

Where Our Food Comes From

Chapter 8: Food We Eat · Topic 1

Key Concept

Plant-based foods like rice, wheat, fruits, and vegetables are grown by farmers in fields, requiring soil, water, and sunlight to grow.

Animal-based foods like milk, eggs, and meat come from animals raised by farmers, who care for them and provide food and shelter.

After being harvested or collected, food often travels through transport, markets, and shops before reaching our homes.

Understanding where food comes from helps us appreciate farmers' hard work and encourages us not to waste the food we have.

Quick Revision Notes

- Plant foods like rice and vegetables are grown by farmers.
- Animal foods like milk and eggs come from farm animals.
- Farmers provide care, food and shelter to animals.
- Food travels through transport and markets to reach us.
- Farming requires soil, water and sunlight.
- Understanding food sources builds appreciation for farmers.
- We should not waste the food we have.
- Food goes through several steps before reaching our homes.

Practice Questions

- 1 List five foods and identify if they come from plants or animals.
- 2 Discuss the journey of a food item from farm to your table.
- 3 Thank a farmer (in words or drawing) for their work.
- 4 Find out where your family's rice or wheat comes from.
- 5 Discuss why wasting food is not good.
- 6 Draw a picture showing food's journey from farm to home.