it when you eat your fruits and vegetables? There are lots of things that are good for you to eat. Milk, apples, rice, and chicken are from different food groups. Eating a balance of foods from different food groups is something we can do to stay healthy.
The Food We Eat—
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^ non core vocabulary words added to supplement concept
dairy
(dairy)
butter
(but·ter)
cheese
(cheese)
cream
(cream)
Dairy
fruit
(fruit)
apple
(ap·ple)
grapes
(grapes)
berry
(ber·ry)
oranges
(or·anges)
tomatoes
(to·ma·toes)

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vegetable
(veg·e·ta·ble)
bean
(bean)

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peas
(peas)
potato
(po·ta·to)
corn
(corn)
rice
(rice)
Grains & Nuts

grain
(grain)

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wheat
(wheat)
nuts
(nuts)
peanut
(pee·nut)
flour
(flour)
meat
(meat)
bacon
(ba·con)
beef (beef)
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Drinks, Desserts & Sweets, and Other Foods
Many people enjoy a cup of coffee or tea in the morning or an occasional bowl of ice cream after dinner. There are endless choices when it comes to the types of drinks, desserts and sweets, and other foods we eat.
Desserts & Sweets:
- pie
- cake
- cookie
- candy
- chocolate
- sugar
- honey

Flavoring:
- salt
- pepper
- dressing

Drinks:
- drink
- tea
- coffee
- juice
- milk
- pop
- soda

Other Foods:
- bread
- chip
- sandwich
- soup
- gum

The Food We Eat—Drinks, Desserts & Sweets, and Other Foods
drink
(drink)
A hot glass of tea steaming on a window sill. 

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coffee
(cof·fee)
juice
(juice)
milk
(milk)

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**pop**
(pop)

**soda**
(so·da)

Drinks
pie
(pie)
cake
(cake)
cookie
(cook·ie)
candy
(can·dy)
chocolate
(choc·o·late)
sugar
(sug·ar)
honey
(hon·ey)
bread
(bread)
sandwich
(sand·wich)
soup
(soup)
gum
(gum)

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pepper  (pep·per)  salt  (salt)
He poured *dressing* on his salad.