

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.



**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.