

Age  
7-14

# Food





**How many plants did you eat for breakfast?**



**Can you find any of them here at Kew?**

Once you've found a plant you've eaten recently, look at it more closely.

Which part of the plant did you eat?



**Think about when you last ate this plant.**

Did it look the same on your plate as it does growing here?



**Can you discuss some plants we eat the...**

leaves of?  
seeds of?  
roots of?  
fruit of?



**Can you find an edible part of a plant in Kew that could be picked and eaten without processing?**



**What processes do other plants need to go through for them to be ready to eat?** (Think about how we make flour, oil and juice.)

Can you think of more than one plant we make flour from?



**Think about a meal you could eat that doesn't involve plants.** (Consider what animals eat too...)

### Did you know?

Many of our favourite flavours are 'hidden' in plants and only revealed after processing.

Vanilla beans are the fruit of the vanilla orchid and are used to make vanilla extract, which we use for flavouring. Indonesia provides the perfect tropical environment for the vanilla orchid and is the world's second largest commercial supplier of vanilla, after Madagascar.

Can you find the *Vanilla planifolia* orchid in the Palm House at Kew?