

# Grow Your Own - Activity Card

## How does our food grow? -

Foods are grown and sourced in all sorts of different ways -

**Underground** - where we can't see, food might be growing all around us. This includes foods such as potatoes and carrots

**Trees** - not only provide food for us but for nature as well, and can include nuts and fruit

**Animals** - we know that different meats come from animals but we also eat foods that are made from other animal products

**Plants/Above Ground** - these foods are much easier to spot or even smell! Herbs, tomatoes and pineapples all come from plants

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## The Challenge -

Local & seasonal food is much healthier as it has more nutrients and vitamins due to the reduced amount of processes it has been through and the smaller amount of distance it has travelled.

But do you know how the food you eat is grown or sourced? Have a look at a variety of different fresh/raw foods and see if you can identify how they grew or what they came from.

This will then help you to understand what kinds of food you might be able to grow yourself.

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Extension Home Learning - Create Your Own Compost



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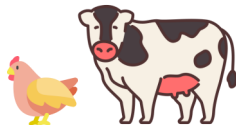
## Underground



## Trees



## Animals



## Plants & Above Ground

