

The Journey of Food - Farm to Table

Chapter 3: The Mystery of Food · Topic 1

Key Concept

Farmers grow crops or raise animals, then harvest or collect the produce when it's ready, like picking ripe fruits or vegetables.

After harvesting, food often goes through processing, like cleaning, packaging, or cooking, to prepare it for sale and consumption.

Transportation moves food from farms or factories to markets and shops, sometimes travelling long distances to reach us.

Understanding this journey helps us appreciate the effort behind our food and encourages us to reduce food waste, since so much work goes into producing it.

Quick Revision Notes

- Farmers grow crops or raise animals.
- Harvesting collects produce when ready.
- Processing prepares food for sale, like cleaning or packaging.
- Transportation moves food from farms to markets.
- Food can travel long distances to reach us.
- Understanding this journey builds appreciation for food.
- This understanding encourages reducing food waste.
- Many steps and people are involved in food production.

Practice Questions

- 1 Trace the journey of a fruit from farm to your table.
- 2 Discuss why reducing food waste is important.
- 3 Research how food is transported to your local market.
- 4 Draw the steps of food's journey from farm to table.
- 5 Interview a family member about grocery shopping.
- 6 Discuss one way to reduce food waste at home.