

# Science – Year 1 – Where does my food come from?

1. To explore where our food comes from.

2. To understand what I have planted and grown this year.

crops	Plants which are grown for food	 crop
fruit	A part of a plant that can be eaten and contains seeds.	 fruit
vegetable	A part of a plant that can be eaten such as root, stem or leaf	 vegetable
seed	A part of a plant that can grow into a new plant	 seed
farmer	A person who grows crops	 farmer
cook	Using heat to prepare food	 cook

## Fruits and Vegetables

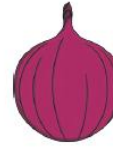
**Fruits** and **vegetables** come from different parts of **plants**.



apple  
(fruit)



carrot  
(root)



onion  
(bulb)



lettuce  
(leaves)

## Food From Plants

Some **plants** are made into other foods.



wheat



bread



soya  
beans



soya milk  
and tofu

## Where Food Comes From



**Farmers** grow **crops** on farms. The food from these **crops** can then be sold in shops.



Some people grow their own **fruits** and **vegetables**.

## Making Food

Some foods can be eaten raw.



Some foods need to be **cooked**.

