

Name: _____

Date: _____

Food Sorting: What Am I Eating?

Directions: Read the food category definitions, and organize the foods listed at the bottom into their appropriate categories. Some may belong in more than one box.

Indigenous Foods

Local: grown close to the community that eats the food

Organic: not grown with chemicals/pesticides

Native: originally grown by local people for thousands of years

_____	_____
_____	_____
_____	_____

Introduced Foods

Imported: originally from a place outside of the local ecosystem it currently grows in

Potentially harmful: because they are not native to the environment, they can have negative influence on the environment

_____	_____
_____	_____
_____	_____

Whole Foods

Minimally processed: the food has not been changed very much before eating (simple cooking is considered a minimal change)

Additive-free: not packaged with artificial chemicals such as food coloring

_____	_____
_____	_____
_____	_____

Processed Foods

Physically altered: the original form of the food has been significantly changed

Chemically modified: contains artificial substances such as lab-created chemicals (i.e. high fructose corn syrup)

_____	_____
_____	_____
_____	_____

Food List:

- | | | |
|--|--|--|
| <ul style="list-style-type: none">• Pine nuts• Salmon filet• Potato chips• Ice cream• Bacon Cheeseburger | <ul style="list-style-type: none">• Walnuts• Blackberries• Granola bar• Milk• Prickly pear | <ul style="list-style-type: none">• Steak• Chicken breast• Acorn bread• Scrambled eggs (from chicken)• Apple juice |
|--|--|--|