

Farm to Fridge

Where does the food in your fridge come from? Why does it need to be stored in the fridge? Let's find out!

- 1 Open the fridge and pick out some fresh items. Be quick or the food in the fridge will get warm.
- 2 Draw them on the shelves.
- 3 Look at the packaging and find out where the food has come from, write this in the space underneath the shelf.
- 4 Can you work out what type of food it is? For example, fruit, vegetable, dairy (made from milk), meat? Write this under the shelf too.
- 5 Put the food back in the fridge!



Somerset

dairy

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Why do you think some food needs to be kept in the fridge? Complete the sentence below.

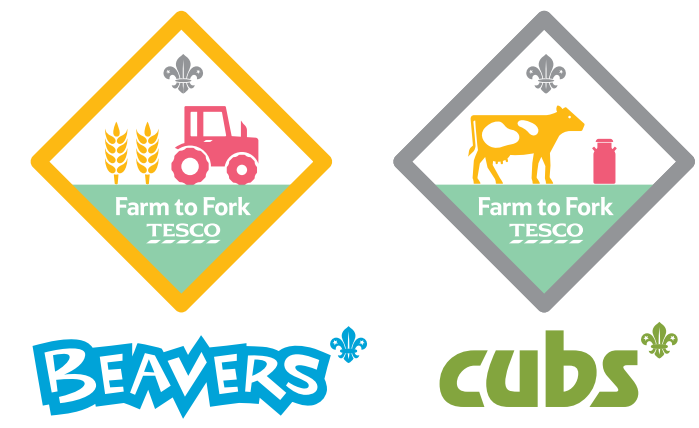
Some food must be kept in the fridge because.....

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EXPLORE THE KITCHEN

Where does your food come from?

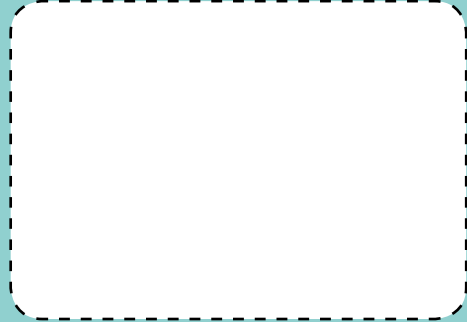
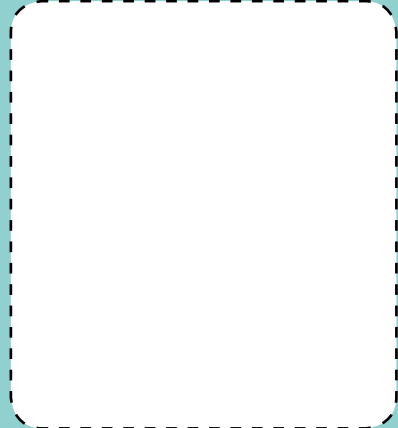
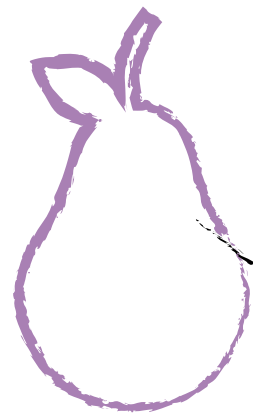


Farm to Fork



This Farm to Fork adventure belongs to:

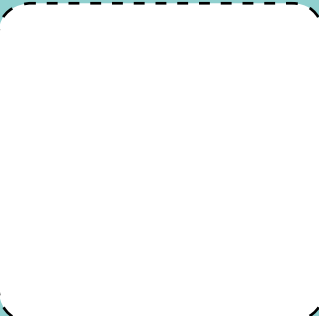
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Many foods come from all around the world and travel long distances to get to your kitchen.

Look on the labels of the food you have in your kitchen. It may say 'Country of Origin' or 'Grown In'. This tells you the name of the country it was grown or produced in.

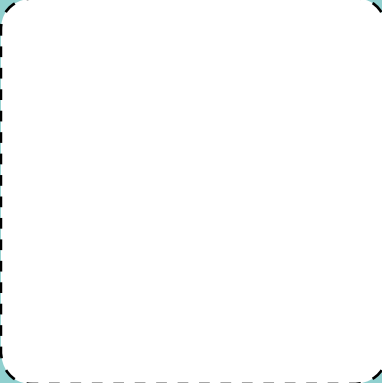
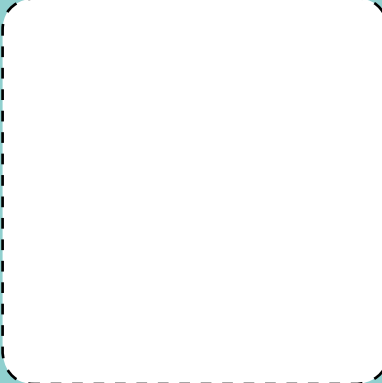
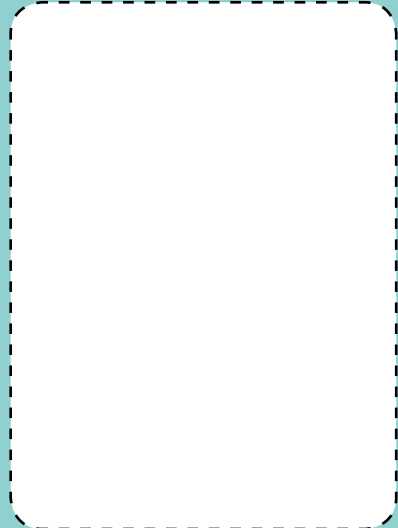
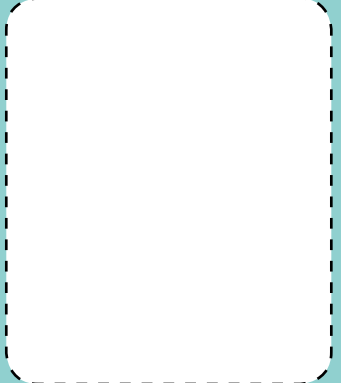
- 1 Draw the food in one of the boxes.
- 2 Find the country on the world map and draw an arrow from that box to the country.



Which item of food has travelled the furthest distance to get to your kitchen?

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Discuss with your parent/ guardian how you think it got from another part of the world to the UK, and what impact this might have on the environment.



Farm to Fork

Part of the
TESCO
Eat Happy Project