

Kindergarten: Roots of Our Food



Developed by AHS, Nutrition Services in consultation with the Body Image Research Lab at the University of Calgary's Werklund School of Education – April 2025

Food in Alberta



Farm



Farm



Farm



Farm



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Garden



Traditional Foods



Not Grown in Alberta



Tropical Fruits



Citrus Fruits



Some nuts and rice

Growing Food

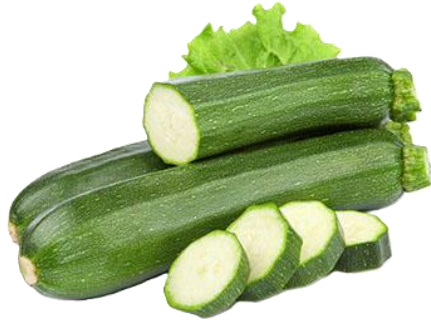


Designed by [Freepik](#)



Below ground

Growing Food



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Above ground
(Low bush)

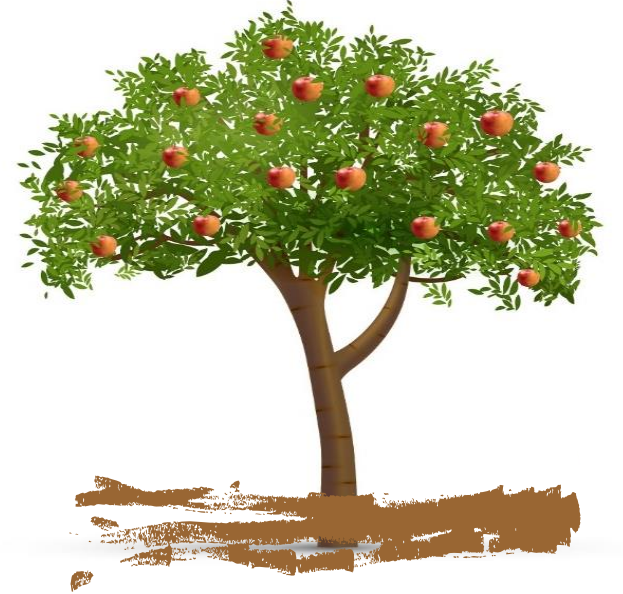
Growing Food



Above ground
(Trees)

Designed by [Freepik](#)

Where do I grow?



How Food Gets to Us



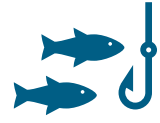


Pick



Harvest





Fish



Hunt





Produced on a Farm

