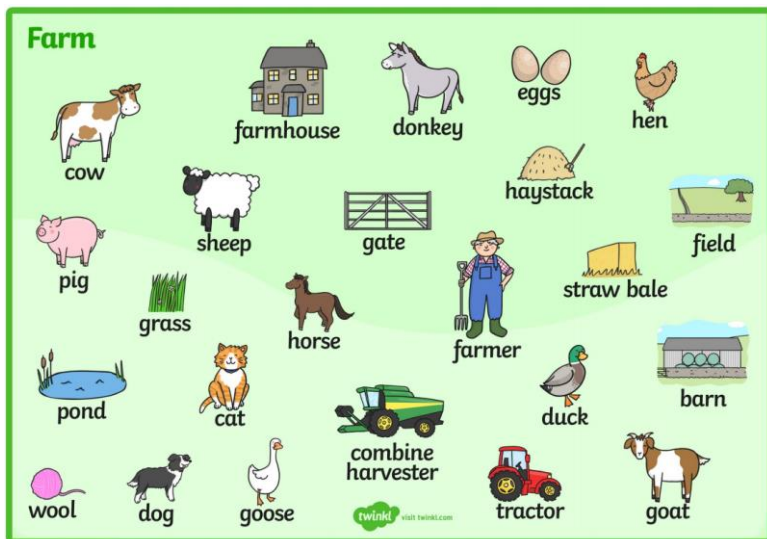


YR Spring 2 On the Farm

Key knowledge:

- All food that we eat comes from an animal or plant
- A farm is a place where food is grown
- Farmers grow plants and keep animals to feed us
- Farms give us many different foods
- Some farm foods are made into other foods e.g. milk can be used to make butter, cheese, yoghurt and cream. Wheat is made into flour for bread
- Food is harvested when it is ready to eat
- Eating a variety of different foods keeps us healthy

Useful Words



From Growing to Eating

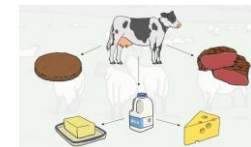


Key vocabulary

dairy	Food made from milk.
harvest	Pick a crop.
ripe	Ready to pick and eat.
raw	Not cooked.
vitamins	Good things in foods that help our bodies stay healthy.
healthy eating	Choosing a variety of foods.

Things to try at home

- Make bread.
- Talk about where food comes from.



- Measure out some ingredients to help with a family meal.
- Make a fruit salad and talk about where each ingredient comes from.
- Try a food that you have never eaten before.