



Fruit and vegetables

Key Vocabulary	Meanings
Dairy Farm	A farm that produces milk or milk products.
Export	Goods that are sent from England to other countries.
Farmer	A person who owns or manages a farm.
Farms	An area of land used for growing crops and rearing animals.
Free Range	Animals that are kept in natural conditions.
Healthy diet	A balanced diet of fruits, vegetables and whole grains.
Import	Goods that are brought to England from other countries.
Market	A place where fruit and vegetables are sold.
Supermarkets	A large self- service shop selling household goods.
Trade	The buying and selling of goods and services.

Key facts about our food

- The food that we eat every day comes from a variety of sources and from all around the world.
- We buy our food directly from farms, markets, shops or supermarkets.
- Most of the food that we buy originates from either plants or animals.
- Some products such as milk come directly from a cow.
- Yoghurts, cheese and butter are not directly from an animal but are made with milk that comes from a cow.
- Food from plants come from trees or from the ground.
- Vegetarians are people who choose to have a diet of vegetable based foods.
- We need to eat to provide energy for the body and building materials for growth and repair.
- A balance of what we eat and making the right food choices is important for our health.



Farm



Dairy Farm

