

THINKING



WHERE FOOD COMES FROM

Learning about the origins of the foods we eat



Fruit grows mainly on trees, bushes, or vines.



Vegetables grow above or below the ground.



Meat comes from animals like cows, chickens, and fish.



Dairy foods like yoghurt, butter and cheese are made from the milk of cows, sheep, or goats.



Breads and cereals are made from grains such as corn, wheat and oats.



CONNECT & CREATE!



1. Sometimes it can be tricky to tell where something we are eating has come from. Can you match each of these foods with the picture of where it comes from?



2. Draw or cut out pictures to make a class display with four posters - 'Foods from animals', 'Foods that are grown', 'Foods with many ingredients', and 'Dairy foods'.

Look in your lunchbox.
Where does each piece
of food come from?

