

# Where Does Our Food Come From?

## The Journey from Farm to Fork

I love to go to the grocery store. There are so many different foods to choose from! But where does all of this food come from? Let's take a look...



It all starts on the farm. Farmers have a big job to do! They produce enough food to feed us all. Right now, one US farmer produces enough food to feed 155 people. But the world population is growing. By 2050, farmers will need to double the amount of food they produce to feed the world!



Technology plays a big part on today's farms. Farmers use everything from GPS devices to biotechnology to mobile technology. And that's just for starters! Technologies like these help farmers grow as much food as possible.

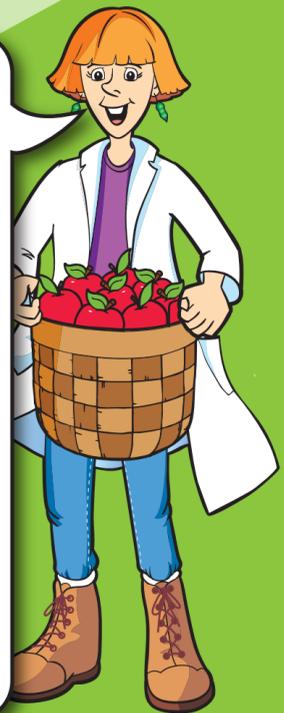


Once the food is ready, it's on to the grocery store or restaurant. We sure do have lots of tasty and healthful options to choose from!

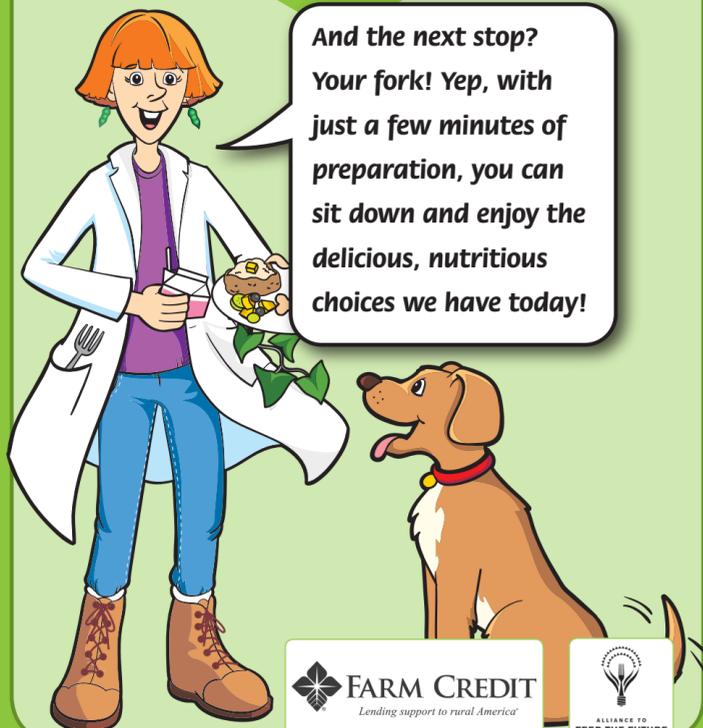


Safety is an important part of operating food production plants. Our food must be safe for everyone to eat!

Some foods are washed, sorted, and boxed to send directly to the grocery store and sold in whole form. However, other foods can be canned, frozen, have vitamins and minerals added (that's called fortifying), milled, or packaged in a variety of convenient forms, including single-serving packages. This makes our food more convenient, more nutritious, and helps it stay fresher longer!



And the next stop? Your fork! Yep, with just a few minutes of preparation, you can sit down and enjoy the delicious, nutritious choices we have today!



**FARM CREDIT**  
Lending support to rural America™



Making smart food choices is important. Our food gives us energy to play and powers our brains to think.



So the next time you pop a tasty morsel in your mouth, think for a second about where it came from and the many hard-working people who helped produce it!

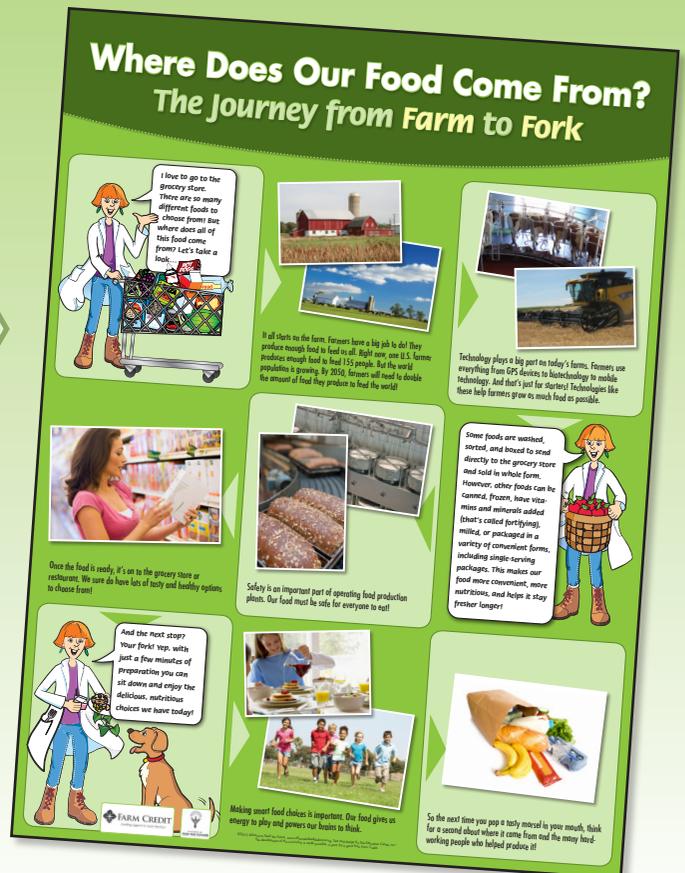
# Take Your Students on the Journey from Farm to Fork With Our **Free Poster!**



Every generation gets a bit more removed from our food sources. Many students have never visited a farm and don't think about food beyond buying it at the grocery store.

But students need to understand how our food is produced. Our world population is growing, and farmers have a big job to feed everyone. **In fact, by 2050, farmers need to double food production to keep up. How can they do it?**

With this **free poster and free activities** from the **Alliance to Feed the Future**, you and your students will learn about farming, modern food production and processing, healthful eating, food safety, and much more. The **activities, worksheets, and patterns address major curriculum standards** and provide a way to share food facts with your class. The materials are for **grades K-2, 3-5, and 6-8**.



ALLIANCE TO  
FEED THE FUTURE



Look inside for sample activities.

To download the full curriculum, visit [www.AllianceToFeedtheFuture.org](http://www.AllianceToFeedtheFuture.org). It's all **FREE!**

# Ready to get started?

## Check out these easy ideas for using our poster!

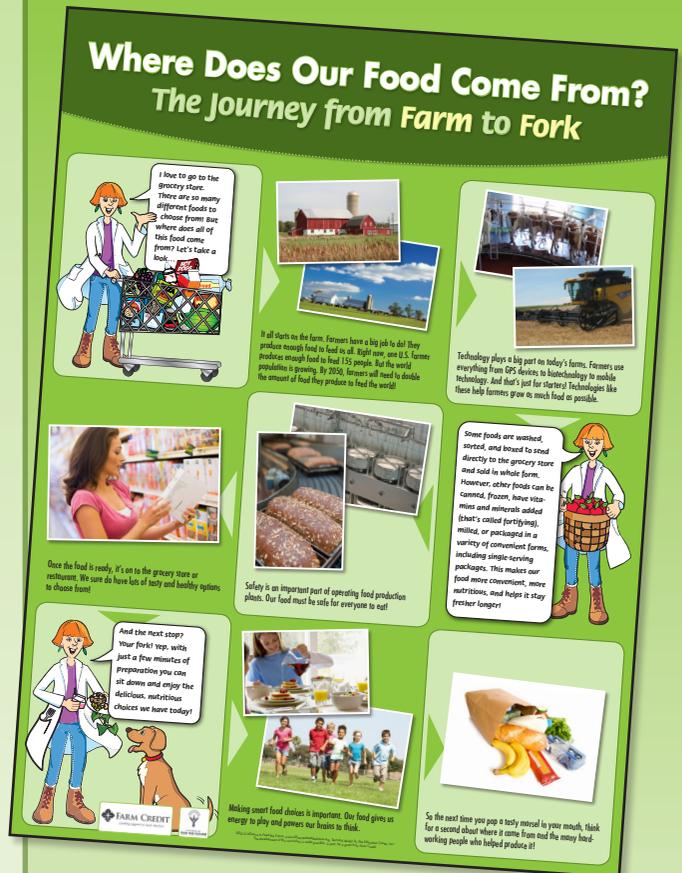
### For younger students:

Display the poster. Lead a whole-class discussion about each step in the journey from farm to fork!

- Which of your students have ever visited a farm? What did they see there?
- What equipment is shown in the photos? How do students think farmers use that equipment?
- Have any students ever visited a food production plant? Have they ever toured a grocery store?
- What are students' favorite ways to exercise?
- What are students' favorite foods? What new foods have students recently tried?
- How does eating a variety of foods help each child do his or her best at school, at home, when playing sports, and so forth?

Display the poster on a bulletin board. Invite students to make cards or mini posters to display nearby, thanking farmers and food producers for the work they do.

Lead a class discussion about the statistic that says one farmer produces enough food for 155 people. How many farmers are required to feed the class? The school? The school plus students' families? Your entire city?



### For older students:

Display the poster at a learning center or small-group area. Have students complete one or more of the following activities:

- Create a graphic organizer or chart showing the steps from farm to fork.
- Create mini books showing the steps from farm to fork.
- Supply students with several grocery store ads. Challenge students to create sample menus for breakfast, lunch, and dinner and evaluate whether those meals are balanced.
- Have students select one step in the journey from farm to fork and write about what future role he or she might play in that step. For example, a child might be interested in becoming a chef, nutritionist, food scientist, or farmer. Challenge students to write about what that role means for maintaining the food supply and how technology will help them in their chosen career.
- Invite students to make graphic representations of the statistics on the poster (one farmer produces enough food to feed 155 people. By 2050, farmers will need to double production to keep up with world population growth to 9 billion people).