

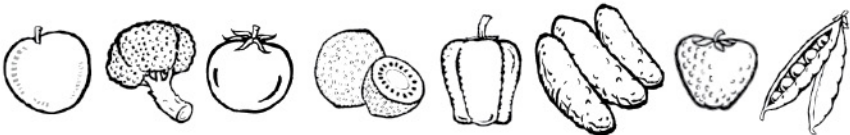
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# Lana and Alisha Plant a Picnic



## Growing Things



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Once there was a girl named Alisha. In her school the teacher was talking about where foods come from. Eddie thought food came from the store. Lu thought food came from her mom. Andre thought food came from the refrigerator. Isabel thought food came from a tree.

Alisha thought and thought and thought and thought. She thought so hard that she didn't listen to what anybody else was saying. Has that ever happened to you?

She thought so hard that she closed her eyes and she closed her ears and she didn't know what was happening around her. When she was done thinking, she heard the very end of what her teacher was saying.

She said "...from seeds."

"From seeds," Alisha thought. "That's where food comes from!"



The next day Alisha took a slice of pizza, a hot dog, a piece of candy and a peanut butter and jelly sandwich out to the garden. She took a little shovel with her, too. She dug four small holes with her shovel. In the first hole she put a little piece of pizza.

In the second hole she put a little bite of hot dog. In the third hole she put the piece of candy and in the fourth hole she put a little corner of the peanut butter and jelly sandwich. Just then Lana the Iguana came walking by. "Hi Alisha," she said, "What are you doing?" "I'm planting seeds," Alisha said.

"What kind of seeds?" Lana asked. "Oh, pizza seeds and hot dog seeds and candy seeds and peanut butter and jelly sandwich seeds," Alisha answered, smiling.

"Wait a minute," Lana said, "those foods don't grow from seeds". "They don't?" Alisha answered, disappointed.





Lana explained, "Fruits and vegetables come from seeds. You can plant them and then they grow from being a little tiny seed to a sprout. They grow roots down into the ground to get water and they grow stems and leaves to help them use the sunshine that makes them grow. Some of them even keep on growing to become big fruit trees. Then the plants and the trees grow flowers and finally they grow the fruits and vegetables we love to eat." "You mean like pears and oranges and tomatoes and broccoli?" Alisha asked.

"That's right," Lana said. "Foods like candy and pizza and hot dogs and even peanut butter sandwiches are made from lots of different foods. What I love about fruits and vegetables is that you can just grow 'em and eat 'em!"

"Could we do that?" Alisha asked. "Sure, I'll help you," Lana said. So together they dug up the foods that Alisha had planted and instead they planted carrot seeds and broccoli seeds and tomato seeds.



They watered their seeds and the seeds grew into strong plants with yummy looking vegetables.

When the vegetables were ready, Alisha and Lana picked them and had a picnic together in the garden.

Alisha said, "You know what I love about fruits and vegetables?"

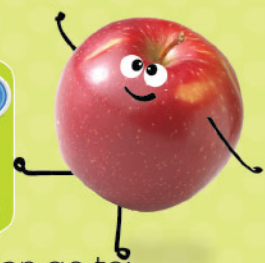
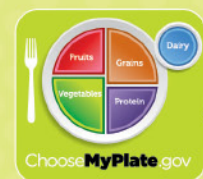
Lana smiled and they both said together, "You can just grow 'em and eat 'em!"



# Find your **balance** between food & fun!



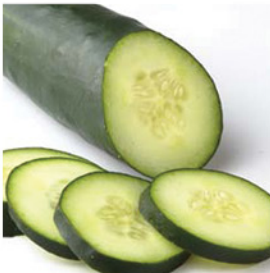
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Be active.  
Have fun.



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