

Where does food come from?

Key Vocabulary		
fruit	Something which grows on a tree or bush, and which contains seeds or a stone covered by a substance that you can eat.	
vegetable	Plants such as cabbages, potatoes and onions that you can eat.	
protein	A substance found in food and drink such as meat, eggs and milk. You need protein in order to grow and be healthy.	
dairy	Refers to food such as butter and cheese that are made from milk.	
carbohydrates	Substances found in certain types of food, that provide you with energy.	
balanced diet	A diet consisting of the proper quantities and proportions of foods needed to maintain health or growth.	



Some of the foods we eat are produced locally whilst others come from all over the world.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



The Eatwell plate shows the proportions of different food groups needed for a healthy, balanced diet.

Food from plants and animals

Almost everything that we eat comes from a plant or an animal.

People eat many different foods from plants, such as potatoes, carrots and apples.

Some people eat foods from animals too, such as:

- pork from a pig.
- seafood, like salmon or prawns.
- beef from cattle.

