

Activity 1

Where does our food come from?

As well as having livestock on a farm. Farmers can also grow things in the ground. This is where tractors are very handy!

Farmers can grow a variety of things but the main ones are: Wheat, Oats, Potatoes, Sunflowers and Rice, but let's concentrate on Wheat and Oats.

Wheat

We eat wheat. You can grind the seed to make flour for bread, biscuits and cakes. The whole seed is used to make breakfast cereals. Can you draw a ring around the food which you think is made from wheat?



Oats

Oats are used for pig food. We eat oats too. The seed is used to make porridge and biscuits. Can you draw a ring around the food which you think is made from oats.



Activity 3

Food group sorting game

Lay out the food group title cards, then underneath sort each food image into the correct food group. Watch out as some foods may sit between groups.

Carbohydrates

What they do for you:
They give you energy

Where you find them:
You find them in sugary and starchy foods like potatoes, rice, cereals, pasta, bread and some fruit and vegetables

Proteins

What they do for you:
They help your body grow and repair itself

Where you find them:
You find them in meats, poultry, fish, dairy products, eggs and beans

Fats

What they do for you:
They provide energy and help in building

Where you find them:
You find them in dairy products, red meats, some poultry and fish

Fibre

What they do for you:
It helps you digest your food

Where you find them:
You find fibre in lots of food like cereals, fruit, bread and vegetables



Pre-Farm Visit Activity Sheet

KS1

National Curriculum
based stimulus
suitable for 5-7 years

Activity 3
continued...



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Activity 4 Drawing task

Can you think of anything else a farmer might grow? Make a list and draw pictures or stick down pictures from magazines to go with your list of words.



Activity 6 Colouring in

Colour in the field of sunflowers.

