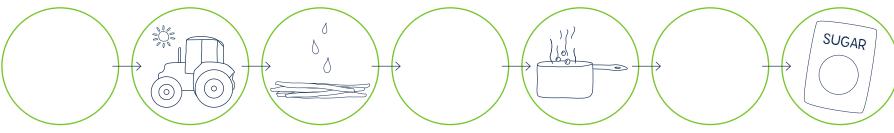
From Farm to Food

Find out how crops begin their life on farms and are magically transformed into food or store cupboard ingredients in your home! Cut out the pictures on page 3 and stick them in the correct blank circles to finish the processes.

Sugar Beet



Sugar beets are sown in March and April.

Beets are harvested when Autumn begins. Beets are washed and sliced thinly at the factory. Thin strips are mixed with hot water to extract sugar juice.

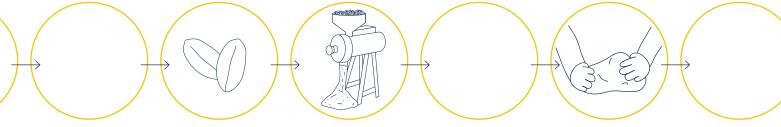
Sugar juice is cleaned and boiled to create a crystal mixture.

Crystal mixture is separated into crystals and syrup.

Crystals are washed, dried and cooled into white sugar.

Scan here to _____ check out the Countryside Code!

Wheat



Wheat seeds are planted on farm fields.

Seeds are harvested by a combine harvester. Wheat kernels are sent to the factory.

Kernels are cleaned and crushed to powder (flour) in machines. Flour is mixed with eggs, butter, and yeast to make bread dough.

Dough is kneaded and left to rise, then shaped into loaves.

Bread loaves are baked in the oven!



Whilst out
walking, keep an
eye out for different
foods and crops in the
countryside.



You could use this activity towards earning your Farm challenge

challenge badge! Think of 3 things you might use white sugar for/in:

1.

2.

3.

Think of 3 things you might use wheat for/in:

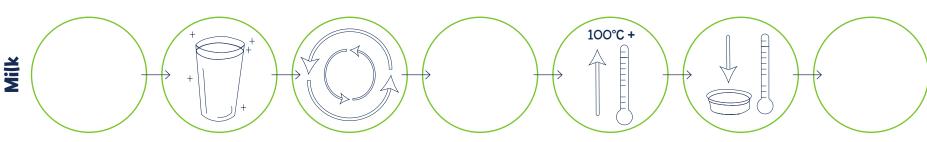
1

2.

3.

From Farm to Food - Page 2

Check out the processes below to find out how milk and sunflower seeds go from factory to food. For an extra challenge, think of other crops not listed here and discover how they are farmed and harvested into home essentials.



Cows on the farm are milked.

Milk is taken to the factory and checked for freshness.

Milk is heated and spun quickly in a machine.

separated into

ro||

The milk is skimmed milk and cream.

squish

roll

Cream is heated quickly to kill bacteria.

Cream is left to mature for 24 hours in a cooler.

The cream is churned, washed and blended to make butter.

Did you know? Not all farms grow the same crops. The crops grown depends on the farm's location and weather patterns.





Sunflowers are planted in April and May.

Seeds are harvested and taken to a factory to be cleaned.

Outer covers of the seeds are removed - this is 'de-hulling'.

The seeds are ground down, heated and pressed to release oil.

Liquids are added and dissolved to produce more oil.

The oil is refined and filtered to make it more edible.

Oil is bottled and sent to supermarkets.





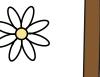


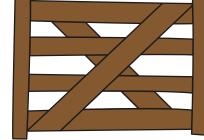
Think of 3 other things milk can be turned into:

- 2.
- 3.



Why not use some of these ingredients to bake a travel snack for your next countryside adventure?





From Farm to Food - Page 3

Print and cut out all of the pictures below. Stick them into the correct blank circles to finish off the processes from farm to food on pages 1 and 2. If you want to, use the blank circles at the bottom of this page to make your own farm to food timeline! Why not look into the process for a crop you don't know much about?

