

# Land, sea or in a tree

## You will need

- A4 paper
- Pens or pencils
- Coloured pens or pencils
- Sticky tack/tape (if doing in person)

## Stick up the set up

- Make signs that show places where food grows. These should include: Field, Farm, Plant, Animal, Sea, Trees, Jungle, Under the ground, Bushes, River. Plus any others that you can think of!
- Stick the signs up around the meeting place.

## Find the food

- Ask the group to think about what they had for breakfast that day. Encourage them to imagine where the food they ate came from.
- When everyone has thought about this, pick some volunteers to talk about what they ate and where they think it came from (e.g. 'cereal' from a field, 'milk' from a cow).
- Show the group the signs that they have fixed up around the meeting place. Explain that each one represents a different place that food comes from.
- Read out an item from the 'Food' column below.
- When they hear the name of the food, participants should move close to the sign that says where that food comes from (e.g. for 'potato,' everyone should move towards the signs that say 'under the ground,' 'plant' or 'field.').
- There is likely to be more than one place that the food comes from. Let the group choose for themselves and debate which groups are right for the food item and which are wrong.
- When everyone has chosen a sign, read out the correct answer(s) and also the information in the third column, before moving on to the next food item. Continue until every food item has been read out.

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Adapt this for a virtual activity – ask participants to make their own cards showing places where food grows – or download them from our website. They can hold these up to indicate where the foods come from.

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Food	Where it grows	Discussion point
Chips	Field / Farm	Potatoes are vegetables but contain a lot of carbohydrates, which is why they don't count towards your five-a-day.
Bread	Farm	Bread is made from flour, yeast and water. Flour is made from wheat, which you'll see in lots of fields around the same time as the summer holidays.
Beef burger	Farm / Animal	Can anyone tell you what animal beef comes from? One cow can make more than 700 beef burgers.
Chicken drumstick	Farm / Animal	There are more chickens on earth than there are people – 25 billion! This is compared to just 7 billion people.
Fish fingers	Sea / Animal	The most common type of fish in fish fingers is cod.
Milk	Farm / Animal	Milk is really important to get lots of calcium in your body. Can anyone tell you why calcium is so important? ANSWER – To make your teeth and bones strong and healthy. People can drink plant milk as a substitute for cow's milk.
Bananas	Farm / Trees / Jungle	Bananas are really good for improving your mood because of the vitamins they contain.
Cashew nuts	Trees / Jungle	Cashews grow in tropical countries, and need high temperatures to grow well.
Baked beans	Plants	Baked beans aren't vegetables, but they do count towards one of our five-a-day.
Carrots	Farm / Under the ground	You can get different colour carrots including red, white, yellow and even purple!
Eggs	Farm / Animal	Can anyone say what type of animal the eggs we eat come from?
Scampi	Sea / Animal	Scampi is made from prawns.
Parsnips	Farm / Under the ground	Parsnips are similar to carrots.
Strawberries	Plants / Bushes / Farm	Strawberries have their seeds on the outside instead of the inside. Has anyone been to a 'pick your own' strawberry place? What was it like?
Peanuts	Under the ground / Plant	Peanuts actually grow underground. The plant grows above the ground but the actual peanuts grow underground.
Pasta	Farm	Pasta is very important in Italian cooking and is made from durum wheat flour and water.
Blackberries	Plants / Bushes	Has anyone ever been blackberry picking? In many parks and fields, you can find wild blackberries during the school holidays, which are delicious and free. Just make sure you wash them first.
Salmon	Sea / River / Animal	Most salmon are born in rivers, live in the sea and always return to the rivers to give birth – often in the exact place that they were born.
Mangoes	Trees / Jungle	Nearly half of all the world's mangoes are grown in India. Only 2% of them get sent to other countries.