

Where Does My Food Come From?

Parent Note: One of the main aims of Healthy Eating Week is to help children to understand about provenance – that is to say, where the food they eat comes from. This could include an understanding of farming, animal welfare, Fair Trade, food miles and the difference between fresh and processed food. Younger children will enjoy thinking and talking about where their food comes from, and developing an understanding that all food comes either from a plant or an animal.

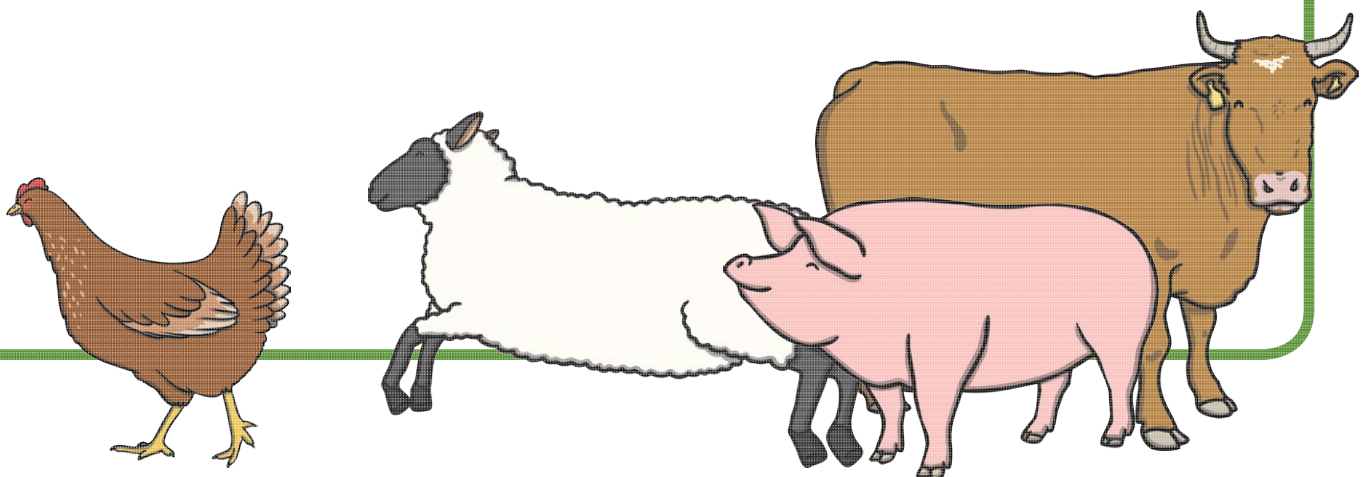
Support your child to sort the foods into two groups, depending on whether they come from a plant or an animal.

You can also cut pictures of food from magazines to add to the collection.

As you sort, talk about the different foods and how they are grown or reared before being turned into the foods that we eat.



Food from Animals



Food from Plants



Cut out these pictures of food and sort them according to whether they come from plants or animals.

