



The start



Your plate



The market



The kitchen



The journey



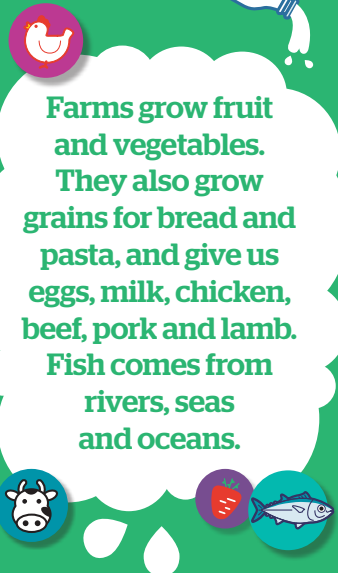
How food gets to your plate



The start

Where does your food come from?

Farms grow fruit and vegetables. They also grow grains for bread and pasta, and give us eggs, milk, chicken, beef, pork and lamb. Fish comes from rivers, seas and oceans.



The market

Where does your food go to next?

Markets buy the food that farmers grow and the fish that fishermen catch.



The journey

How does food get to your school kitchen?

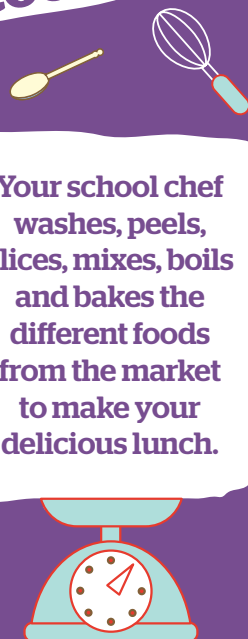
The chef at your school orders food and it is delivered to the school kitchen.



The kitchen

How is your lunch cooked?

Your school chef washes, peels, slices, mixes, boils and bakes the different foods from the market to make your delicious lunch.



Your plate

You enjoy your lunch!

The food that started on a farm or in the ocean is now on your plate.

