

## WithOnePlanet

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# Investigate

Lesson 6

Student worksheet

Where the food we eat comes from

Years  
5 to 6



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INQuIRY     

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Climate change education  
An xpanD Foundation initiative

# Where the food we eat comes from

## Lesson 6: Student worksheet

### Introduction

One of the most important things that plants provide for us is food. In this lesson we look at the different types of food we eat, and also the way that the food gets from the plant in the ground to the plate on our table.

### Activity 1: Looking at the food we eat

Think about the types of food you eat for breakfast, lunch and dinner, the types of snacks you eat, and the types of drinks you have. You can use the following sheet to write them down.

Some typical meals I eat for breakfast	Some typical drinks I have	Some typical meals I eat for lunch	Some typical snacks I eat
Some typical snacks I eat	Some typical meals I eat for dinner	Some typical drinks I have	Some typical snacks I eat

Watch the following videos where people talk about preparing their food.

- Maria's breakfast recipe, <https://www.youtube.com/watch?v=uP8KfV6g0AU&feature=youtu.be>
- Timor-Leste: Improving crop production

What are some of the differences you have noticed about the food we eat in Australia and the food children eat in Timor Leste?



Maria's breakfast recipe, <https://www.youtube.com/watch?v=uP8KfV6g0AU>



Timor Leste: improving crop production, <http://splash.abc.net.au/home#!/media/524367/timor-leste-improving-crop-production>



Sources:

YouTube, *Maria's breakfast recipe*, <https://www.youtube.com/watch?v=uP8KfV6g0AU>

Timor Leste: *improving crop production*, <http://splash.abc.net.au/home#!/media/524367/timor-leste-improving-crop-production>

What are some of the differences you have noticed about the food we eat in Australia and the food children eat in Timor Leste?

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### Activity 2: Looking at where food comes from and how we get it

**Q1:** Where do you get your food from? Discuss the answer to this question as a class, and come up with a class list of where you get your food from.

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Most people in Australia buy their food from supermarkets, but how does it get into the supermarkets?  
Watch the following short videos and make notes on the next page.



Growing tomatoes in Australia <https://www.youtube.com/watch?v=RU5eR81aBQs>



Growing wheat in Australia <https://www.youtube.com/watch?v=KycelNEZ6Yo>









What are some of the differences you have noticed between where our food comes from in Australia and where it comes from in Timor Leste?

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