

Where Does Our Food Come From?

Where does cheese come from?

Cheese is made from milk. Did you know it's not just cow's milk that is used to make cheese? Milk from goats or sheep is used too.



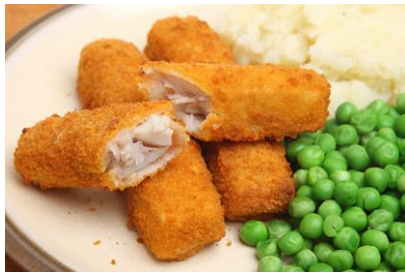
Where does pasta come from?

Pasta is made from dough, a bit like bread. It is then made into sheets, twists, tubes or other shapes. You cook pasta by boiling or baking it.



Where do tomatoes come from?

Tomatoes grow on a plant. The tomato plant can grow to be very tall.



Where do fish fingers come from?

Fish fingers are made from fish. They are usually made from haddock or cod, which are types of fish.

Where does milk come from?

Most milk comes from cows. If you live in the city, you might not have ever seen a cow.



What is your 'five-a-day'?

You should eat five portions of fruit and vegetables every day to help you stay healthy.

Next time you are in the supermarket, think about where the food and drinks have come from.



Where Does Our Food Come From? – Challenge Activity

Section A

Use information from the text to answer the following questions.



1. What is cheese made from?

cows

milk

goats

sheep

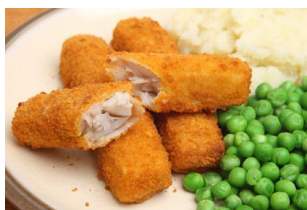
2. What is pasta made from?

cheese

meat

dough

vegetables



3. What are fish fingers made from?

turkey

chicken

cheese

fish

4. Where does most milk come from?

cows

chickens

horses

vegetables



Section B

Are the following statements true or false?

Milk can come from cows, sheep or goats.

True

False

Pasta is made from meat.

Tomatoes grow on a plant.

Fish fingers are made from fish

You should eat two pieces of fruit and vegetables every day.

Where Does Our Food Come From? – Challenge Activity

Section C

Finish the sentence.

1. Cheese is a food made from



2. Pasta is made from dough, a bit like



3. Tomatoes grow on a



4. Fish fingers are made from



5. Fruit and vegetables help you to stay



Section D

Answer the questions.

1. Apart from cows, what other animals do we get milk from?

2. How do you cook pasta?

3. What type of fish are fish fingers normally made from?

4. Which animal do we get most of our milk from?

5. How many portions of fruit and vegetables should you eat every day?