

Introduction

Humans and animals eat all sorts of seeds from plants.

For humans, the most important ones are those from grasses - such as wheat, barley and rice.

British farmers grow a lot of seeds that we eat and most of us will eat something every single day grown by a farmer in this country (but farmers do not grow rice in the UK - can you find out why?).

Plants to Food

All of these things that are produced on farms are made into our food:

Wheat: bread, Weetabix and other breakfast cereal, cakes, biscuits, pizza dough, chapati, flat bread.

Barley: vinegar (in ketchup, sauces and chutney), Maltesers, Ovaltine and other malt based hot drinks, beer/whisky.

Beans and peas: baked beans, chili beans, dried pulses, frozen peas.

Oats: porridge, muesli, oatcakes, flapjack.

Oilseed Rape: cooking oil and spreads.

Milk: butter, cheese, yoghurt, ice cream, custard.

Eggs: cakes, sauces like mayonnaise, egg fried rice.

Sugar beet: sugar, syrup, biscuits and cookies, tomato-based pasta sauces, ketchup.

Instructions

- Watch the film.
- Think about what food you eat that contains any of the plants mentioned by the farmers.
- Test your memory with our short quiz.

Now Get In Touch

We'd love to hear from you once you've finished the activity.

Ask your teacher to send us a photo, a drawing or a letter telling us what you saw, what you found out, what you enjoyed

or you might have a question for one of our farmers.



Watch our film on You Tube then answer these questions

1. *Name three foods that come from farms.*
2. *What sort of animals are sows and boars?*
3. *How many eggs did Farmer George find in the chicken house?*
4. *What is a baby sheep called?*
5. *If you have really healthy soil, how many worms would you find in a spade full of soil?*
6. *What colour are Oil Seed Rape seeds, and what colour are the flowers?*
7. *What orange vegetable did Farmer Louise feed to her donkeys?*
8. *When is sugar beet harvested?*
9. *What shape is Farmer Colin's owl box?*
10. *Farmer Colin said there were three reasons trees and hedges are important to wild animals on farms. Can you remember one of them?*

