



**KEY STAGE 1 & 2**

**DESIGN & TECHNOLOGY**

**WHERE DOES MY FOOD  
GROW?**



WELCOME TO THE  
WORLD OF

# TINY C



ABOVE GROUND?

ON THE GROUND?

OR UNDERGROUND?

## WHAT WILL I LEARN TODAY?

- *I WILL UNDERSTAND WHERE FOOD COMES FROM*
- *I WILL UNDERSTAND HOW FOOD IS GROWN AND HARVESTED*



## WHERE DO CROPS COME FROM?

- VEGETABLES LIKE **CARROTS** AND **POTATOES** ARE GROWN **UNDER** THE SOIL
- VEGETABLES LIKE **LETTUCE**, **SWEETCORN** AND **BROCCOLI** ARE GROWN **ON** OR **ABOVE** THE SOIL
- **TOMATO PLANTS** ARE TIED UP WITH STRING AND GROWN IN **GREENHOUSES** IN BAGS FILLED WITH THE HAIRY BITS FROM THE OUTSIDE OF COCONUTS CALLED **COIR**,
- **MUSHROOMS** ARE GROWN IN BIG SHEDS IN THE DARK
- **APPLES** AND **PEARS** ARE GROWN ON TREES
- **STRAWBERRIES** ARE GROWN IN METAL TRENCHES THAT HANG FROM THE ROOF OF A **GREENHOUSE** OR THEY SIT ON **STILTS**





LET'S TAKE  
A LOOK...

THIS IS A  
CHANTENAY  
CARROT FIELD...

AND HERE ARE  
STRAWBERRIES  
GROWING IN A  
METAL TRENCH.

GROWING  
UNDERGROUND

GROWING  
ABOVE  
THE GROUND

PHOTO CREDIT: LEFT - FRESHGROWERS; RIGHT - BUSBY FARM, BERRYWORLD

LET'S TAKE  
A LOOK...

HERE ARE BABY  
LETTUCES IN  
CAMBRIDGESHIRE.  
THERE'S  
**1/2 A MILLION**  
LETTUCES GROWING  
HERE!



GROWING ON  
THE GROUND

PHOTO CREDIT: SCOTTLLOYD LTD.



LET'S TAKE  
A LOOK...



OAK LEAF



BABY GEM

THIS IS WHAT  
LETTUCES LOOK LIKE  
WHEN THEY GET  
BIGGER...





LET'S TAKE  
A LOOK...

LETTUCES ARE PICKED  
BY HAND LIKE THIS.  
THE OUTER LEAVES  
ARE CUT OFF. THE  
LETTUCES ARE PACKED  
IN THE FIELD



PHOTO CREDIT: GS FRESH.



LET'S TAKE  
A LOOK...



THIS IS SWEETCORN  
BEING HARVESTED BY  
TRACTOR IN THE  
SOUTH OF ENGLAND...

GROWING  
ABOVE  
THE GROUND

PHOTO CREDIT: BARFOOTS UK LTD.



## GROWING UNDER GLASS

WHAT DO YOU  
THINK GROWS IN  
THESE BIG  
GREENHOUSES?



PHOTO CREDIT: [THETOMATOSTALL.CO.UK](http://thetomatostall.co.uk)



## GROWING UNDER GLASS



TOMATOES! THEY  
ARE PICKED BY  
HAND, LIKE  
STRAWBERRIES,  
LETTUCES AND  
CELERY

GROWING  
ABOVE  
THE GROUND

PHOTO CREDIT: THETOMATOSTALL.CO.UK





## GROWING UNDER GLASS

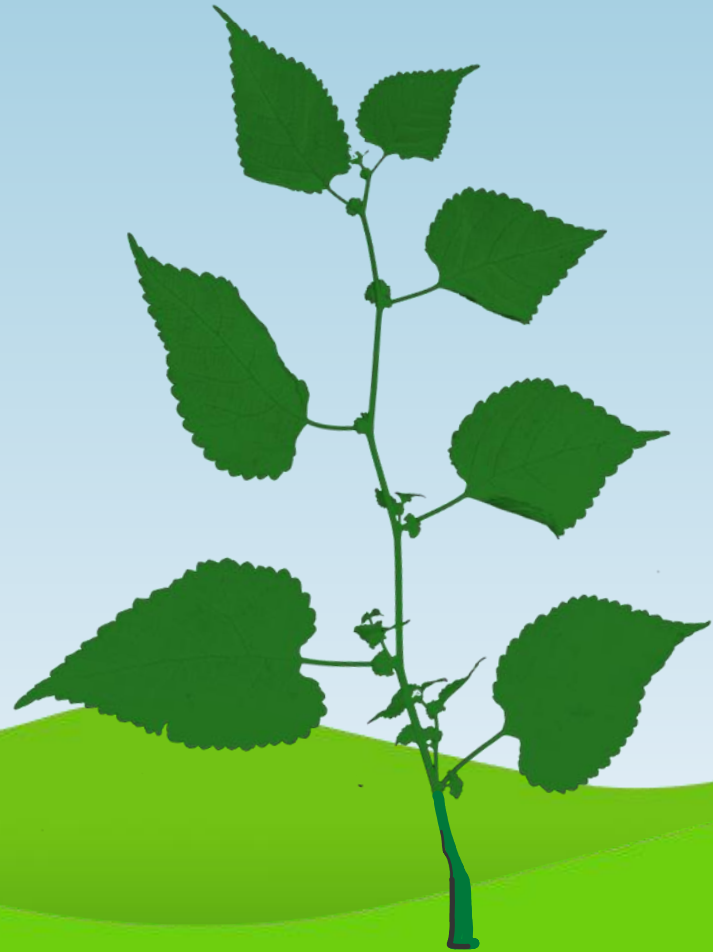
THIS LADY IS TYING UP  
TOMATO VINES GROWING  
TOWARDS THE SUN.  
EACH VINE CAN GROW UP TO  
20 METRES IN LENGTH.  
THAT'S ALMOST  
2 BUSES LONG!



PHOTO CREDIT: [THETOMATOSTALL.CO.UK](http://thetomatostall.co.uk)

WHAT ELSE CAN  
YOU THINK OF?

CAN YOU THINK OF  
OTHER FRUIT OR  
VEGETABLES THAT  
GROW ON A VINE?





LET'S TAKE  
A LOOK...

IF YOU SAID  
GRAPES, YOU'RE  
CORRECT. KIWIS  
ALSO GROW ON  
VINES.





ON, OVER OR  
UNDERGROUND?



SEE IF YOU CAN  
GUESS WHAT IS  
GROWING IN THIS  
FIELD...



PHOTO CREDIT: WILL BEESON



LET'S TAKE  
A LOOK...



PHOTO CREDIT: [FREEIMAGES.COM](https://www.freeimages.com)

ON, OVER OR  
UNDERGROUND?

WHAT DO YOU  
THINK IS  
GROWING HERE?



WE'LL NEED TO  
SWITCH ON THE  
LIGHTS



LET'S TAKE  
A LOOK...

MUSHROOMS!  
THEY ARE GROWN  
IN THE DARK IN  
BIG TRAYS OF  
COMPOST



BECAUSE THEY ARE  
GROWN IN TRAYS, IN THE  
DARK, MUSHROOMS CAN  
GROW IN BUILDINGS THE  
SIZE OF A BLOCK OF  
FLATS

PHOTO CREDIT: G's FRESH



A HEALTHY AND  
VARIED DIET...

FOOD AND DRINK PROVIDE THE  
ENERGY AND NUTRIENTS THAT WE  
NEED TO GROW AND THRIVE.

IT'S IMPORTANT TO MAKE SURE WE  
EAT A VARIETY OF DIFFERENT FOODS  
SO THAT WE HAVE A BALANCED DIET.

PHOTO CREDIT: SCOTTLLOYD LTD.

## A HEALTHY AND VARIED DIET...

IT IS RECOMMENDED THAT WE EAT 3 BALANCED MEALS A DAY WITH FROM EACH FOOD GROUP. DOING THIS ALLOWS US TO HAVE A VARIED DIET, WHICH HELPS US TO GROW AND BE HEALTHY HUMANS.



A PORTION IS THE  
AMOUNT THAT FITS  
INTO THE PALM OF  
YOUR HAND.

ONE OF THESE FOOD GROUPS  
IS FRUIT AND VEGETABLES. WE  
SHOULD AIM TO GET 5  
PORTIONS A DAY!





## TEST YOUR KNOWLEDGE!

### QUIZ

1. WHERE DO CHANTENAY CARROTS GROW?
2. HOW DO TOMATOES GROW DIFFERENTLY TO CARROTS?
3. DOES SWEETCORN GROW ABOVE GROUND OR ON THE GROUND?
4. HOW LONG CAN A TOMATO PLANT BE?
5. CAN YOU NAME A FRUIT OR VEGETABLE THAT GROWS ON A VINE?
6. WHAT PART OF YOUR BODY CAN YOU USE TO MEASURE A  
PORTION OF FRUIT OR VEGETABLES? YOUR FOOT, HAND OR EAR?

## TEST YOUR KNOWLEDGE!

### ANSWERS

1. CHANTENAY CARROTS GROW UNDER THE SOIL.
2. THEY ARE DIFFERENT TO TOMATOES BECAUSE TOMATOES GROW ABOVE THE GROUND
3. SWEETCORN GROWS ABOVE THE GROUND
4. A TOMATO PLANT CAN GROW TO 20 METRES LONG
5. GRAPES, KIWI FRUIT AND TOMATOES ALL GROW ON VINES
6. YOU CAN USE YOUR HAND TO MEASURE A PORTION



## USEFUL INFORMATION

[WWW.CHANTENAY.CO.UK](http://WWW.CHANTENAY.CO.UK)

[WWW.NHS.UK/CHANGE4LIFE](http://WWW.NHS.UK/CHANGE4LIFE)

[WWW.NHS.UK/LIVE-WELL/EAT-WELL/](http://WWW.NHS.UK/LIVE-WELL/EAT-WELL/)

[VEGPOWER.ORG.UK](http://VEGPOWER.ORG.UK)

[WWW.NHS.UK/CONDITIONS/VITAMINS-AND-MINERALS/](http://WWW.NHS.UK/CONDITIONS/VITAMINS-AND-MINERALS/)

[WWW.CARROTMUSEUM.CO.UK](http://WWW.CARROTMUSEUM.CO.UK)

A stylized illustration of rolling green hills at the bottom of the page, rendered in various shades of green.