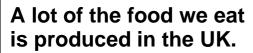
## Where food comes from

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





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
- Stem
- Fruit
- Root/tuber
- Leaves

They are used in lots of dishes and meals.





## 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.

**Spring**: March, April and May





**Summer:** June, July and August





**Autumn**: September, October and November





Winter: December, January and February





## Task

Name five examples of food from plants and animals.

Draw pictures to show your answers.

