

Name:

Date:

Where food comes from



- All food comes from plants and animals.
- Food has to be grown, reared or caught.

A lot of the food we eat is produced in the UK.




Some ingredients need to be prepared before they can be eaten.

Ingredients are available from different shops and markets or can be grown at home.



Plants are grown.




Fruit, vegetables, cereals and potatoes are all from plants.

Different parts of the plant are eaten:

- Flower
- Fruit
- Leaves
- Stem
- Root/tuber

- They are used in lots of dishes and meals.

Toast is made from bread, bread is made from flour, flour is made from the plant called wheat (it is milled).



Animals are reared.




Cattle, dairy cows, sheep, pigs and chickens are reared for our food.

Dairy cows provide milk.

Cattle, sheep, pigs and chicken provide meat that can be made into lots of dishes.




Fish are caught.



There are many types of fish, such as cod, salmon and prawns.

Fish is used in lots of dishes and meals.



Some foods are seasonal – this means they are ready to eat at different times of the year. In the UK, some food is also grown in glasshouses. This means that the food is available at different times to that grown outside.

<p>Spring: March, April and May</p> 	<p>Summer: June, July and August</p> 	<p>Autumn: September, October and November</p> 	<p>Winter: December, January and February</p> 
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Task

1. Name five foods that come from the UK.
2. Name five foods that come from other countries in the world.