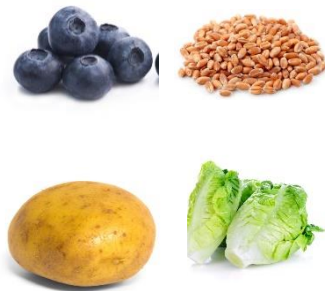


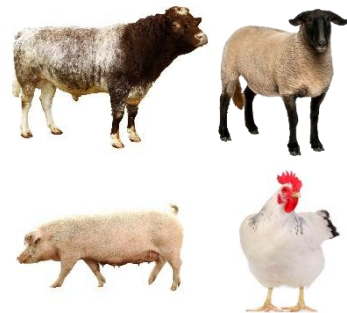
Where food comes from

All the food we eat has to be grown, reared or caught.

Plants are grown.



Animals are reared.



Fish and shellfish are caught.



Some of the food we eat is seasonal in the UK. This means it only grows at certain times of the year.

Spring
(March, April, May)



Summer
(June, July, August)



Autumn
(September, October, November)



Winter
(December, January, February)



In the UK, some food is also grown in glasshouses. This means that the food is available at different times to that grown outside.

Food is produced all around the world.

A lot of the food we eat is grown in the UK, but some food comes from other countries where the weather or seasons are different to ours.

UK food



World food



Some food has labels that tell us more about the animals welfare or how the food was grown.

The Red Tractor Logo shows that farmers look after their animals and produce food safely.



Where is my food from?

Once grown, reared or caught, food is processed to make it edible and safe. For example:

- milk is from a dairy cow;
- apple juice is from apples which grow on trees;
- a tomato is a fruit which grows on a plant;
- mashed potato is made from potatoes (a plant) which grows under the ground;
- ham and bacon are made from pork which is the meat from a pig;
- toast is made from bread, bread is made from flour, flour is made from the plant called wheat (it is milled);
- Honey is made by bees.



Key Knowledge and Understanding:

Some food can be picked and eaten as they are grown. Natural foods.
 Some food needs to go through a process before it can be eaten. Processed foods.
 Some food travels many miles and this is not good for the environment. This is called food miles.
 Fairtrade is a term used to show that the farmers having been given a fair amount of money for the work that they have done.
 Different cultures traditionally eat different foods.
 Different foods are grown in different countries due to the climate and soil type. The correct conditions can be set up to grow some foods in different countries, but this might not be good for the environment.
 Some people eat certain foods for religious reasons (Kosher).
 Some people cannot eat certain foods for health reasons (Coeliac, dairy intolerance, and anaphylaxis).
 Some people choose not to eat certain foods (vegetarian, vegan, pescatarian).