

# Food Map of the U.S. Handout

## Instructions:

- Choose a favorite meal and make a list of up to five main ingredients. For example, a burrito might include cheese, tomatoes, beans, cilantro and rice.
- For each ingredient, plot on the map your best guess (or research it on the Internet) of where each ingredient was produced. If any ingredients come from outside the U.S., write the name of the country of origin and its corresponding ingredient in the right-hand column below.

### Ingredients from the U.S.

1. ....
2. ....
3. ....
4. ....
5. ....

### Ingredients from outside the U.S.

1. ....
2. ....
3. ....
4. ....
5. ....

