

Where does food come from?



Please choose a different activity each week.

Use a fruit or vegetable to print a pattern in your book.



Make your favourite food. Remember to take photos of it! Then write down the ingredients and instructions telling others how to make it.



Look at www.foodafactoflife.org.uk website. See what information you can find out about healthy eating and farming.



Plant some food to grow at home. This could be as simple as cress. Keep a seed diary as your food develops.



Find 10 foods in the supermarket that come from the same country. Write what they are and draw/ photograph them.

Try a new food from a different culture. Write down your experience.

