



Name: _____

What do I eat? KEY

Animals need food to live and grow. Some animals eat plants, some animals might eat other animals or things made by animals, and some animals eat both plants and animals.

In the box, write down all of the food you eat for **1 day** (Teacher note: This is just a recommended amount of time, you can have the students record their food for a shorter amount of time.) If it is from a plant, write it under the word **Plants**. If your food comes from an animal, write it under the word **Animals**. *Students may need help categorizing difficult foods.*

What do I eat? Data Chart



Plants



Grape Jelly
Peanut butter
Cereal
Bread
Apple
Lettuce
Tomato
Potato Chips
Tortilla



Animals



Egg
Milk
Tuna sandwich
Butter
Turkey
Cheese