Did you know?

Read these interesting facts about food and farming with a parent, carer or teacher.



A shop is a place where people go to buy food, drink and other things with money.



A farm is an area of land and its buildings used for growing plants and rearing animals. Farms make lots of the foods that we eat.



Food can be from plants or animals. Fruit and vegetables are from plants. Meat, milk and eggs are from animals.



Many plants grow from seeds. Plants need water, sunlight, air and warmth to grow.



Many animal babies are known by different names than the adult animal, such as cow and calf or sheep and lamb.



To stay healthy, we should eat at least five portions of fruit and vegetables a day, and exercise.

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Key vocabulary

Explore these words together. Talk with an adult about what each word means and use the words in a sentence or as you play.



air



animal



calf



cow



drink



eat



exercise



farm



food



grow



healthy



lamb



money



plant



seed



sheep



shop



sunlight



warmth



water

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