

# Year 4 Geography

## Journeys - Food

### Where does our food come from?

**What I should already know:** The names of the UK countries and some geographical human features e.g. farm, city, village.

#### Lesson 1: What can we buy on the high street?

(Activity: Make a table illustrating the food that is grown in the UK and the food that is grown in another country but can be bought in shops in the UK.)

- Food can be grown in our gardens.
- Some food can be grown in our country. Other food has to be transported here.
- Food can be bought in local shops close to where we live.
- Food can be bought from bigger supermarkets that we often travel further to.



#### Fresh food

Fruit or vegetables that has not been processed or tinned or frozen.

#### Frozen food

Food bought from the freezer in the shops.

#### Fast food

Prepared food that can be eaten as a quick meal.

#### Lesson 2: How does our food get to us?

(Activity: Sort food into two groups: comes from a plant or comes from an animal.)

- Food is grown on farms.
- Food comes a plant or animal.
- Some food can be eaten raw. Other food has to be cooked.
- A lot of the food bought from supermarkets has been processed.



#### processed

Food that is changed in some way e.g. by freezing, putting in cans, drying etc

#### Lesson 3: Where does our food come from?

(Activity: illustrate if our food grows under the ground, on the ground or above the ground.)

- Most food we eat comes from farms.
- Farmers look after the plants or animals on their farm and have different jobs to do at different times of the year.
- Different farms have different crops or different animals, sometimes depending on the sort of land the farm is on.
- Some crops grow under the ground, others grow on the ground and some grow above the ground.



#### farm

Place where crops are grown or where animals are reared

#### rear

Take care of an animal

#### crop

When fruit, vegetables or cereals are grown in large quantities. Examples of cereal crops are wheat and oilseed rape.

#### mountainous

Land that has a lot of mountains.

#### Lesson 4: What does a dairy farmer do?

(Activity: draw and label a range of dairy food.)

- Meat, eggs and dairy foods come from animals.
- A dairy farmer looks after cows.
- Dairy farms need pasture for the cows to eat.
- Milk comes from cows and the milk can be used to make other foods like cheese and icecream.



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**dairy**

*Food made from milk*

**pasture**

*Areas of grass for animals to eat.*

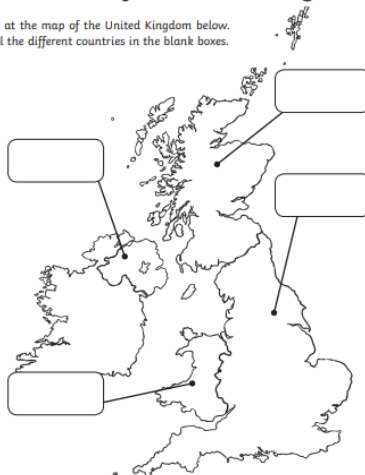
#### Lesson 5: What countries are part of the UK?

(Activity: Colour the UK country flags and label the different UK countries on a map.)

- The UK is made up of Scotland, England, Wales and Northern Ireland.
- The capital cities are Scotland - Edinburgh, Wales - Cardiff, England – London
- Northern Ireland - Belfast
- England has different regions.
- Different parts of the UK have different types of land. Some are mountainous, other areas are flat.

##### Countries of the United Kingdom

Look at the map of the United Kingdom below.  
Label the different countries in the blank boxes.



**UK**

*United Kingdom*

**north**

*Direction towards the north pole.*

#### Lesson 6: What food is special to different areas of the UK?

(Activity: quick quiz! Cheese tasting of different regional cheeses)

- Different parts of the UK have food that is special to that area.
- Scotland is famous for its porridge and oatcakes.
- Wales has Welsh cakes.
- A region of England called Yorkshire is famous for Yorkshire puddings.



**Regional foods**

*Foods grown in a particular region and are special to that region.*