

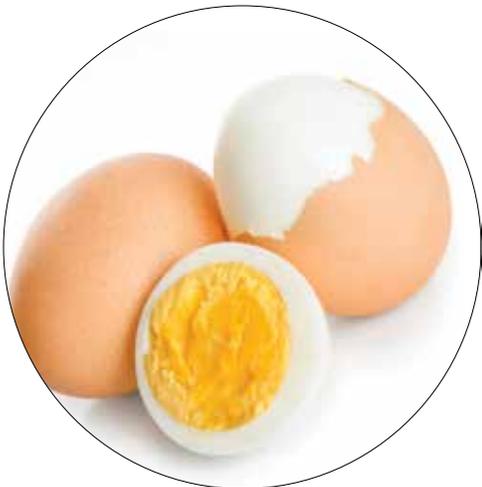
# For Creative Minds

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## Simple Changes to Food

Sometimes changing natural resources to fit our needs is as simple as washing and cutting, chopping, or blending. After we have changed the shape, we might use as is, cook, or freeze. Can you identify how we use these natural resources?



hard-boiled eggs



tomato slices



strawberry popsicle



grapes



cucumbers



fish

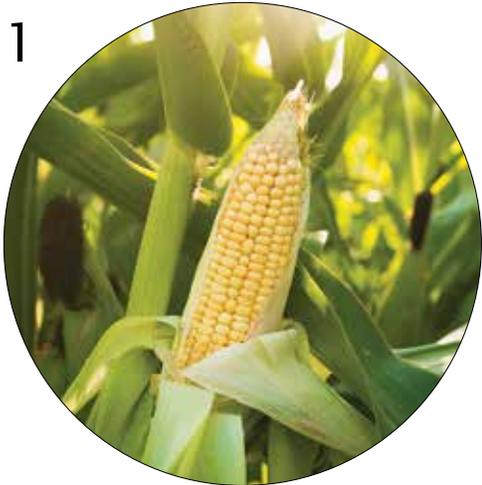
As is: tomato slices (sliced), cucumbers (sliced), grapes (can also be frozen)

Cooking: hard-boiled egg (cooked, peeled & cut), fish (cut and cooked)

Freezing: strawberry popsicle (blended and frozen), grapes (cleaned and frozen)

## Match the Natural Resource to the Food

1



corn

Sometimes it's easy to tell what things are made from which natural resources. Other times, there have been so many changes made that it's hard to tell.

We eat corn on the cob and popcorn. What are some other foods made from corn?

A



ice cream

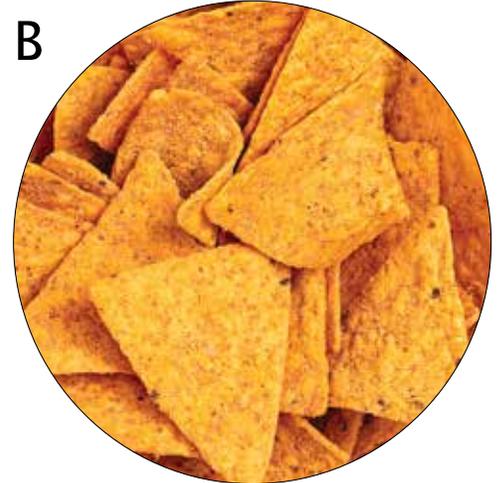
2



wheat

We eat a lot of food made from flour ground from wheat. Almost any cereal or cracker has wheat in it. What are some other things made with wheat?

B



tortilla chips

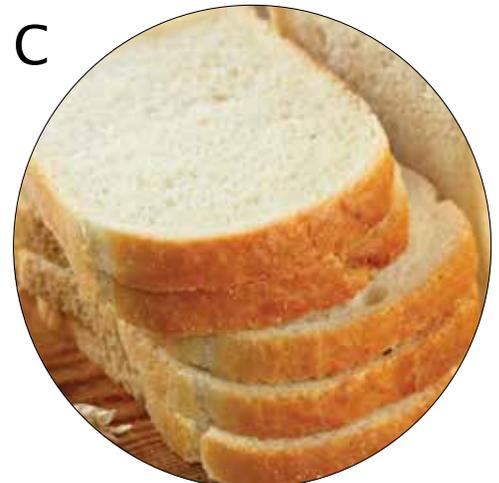
3



cow

Cows give us meat (beef) and clothing (leather). Most of the dairy we eat and drink also comes from cows. In addition to milk, butter, and cheese, what other dairy products do we eat?

C



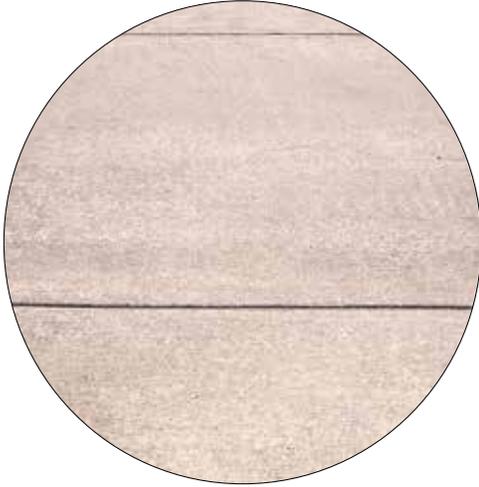
bread

Answer: 1 corn: B tortilla chips; 2 wheat: C bread; 3 cow: A. ice cream

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## What Came From Rocks and Minerals?

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concrete sidewalk



diamond ring



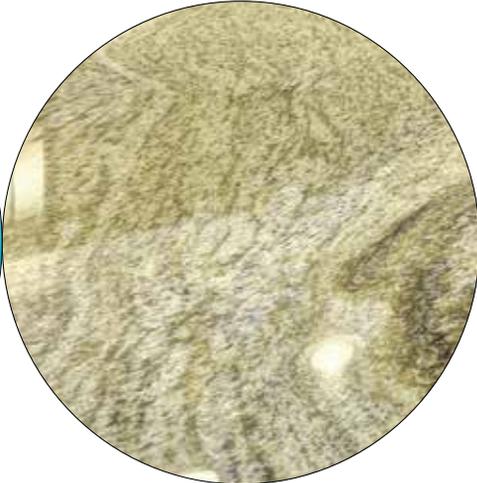
apples



building



cotton cloth



kitchen counter



aluminum cans



stone bridge



glass

Answer: everything except the apples and cotton cloth

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## What Came From Trees?

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maple syrup



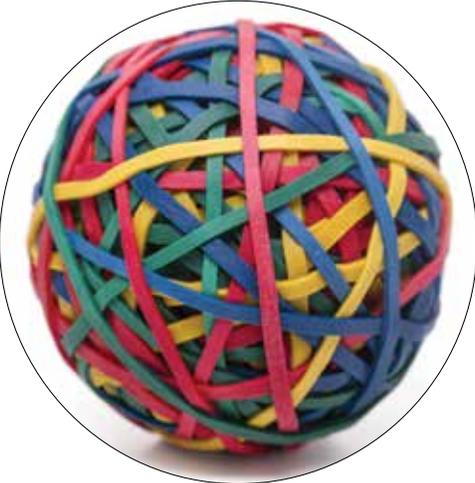
pencils



wooden puzzle



house frame



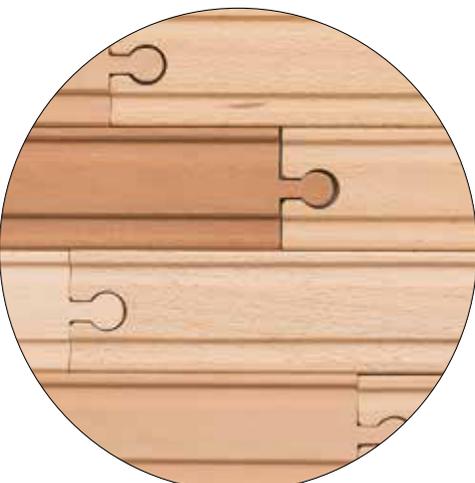
rubber bands



walnuts



oranges



toy train tracks



books (paper)

Answer: everything