

# 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.

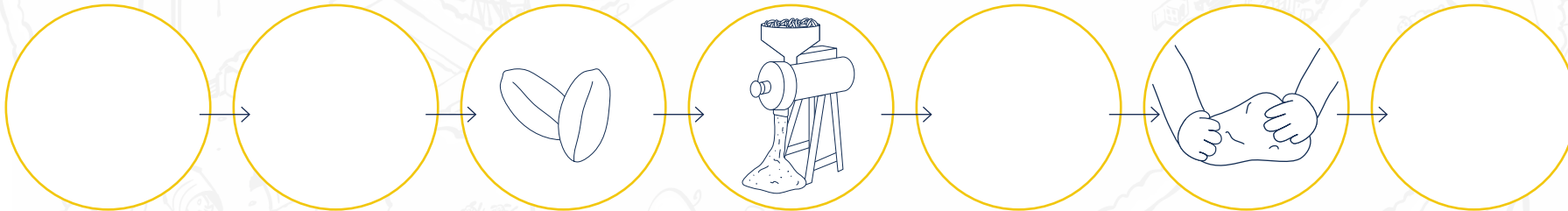
Crystal mixture is separated into crystals and syrup.

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 badge!

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

- 1.
- 2.
- 3.

Be considerate to those living in, working in and enjoying the countryside

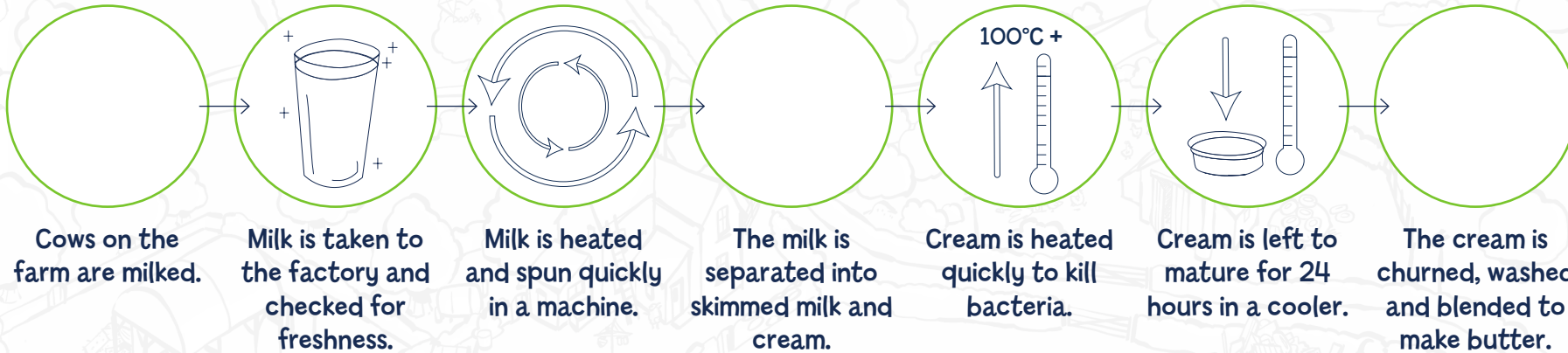


# From Farm to Food - Page 2

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.

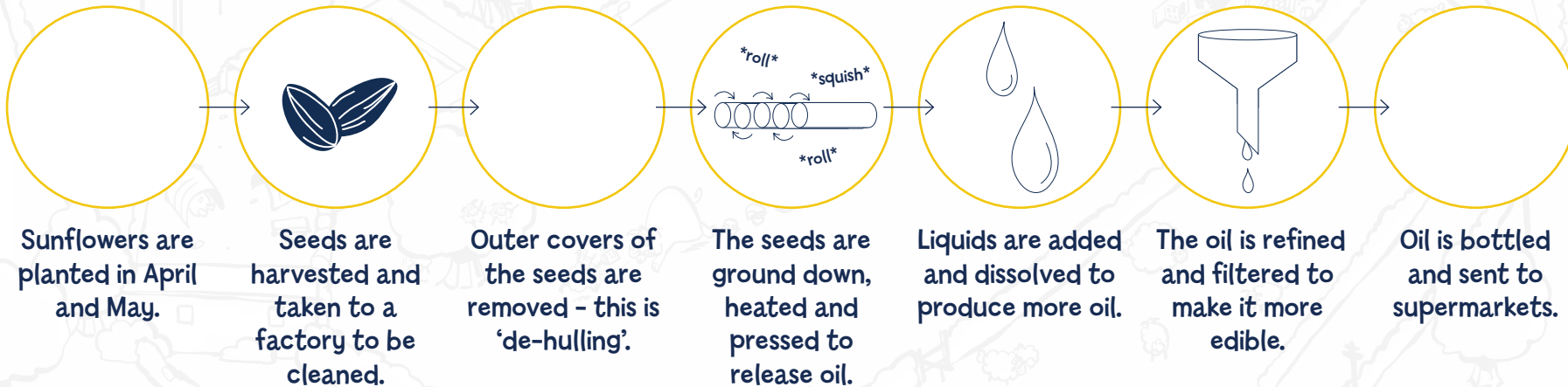


## Milk



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

## Sunflower Seeds

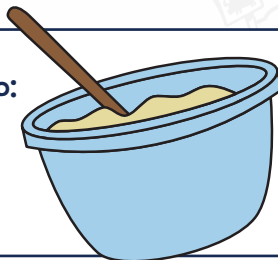


While you're out and about, take photos and share them on socials!

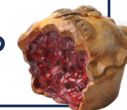


Think of 3 other things milk can be turned into:

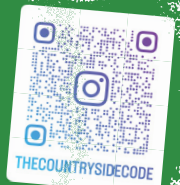
- 1.
- 2.
- 3.



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



Enjoy your visit,  
have fun,  
make a memory





# 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?



Cut me out!

