

# A STEM in the Park Take Home Activity

## STEM in the PARK

Science, Technology, Engineering, and Mathematics



# The Truth About Your Hamburger

### ***What You Need***

- The activity cards on the back

### ***What To Do***

- Help your child cut out the 10 activity cards (or print them as business cards on your computer).
- Have your child arrange them in order starting with the cheeseburger and working their way back to the plants that are used to make that food.

### ***Observe...***

Point out to your child that all parts of the cheeseburger (the meat, the cheese, the bun, the condiments and toppings) start as plants.

At your next meal together, do this activity with EVERY item in the meal, helping your child to follow the food chain back to the plant or plants that are the source of the food.

### ***Learn...***

Many children do not consider plants to be something you eat. Doing this activity helps them to realize the importance of plants in our lives. They are the base of our food chain and the only way we have to get the energy from the sun into a useable form for us to use to grow and be healthy. Plants have the ability to take the sun's energy and using nutrients from the soil along with water, create their own food. When we eat the plant parts, we take in that energy in the form of calories and use it as our fuel. Without plants we would have no way to use the sun's energy to fuel our bodies.

***Continued on back***

## Investigate...

Take the learning to the next step. Plant a small vegetable garden or fruit tree in your yard, or even on your windowsill, and let your child water it and watch the plant use the sun to grow strong. Then eat the produce from that plant and remind the child they are eating a ray of sunshine!

The cows eat the fully grown grass and grow big and strong.

Grass seeds are planted in the dirt.

Meat from cattle makes hamburger.

Milk from cows is used to make cheese for our cheeseburger.

Water and soil provide nutrients for the grass seeds to grow.

The grass sprouts take the energy from the sun and make it into food!

We eat the cheeseburger and get the energy we need passed down from the sun through the plants and cow to us!

The grass grows tall and green by using the sun, water, and soil to grow.

We add tomatoes and lettuce, which are both plants, to our burger.

We put our burger on a bun made from wheat which is a plant!

