

# Where Does Food Come From?

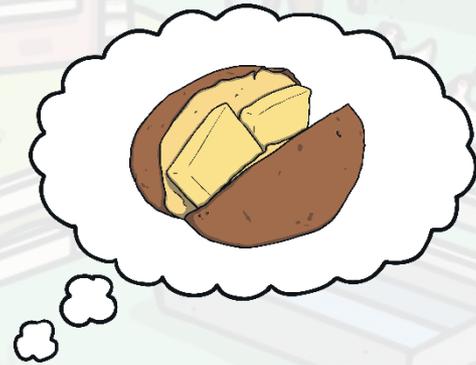
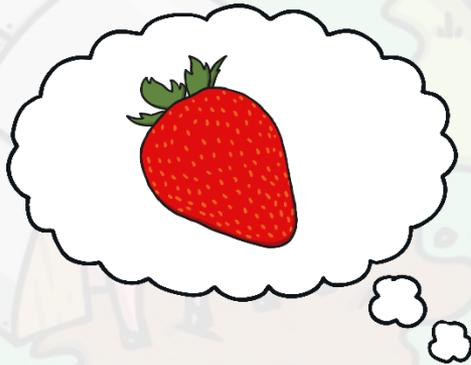


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# Where Does Food Come From?

What is your favourite food?

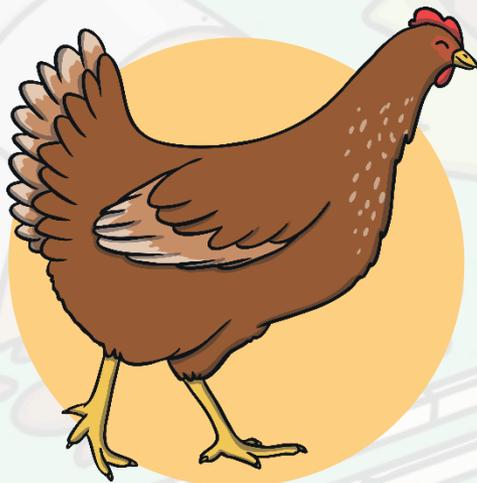
Do you know where it comes from?



# Eggs

Where do **eggs** come from?

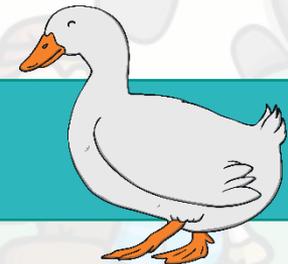
Eggs come from hens.



Hens often live on farms or in barns. They lay eggs and farmers collect them. We sometimes eat eggs on their own but we can also mix them into other foods, such as cakes and yorkshire puddings.

## Fun Fact!

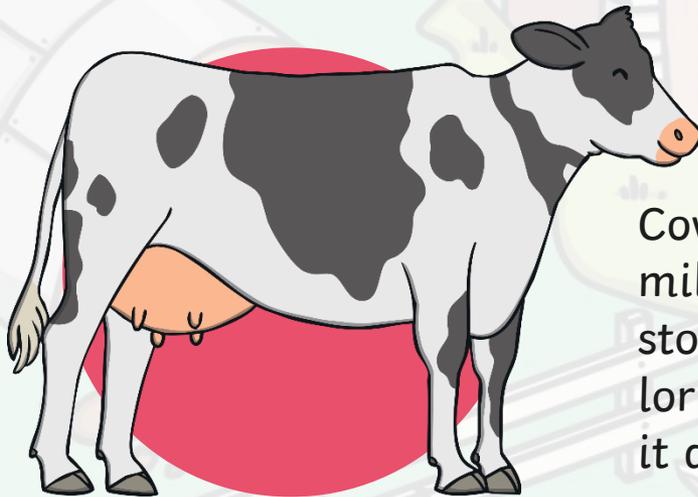
Hens are not the only birds that lay eggs that we can eat. You might find duck or quail eggs in a shop too!



# Milk

Where does **milk** come from?

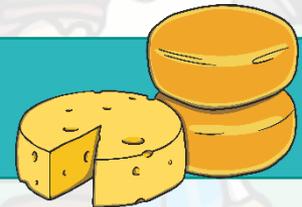
Milk comes from cows.



Cows often live on dairy farms. The farmer milks the cows with a special machine and stores the milk in a big tank. Then, a tanker lorry comes and takes it to a factory to treat it and put it into bottles.

## Fun Fact!

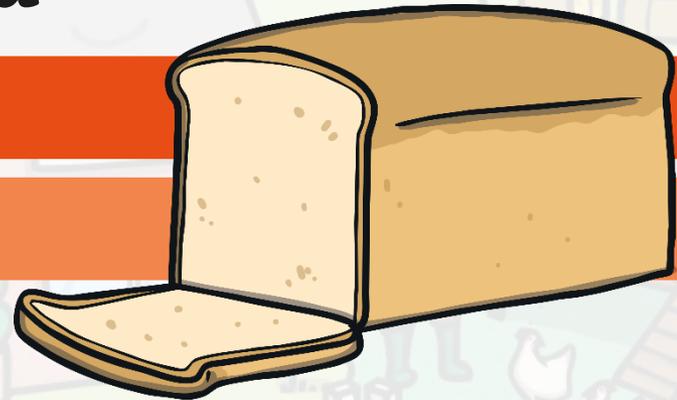
Milk is used as the main ingredient in other foods we use too, like butter, yoghurt and cheese!



# Bread

Where does **bread** come from?

Bread is made from wheat.



Farmers grow wheat in their fields. In the summer, they harvest the wheat using a combine harvester. The farmers mill the grain by grinding it between two stones. This then makes flour. Flour is the main ingredient in bread.

## Fun Fact!

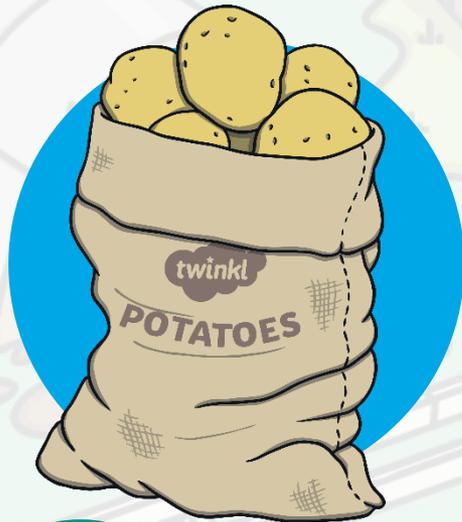
To make bread, you also need water, yeast and salt.



# Chips

Where do **chips** come from?

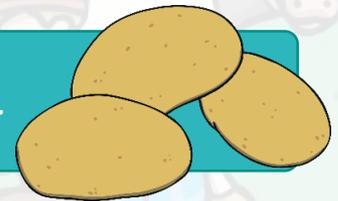
Chips are made from potatoes.



Farmers grow potatoes in their fields. Potatoes grow underground. In summer, the farmers dig the potatoes up and store them in big sacks. We can cook potatoes in different ways, such as roast potatoes, jacket potatoes, mashed potatoes and chips!

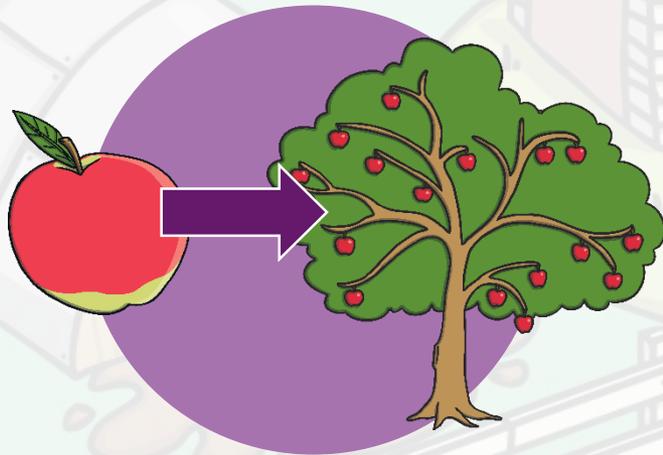
**Fun Fact!**

Potatoes are one of the vegetables that can be grown in space.



# Fruit

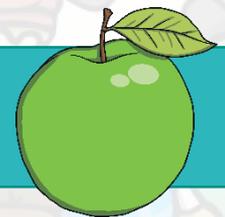
Where does **fruit** come from?



Fruit grows on trees, bushes and plants. Some fruits need hot weather to grow, such as mangoes, oranges and pineapples. So, they grow in hot countries. Other fruits, such as apples, pears and plums, do not need hot weather. These are fruits that can be grown in the UK.

**Fun  
Fact!**

There are over 7,000 different types of apple.



# How Does Fruit Grow?

Strawberries grow on small plants, just above the ground. They need warm weather to grow.

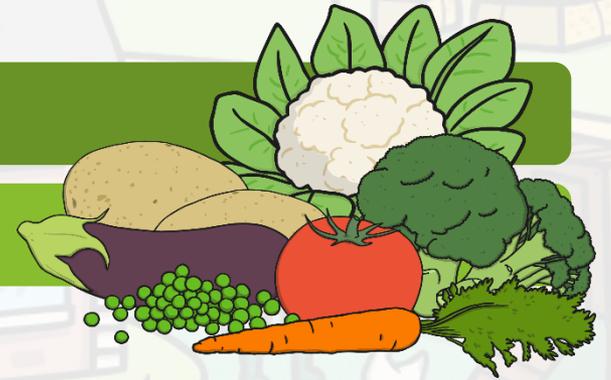


Apples grow on trees. They grow best in places with cold winters and warm summers.

# Vegetables

Where do **vegetables** come from?

Vegetables grow on plants and underground.



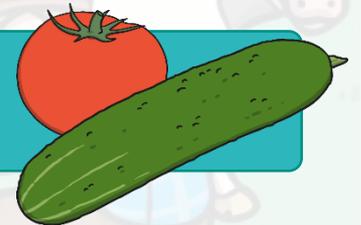
Some vegetables grow above ground and others grow underground.

Potatoes, beetroots, carrots and turnips all grow underground.

Beans, cabbages, lettuces, cauliflower and broccoli all grow above ground.

**Fun  
Fact!**

Tomatoes and cucumbers are fruits, not vegetables.



# How Do Potatoes Grow?



Potatoes grow under the ground.  
The leaves grow above the ground.  
Many potatoes grow from each plant.

# How Do Carrots Grow?



Carrots grow under the ground.  
The leaves grow above the ground.  
Carrots are a type of root vegetable.



# How Does Broccoli Grow?



Broccoli grows above the ground.  
The main part of the plant that we eat is the flower.

# How Do Brussels Sprouts Grow?



Brussels sprouts are leafy green vegetables. The plants grow above the ground. Brussels sprouts are like mini cabbages and they grow on the stems of the plant.



# Where Do Fruits and Vegetables Grow?



Some fruits and vegetables are grown in the United Kingdom. Many are grown in other countries around the world, where the weather is different. Fruits like oranges and bananas are grown in hot countries.

# Where Do Fruits and Vegetables Grow?

Some fruits and vegetables can only be grown in the United Kingdom during the summer, when it is warm.

If customers want to eat these fruits and vegetables all year round, shops have to transport them from warmer countries, so that people can still buy them.

If people from the UK buy raspberries from the supermarket in the winter, they will have been grown in warmer countries, like Spain.



# Check It Out!

Have a look at the labels on fruits and vegetables next time you are in the supermarket.

Can you find out where they were grown?

