BATH & WEST EDUCATION HUB

Bath & West Food & Farming Passport

This passport belongs to

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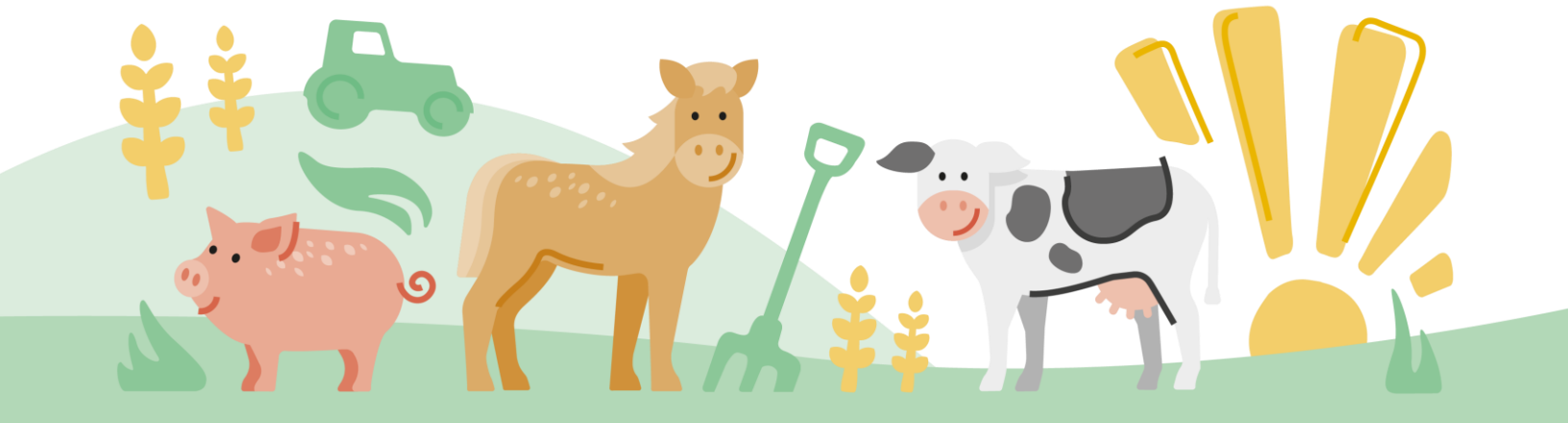

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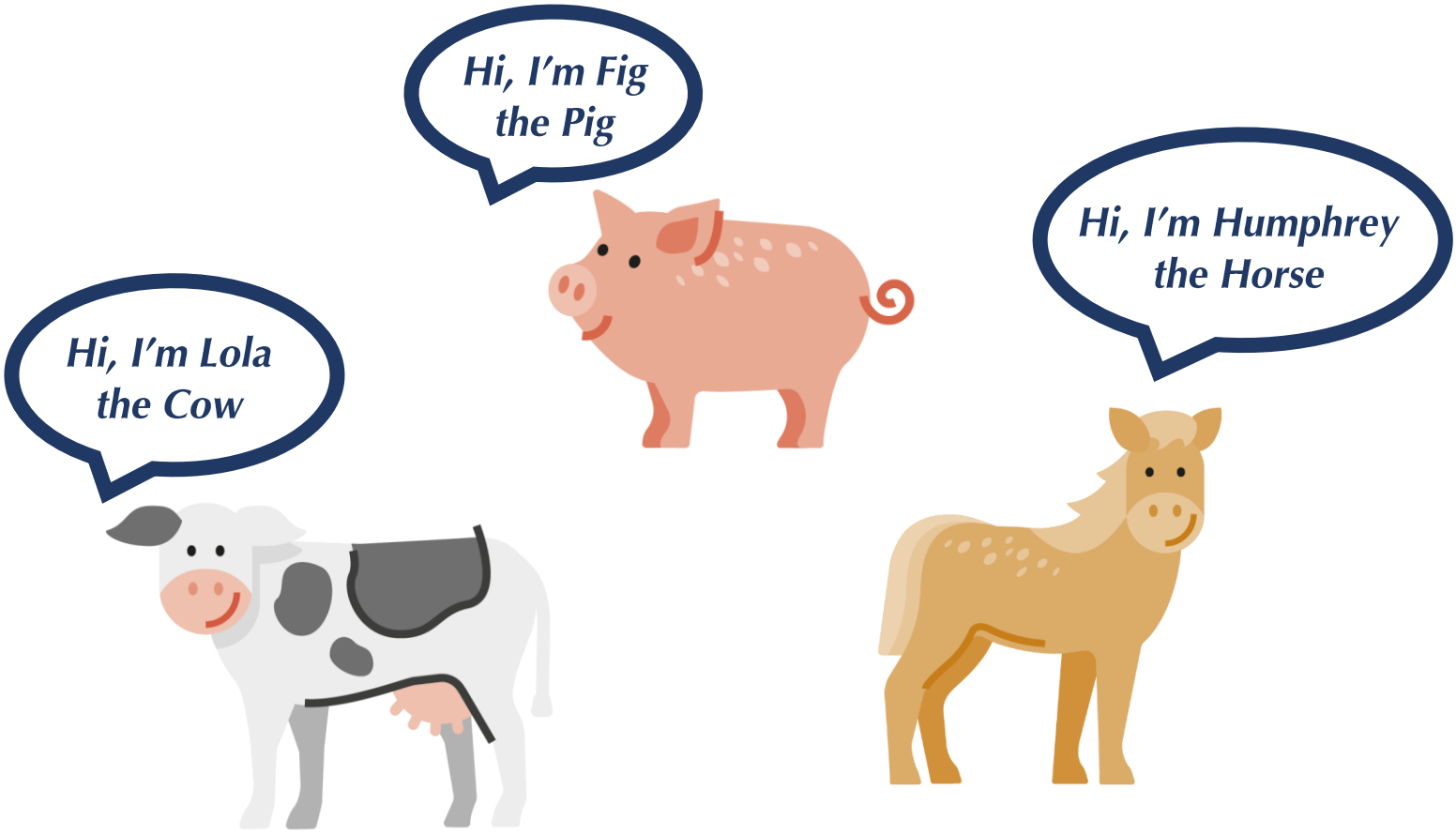
Meet our Bath & West Animal Mascots



Our Bath & West Animals will appear throughout some of our activities and worksheets to help you along the way on your journey to learn all things food and farming!

The Eatwell Guide

Did you know that NHS (National Health Service) has an Eatwell Guide that outlines how much of each food group you need to achieve a healthy, balanced diet?

There are five key food groups:

- Fruit & Vegetables – you should aim to have at least five portions of these a day.
- Starchy Carbohydrates (including potatoes, bread, rice & pasta)
- Dairy (and alternatives)
- Proteins (including beans, pulses, fish, eggs, and meat)
- Unsaturated Oils and Spreads

Foods higher in sugar, salt and fat should be consumed less frequently and in smaller amounts. This includes crisps, cake, chocolate, ice cream and fizzy drinks. They are not part of the 'Eatwell Guide' as they are not considered an essential element to a healthy, balanced diet. However, this does not mean you should not eat them – everything in moderation! Also not included in the 'Eatwell Guide' are fluids. You should try to have between 6-8 glasses of water, lower fat milk or sugar-free drinks (including tea or coffee) each day.

- Fruit & Vegetables should make up approximately 40% of your plate.
- Starchy Carbohydrates should make up approximately 37% of your plate.
- Proteins should make up approximately 12% of your plate.
- Dairy and alternatives should make up approximately 8% of your plate.
- Unsaturated Oils and Spreads should make up approximately 1% of your plate

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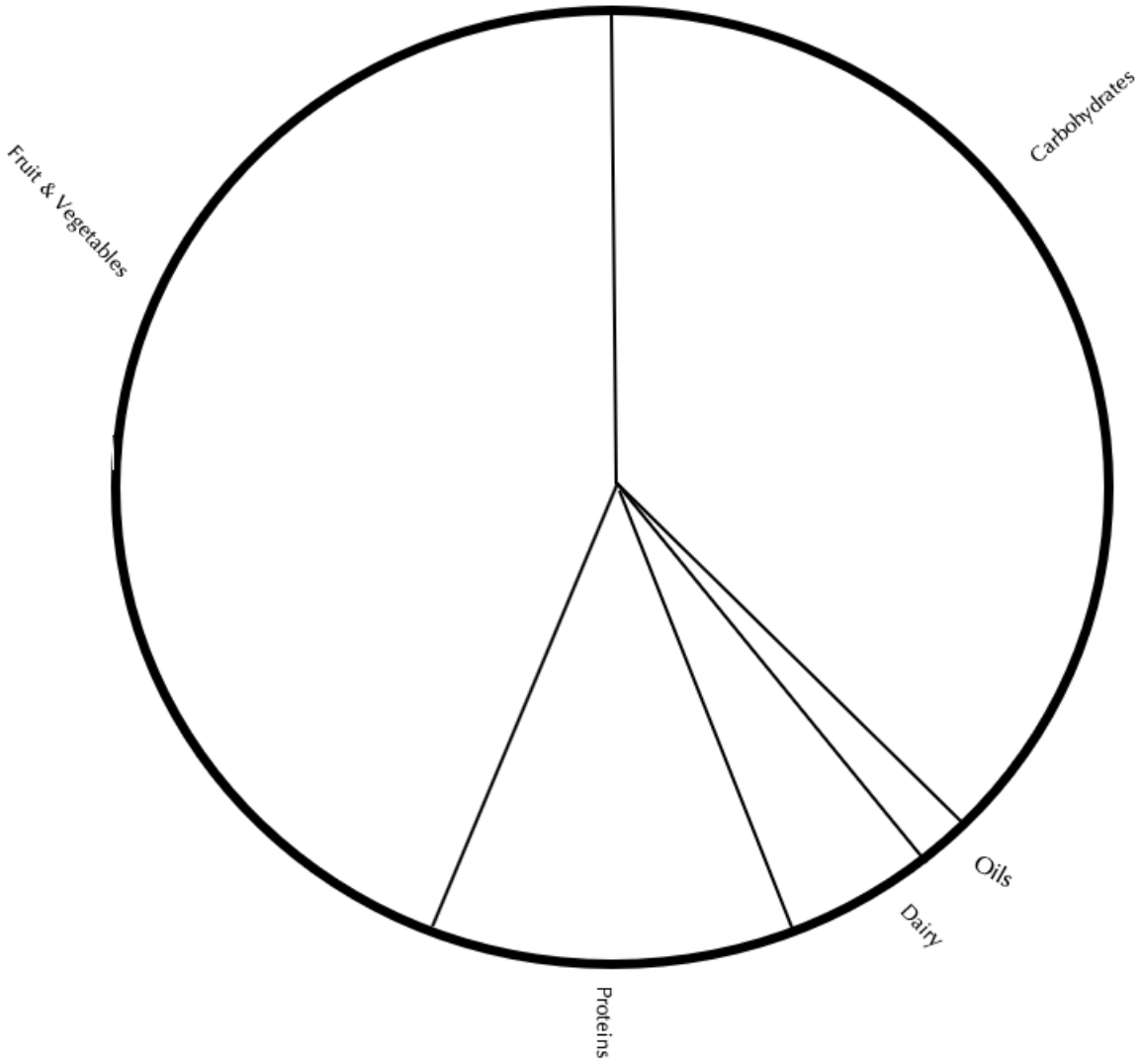
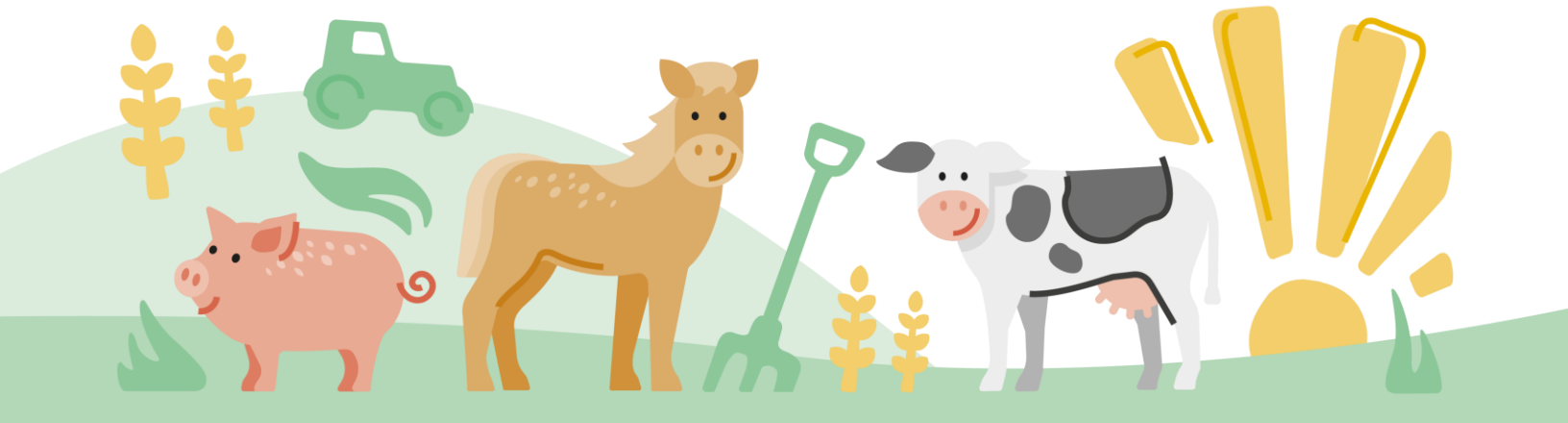
The Eatwell Guide

Following on from what you have learned on Page 1, can you create your own healthy, balanced meal? Research different foods and use the template below to label which foods you would use to make a balanced meal. If you are feeling creative, you could even draw each food item too!





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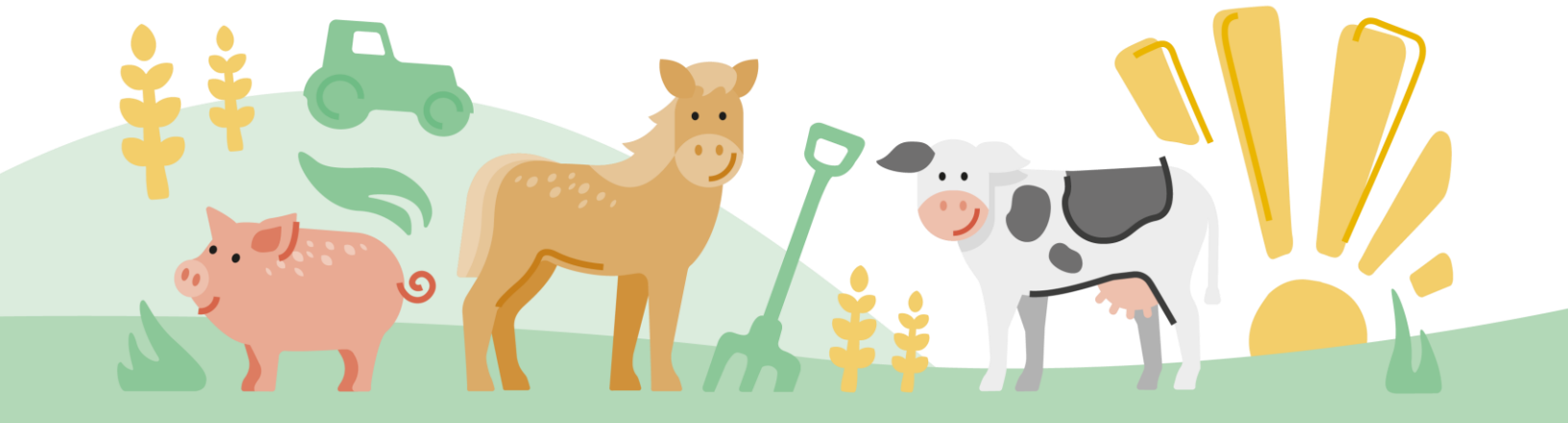
Where does our Food come from?

A large portion of our food is sourced from animals.

Examples of food products sourced from animals:

Animal	Food Product	Food Components
Chicken	Poultry	• Chicken Breast • Chicken Tenderloin • Chicken Drumstick • Chicken Thigh • Eggs
Cow	Beef / Dairy	• Steak • Brisket • Ribs • Milk
Pig	Pork	• Bacon • Ham • Sausages
Goats	Dairy	• Milk
Sheep	Lamb / Dairy	• Lamb shank • Milk
Fish	Fish	Fish are slightly different in that they are broken up according to their type. Some examples of fish include tuna, cod, and salmon.

Above are just some of the most common examples of animals that we source our food from. However, we do source our food from a vast variety of other animals too!



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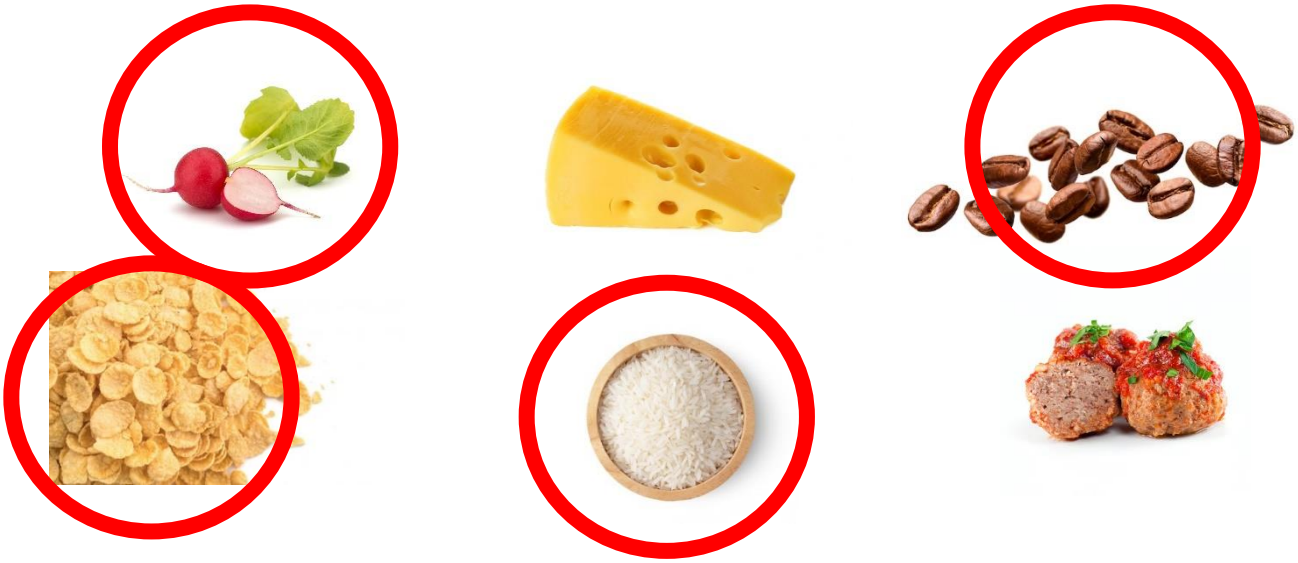
Where does our Food come from?

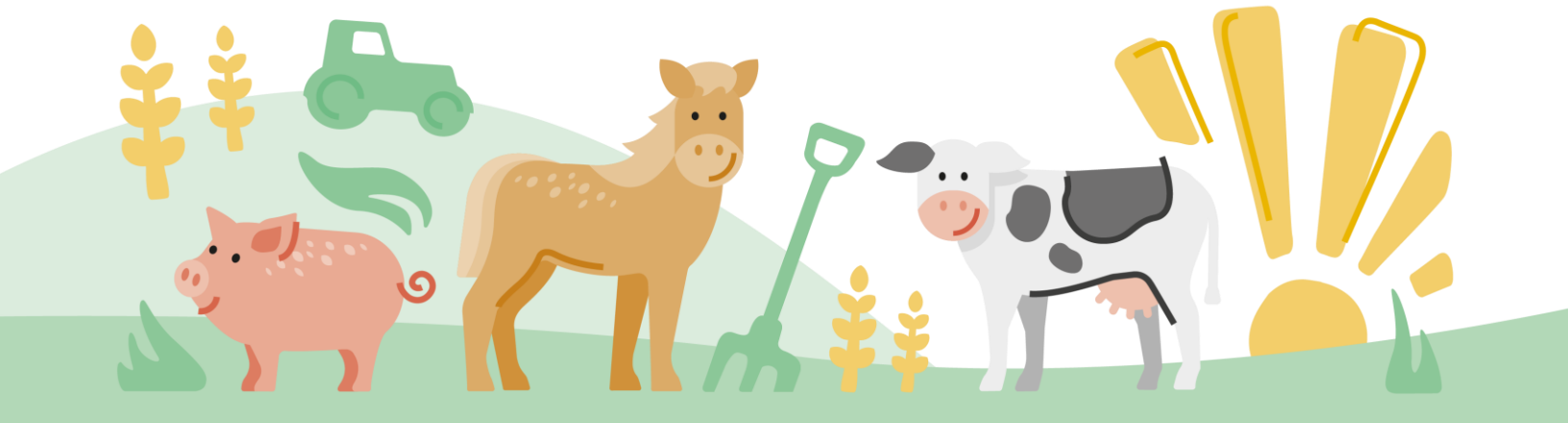
Plants are another large source of food.

Food products sourced from plants:

Vegetables – for example: peas and carrots
Roots - radish, turnip, carrot, beetroot are some of the roots that are eaten as vegetables.
Stem – for example: potato and ginger
Leaves – for example: spinach, cabbage, lettuce are the leaves eaten as vegetables.
Flowers – for example broccoli and cauliflower
Fruits – for example orange, mango, and berries
Cereals – this includes rice, wheat, maize, and barely.
Tea, Coffee, Sugar, Spices and Oil also products sourced from plants.

Looking at the images below, can you circle the foods that come from a plant?





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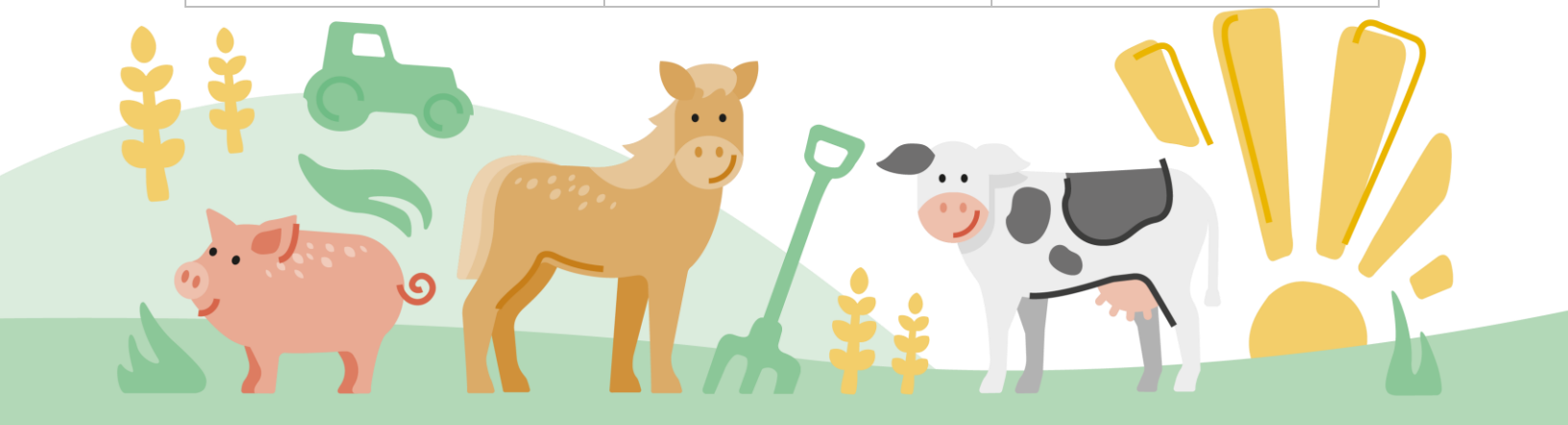
Farm Animals

Farm animals, also known as 'livestock', are animals that are involved in the production of food, wool, skins, or fur or for the purpose of its use in the farming of land.

As we have learned, livestock can be sources of food, however sometimes they can be used for purposes other than food! Some people keep their pigs for pets, horses for sports and sheep for their wool.

Looking at the images of the animals below, can you label them and write as many products that you can think of that they produce (food or non-food).

	Animal Name	Animal Products
	Chicken	Eggs, Chicken Breast, Chicken Thigh, Chicken Drumsticks
	Cow	Milk, Steak, Mince, Leather, Suede
	Sheep	Lamb, Milk, Wool
	Pig	Pork, Bacon, Sausages,
	Goat	Milk, Goat Meat



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Create your own!

Now that you know where our food comes from and what is needed for a healthy, balanced diet, can you create your own tasty recipe?

Recipe Name: _____

Ingredients Required:

_____ _____ _____

_____ _____ _____

_____ _____ _____

Recipe Instructions:

_____

_____

_____

_____

_____

_____

_____

_____

_____

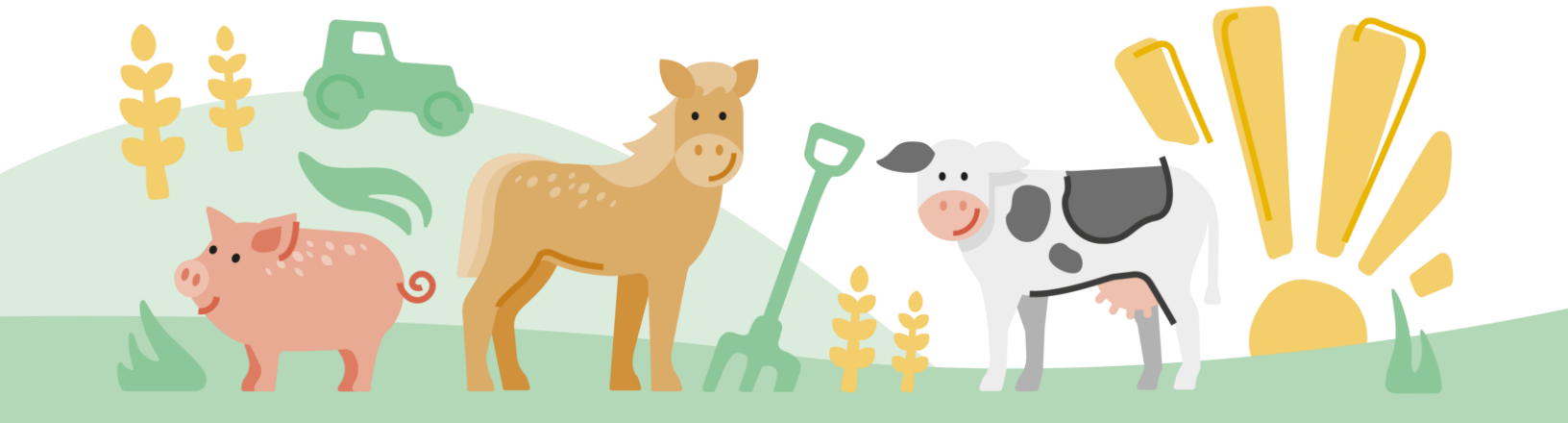
_____

Can you list what sources of food you have used in your recipe? Think about the animals you have used, and did you include any plants?

_____

_____

_____



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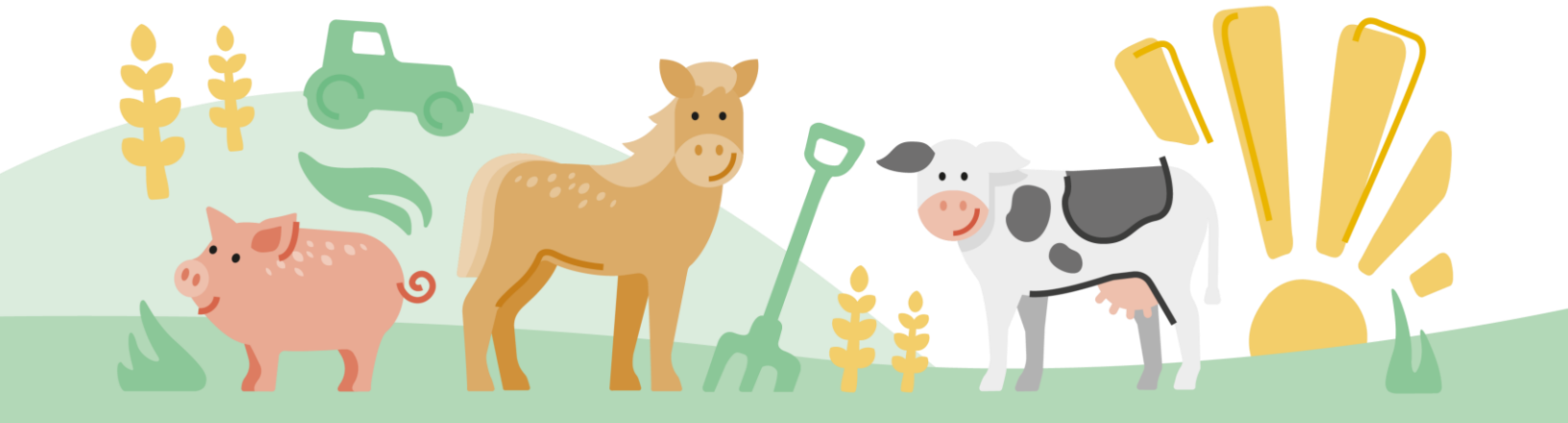
Food & Farming Wordsearch

Can you find the below words?

Flowers	Beef	Dairy	Coffee
Livestock	Broccoli	Fruits	Oil
Pig	Lamb	Wheat	Wool

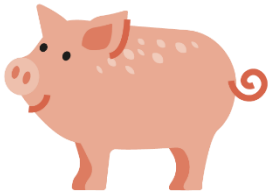
A	H	Q	F	G	T	S	F	B	E	E	F	F	T	Q	F
N	S	E	K	Q	H	C	K	N	H	N	Y	K	H	E	K
F	N	G	Q	Y	I	G	Q	F	I	F	J	Q	O	G	Q
B	F	L	O	W	E	R	S	B	O	B	L	J	I	H	J
N	K	J	P	O	V	J	P	N	V	N	S	P	L	J	P
G	H	L	R	D	S	L	R	G	S	G	C	R	S	L	R
J	D	G	C	O	F	F	E	E	N	J	G	T	N	G	T
A	L	Q	J	H	N	Q	L	A	M	B	Y	J	N	Q	L
B	E	C	O	K	B	T	O	D	B	D	I	O	B	C	I
R	P	Y	Q	V	H	Y	Q	J	H	J	O	Q	H	Y	V
O	X	L	G	S	F	V	G	S	F	S	A	G	F	L	E
C	B	O	K	B	G	Y	K	Q	G	F	R	U	I	T	S
C	X	V	B	S	Y	U	B	S	Y	S	V	B	Y	V	T
O	V	B	X	H	D	D	X	M	D	M	O	I	L	B	O
L	J	H	F	K	H	A	F	A	H	A	B	F	H	H	C
I	Z	A	L	T	J	I	L	N	J	N	D	L	J	A	K
K	V	Q	G	A	A	R	G	K	A	K	R	G	A	Q	G
D	B	E	Y	E	C	Y	Y	D	C	D	T	Y	C	E	Y
U	J	Q	U	H	F	T	U	U	F	U	H	U	F	Q	U
I	S	C	D	W	O	O	L	I	R	I	B	D	R	C	D
A	T	H	H	B	U	D	P	I	G	A	H	H	U	H	H



Farm Animals!

Let's look a little more closely at each of our farm animals. We know what they are called and what we can source from them, now let's learn about their behaviour and characteristics.

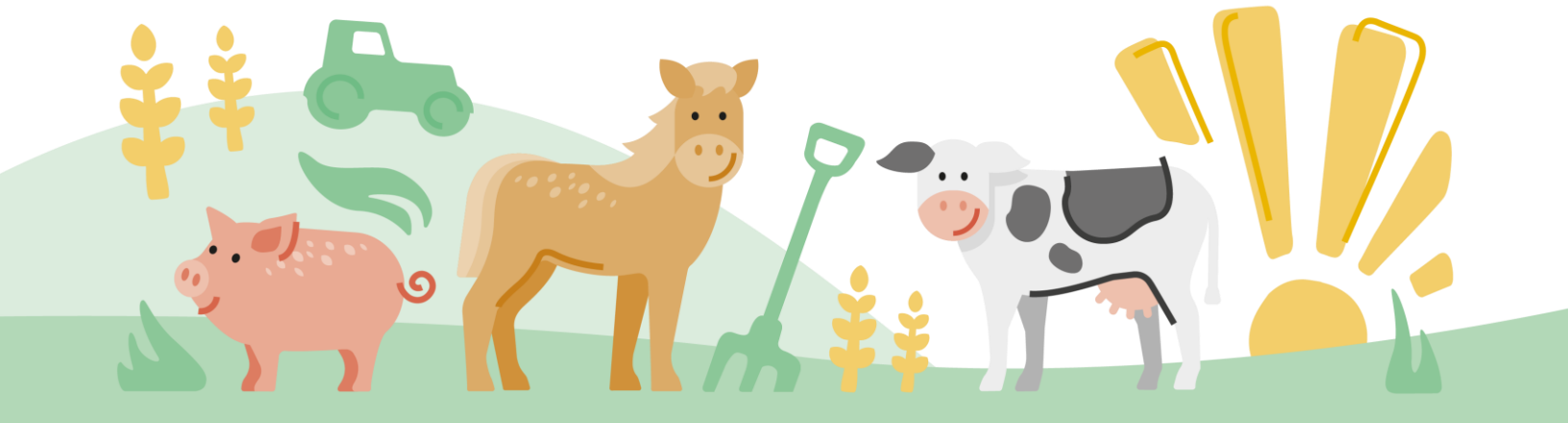
Pigs



- Pigs have a life span of between 15 – 20 years.
- There are many different breeds of pig. Breeds are split into modern and traditional breeds.
- Baby pigs are called piglets.
- Female pigs are called either called sow or gilt.
- A sow is a female pig that has had piglets.
- A gilt is a young, female pig that has never had piglets.
- Male pigs are called boars or barrows.
- A boar is a young, male pig used for breeding.
- A barrow is a neutered male pig that cannot breed.
- When a sow gives birth to her piglets, these are known as a litter.
- A group of pigs together are called a herd.

Sheep

- The average lifespan of a sheep is 10 – 15 years.
- There are over 60 breeds of sheep in this country.
- Baby sheep are called lambs.
- Female sheep are called ewes.
- Male sheep are called rams.
- A group of sheep are referred to as a flock.



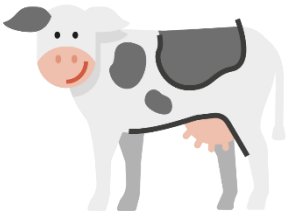
Animals!

Goats

- There are three basic types of goats: meat goats, dairy goats, and fibre goats.
- Goats will live between 15 – 18 years.
- A baby goat is known as a kid.
- A male goat is called a buck or a billy.
- A female goat is called a doe or a nanny.
- A group of goats are referred to as a herd.

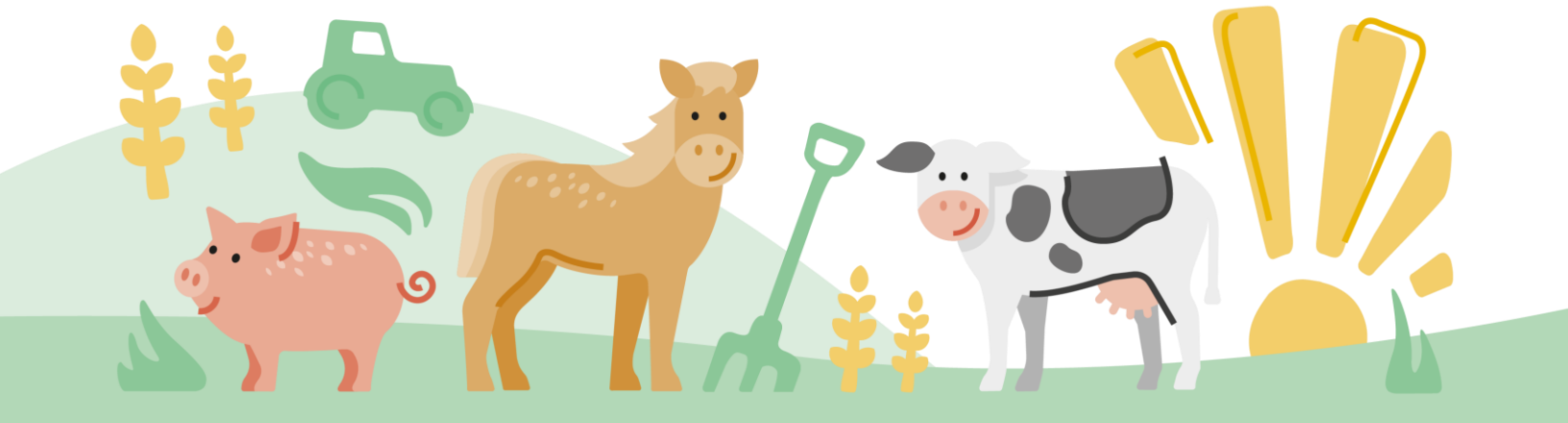
Cattle

- The UK has 34 native cattle breeds.
- Naturally, the lifespan of a cow is between 20 – 30 years. However, they are typically killed much younger for their products.
- Baby cattle are called calf.
- Female cattle are called a cow.
- Male cattle are called a bull.
- Young female cattle are known as heifers.
- Young male cattle are known as bullocks or steers.
- A group of cattle is referred to a herd.



Chickens

- Chickens will live between 5 – 10 years.
- The British Poultry Standards recognise 93 chicken breeds.
- A baby chicken is called a chick.
- Female chickens are called hens.
- Male chickens are called roosters.
- A group of chickens are referred to as a flock or a brood.



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Summary…

Following everything that you have learned, can you answer the below questions?

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1) What are the five key food groups that make up a healthy diet?
Protein, Carbohydrates, Fruit and Veg, Oils and Dairy

2) What food product does a chicken provide?
Eggs and Chicken

3) True or False? You can get milk from Dairy Goats

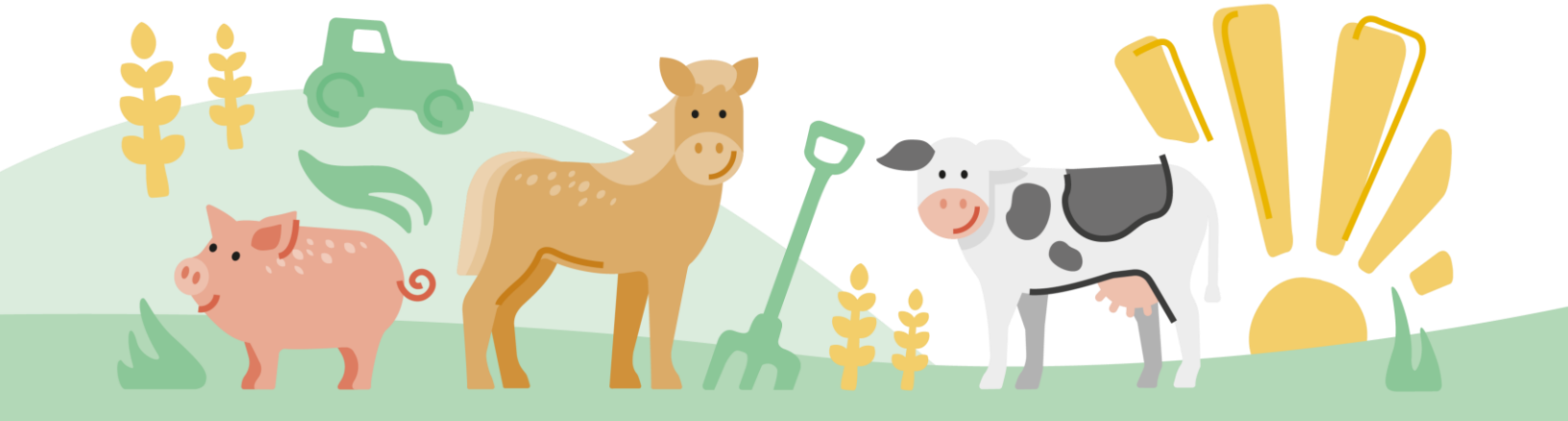
True

4) What does livestock mean?

animals that are involved in the production of food, wool, skins, or fur or for the purpose of its use in the farming of land.

5) Can you list what the name for a baby Pig, Sheep, Chicken, Goat and Cow is?

- Piglet
- Lamb
- Chick
- Kid
- Calf



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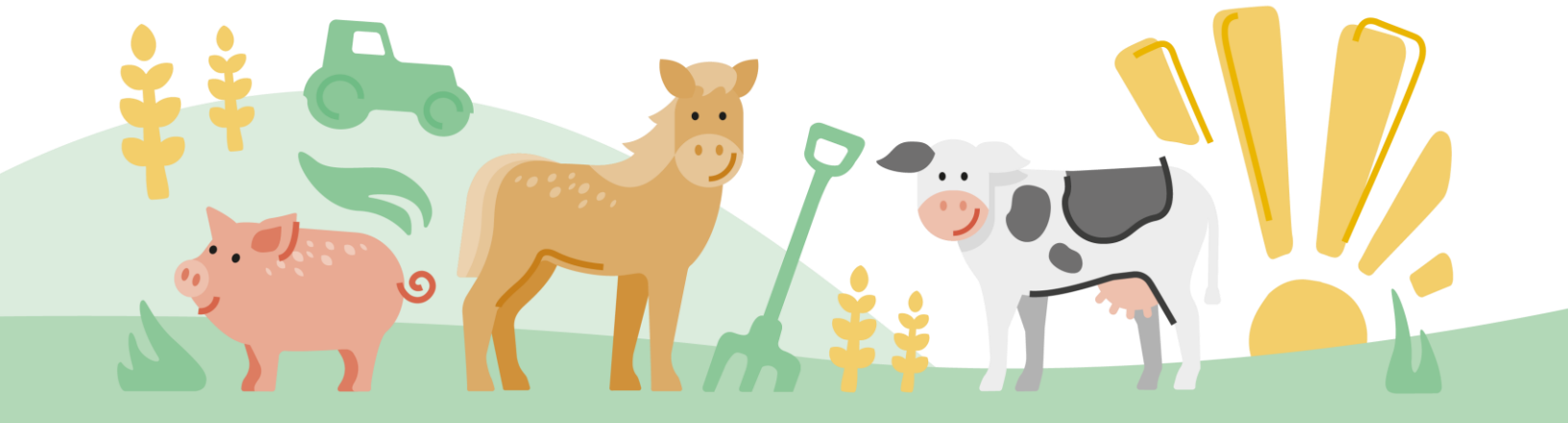
Well done for completing the Bath & West Farming Passport.

Send your completed passport to lilanie.self@bathandwest.co.uk for a certificate!