

WHERE DO THEY COME FROM?

# Food and Fibre



*Plants and animals provide us with the food and fibres that we rely on everyday.*

## Food

Food includes all the things that we eat. These could be made from plants or animals, and be fresh or processed. Sometimes, we might not realise what plants or animals we are eating because they have been processed into something else.

Wheat ► Flour ► Bread, Cakes, Pasta

Cow ► Milk, Cream ► Icecream, Cheese

Look at your breakfast, lunch or dinner. Can you tell where the ingredients come from?

## Fibre

Fibres include all the materials that we use to make items such as clothes, bags, sheets, and rope. Fibre materials even includes the wood that is in your house. Fibres can come from animals but also from plants.

Cotton plant ► Seed boll ► Sheet, T-shirt

Sheep ► Wool ► Jumper, Insulation, Quilt

Cow, Pig ► Skin ► Leather ► Shoes, Bags

How many items in your bedroom contain fibres from plants or animals?





# We love produce

How many different plants can you think of that provide us with food?

In this activity you will learn how we use the produce that is grown on farms. This starts with an introduction to the plants and animals that are farmed and how we use them. Then you will take a closer look at the different parts of plants we eat.

**STEP 1** Have a look through the online presentation "An introduction to farming" to see what different plants and animals are farmed for.

[bit.ly/intro2farm](http://bit.ly/intro2farm)

**STEP 2** Print or create your own version of the 'What am I farmed for' table. Recall the products each plant or animal listed provides. Go through the presentation again and fill in any gaps you may have.

**STEP 3** Print out a copy of the 'Parts of plants we eat' activity sheet. Put the different foods into lists under the part of the plant you think they come from. Some may be tricky. If you're unsure, look up the food on the Internet.

**STEP 4** Take a look at the plant food items in your fridge and pantry. What part of the plant do they come from? Create your own version of the table below. Tally your answers:

	For example Onion	For example Banana	...	Total
<b>Stem</b>				3
<b>Bark</b>				0
<b>Flower</b>				2
<b>Sap</b>				1
<b>Root</b>				5
<b>Leaf</b>				7
<b>Fruit</b>				8
<b>Seed</b>				3

# WHAT AM I FARMED FOR?

Farming connects Australians by providing us with the food and fibre resources that we need in our everyday lives. When you travel through our rural areas and see all of the different farms you get a greater appreciation of the wide range of produce our farmers raise or grow.

Do you know how all the different plants and animals are used?

## An introduction to farming

Have a look through this online presentation to see what different plants and animals are farmed for.

Use the “What am I farmed for?” slides to fill in the following table.

<i>Farm</i>	<i>Food</i>	<i>Fibre</i>	<i>Other</i>	<i>Describe the Use</i>
e.g. Beef Cattle	✓	✓	✓	Meat – steak, veal Hair – brushes, felt Skin – leather
Dairy Cattle				
Cotton				
Grain				
Wheat				
Sheep (meat)				
Sheep (Wool)				
Fruit & Vegetable				
Poultry				
Viticulture				
Goat				
Pig				

# PARTS OF PLANTS WE EAT

How many different parts of plants can you think of that we eat? For example, we use the leaves of lettuce or spinach and the fruit of apples and tomatoes. We eat all parts of the plant. We also grow pastures and crops to feed livestock (sheep, cattle, pigs, goats, poultry) that supply us with meat. **Without plants we would not have food.**

Put the different foods below into lists under the part of the plant you think they come from.

Lettuce	Cinnamon	Carrot	Maple syrup	Tomato
Beetroot	Cucumber	Broccoli	Bread (wheat)	Rice
Cauliflower	Spinach	Tea	Black pepper	Spring onions
Chocolate	Corn	Canola Oil	Rhubarb	Potato
Celery	Sugar	Pumpkin	Radish	Cabbage
Honey	Peas	Banana	Apple	Chewing gum

## Stem

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## Bark

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## Flower

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## Sap

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## Root

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## Leaf

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## Fruit

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## Seed

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