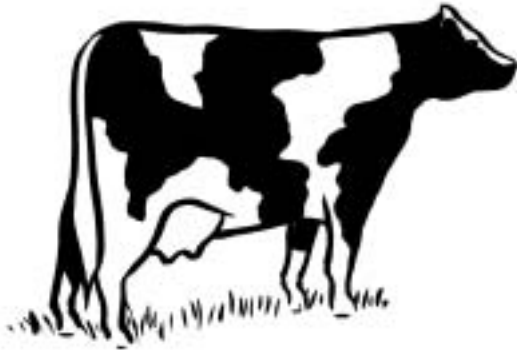


# YOGHURT

Soil Association  
TEACHING RESOURCE 2

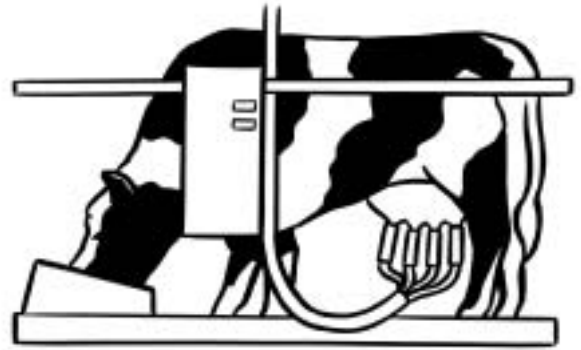


## Food Stories.....



### DAIRY COW

When cows are fully grown at around three years old they are ready to have a calf and produce milk. Cows have four stomachs. Some of the grass they eat and water they drink is turned into milk.



### MILKING TIME

Twice a day cows are milked. They are given food whilst a machine is put on their udders. The machine squeezes out their milk which is collected and flows into a refrigerated tank. The actual milking process takes less than ten minutes.



### TRANSPORT

The milk is collected from the farm and taken to the dairy in special insulated milk tankers to keep it cool and fresh. At the dairy it is heated to kill off bacteria. This is called pasteurisation.

### BOTTLE OF MILK

Milk has many uses. It is drunk cold and added to hot drinks such as tea and coffee. It is an ingredient for many recipes, and is used to make cheese and ice-cream. In this food story the milk will be used to make the yoghurt.



### DAIRY

In order to turn the milk into yoghurt, friendly bacteria are pumped into the milk. The bacteria react with the milk and the yoghurt is formed. Some yoghurt is left plain, and some has fruit added. Strawberry is a popular flavour.



### FINISHED POT OF YOGHURT

Yoghurt is a good source of calcium and protein, and makes a healthy and tasty snack at any time of the day.

# POTATOES

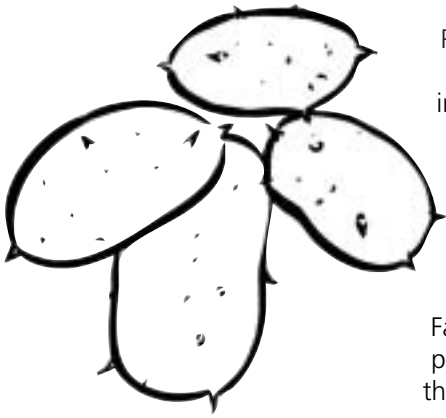
Soil Association  
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## Food Stories

### TUBERS

Potatoes are tubers (not the musical instrument! That's a tuba). A tuber is a store of energy (starch) that helps the plant get through the winter when its leaves die. Farmers grow potato plants from tubers in the spring. The farmer puts the tubers in the light until they grow white shoots and then plants them.



### POTATO PLANTS

The stems and leaves grow and the farmer covers the lower stems with piles of soil to prevent the potato crop being damaged by sunlight.



### HARVEST

Small, sweet new potatoes are harvested in the summer, and in the autumn the main crop of potatoes are dug up. You can store potatoes for the whole winter if you keep them in a cool, dark and dry place to stop them sprouting.

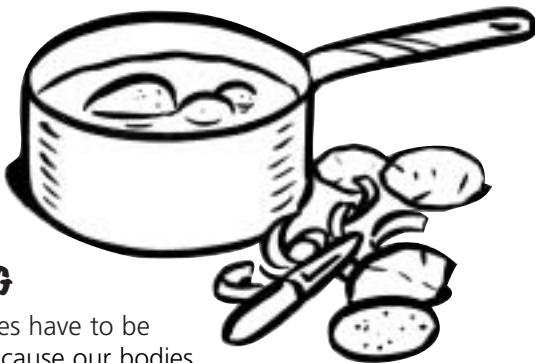


### SHOP

The potatoes are taken to be sold at shops including supermarkets. Some farmers have a farm shop where they sell potatoes. This saves the cost of transporting them.

### COOKING

Potatoes have to be cooked because our bodies cannot digest them if we eat them raw. The healthiest way to eat them is with their skin still on, as it contains lots of goodness. Potatoes contain lots of Vitamin C. Healthy ways of cooking them are boiling and baking.



### COMPOSTING

If you put your potato peelings in a composting bin, they will break down and make rich compost that you can use on your garden, to help the plants grow well.



# APPLES

## Food Stories



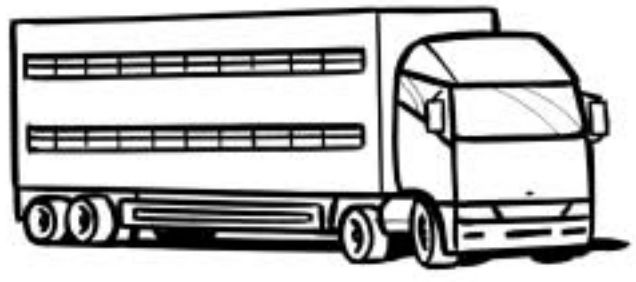
### APPLE TREE

Apples are the fruit which contains the seeds of apple trees. The fruit is brightly coloured and is sweet and juicy. This attracts animals to eat the fruit and spread the seeds away from the tree. Some of the seeds will grow into new apple trees.



### HARVESTING

In the autumn farmers pick the ripe apples and place them carefully in boxes. The apples are stored in a cool, dry shed. They are placed on trays which stop the apples from touching each other, this prevents rot from spreading.



### TRANSPORT

The apples are transported by road to shops where they can be sold. Sometimes apples are transported long distances which uses fuel and causes pollution.



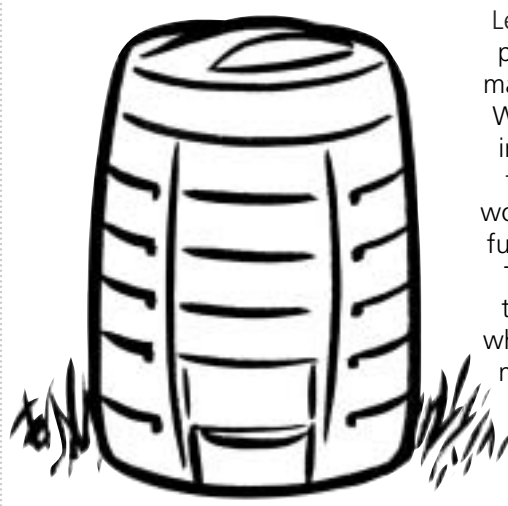
### PREPARING

An apple makes a great, healthy snack and is a very good source of vitamins. An apple counts as one of the five portions of fruit and vegetables a day that are part of a healthy diet.



### COOKING

Apples are used in lots of cooked dishes and are delicious in an apple pie or apple crumble. These dishes are either prepared at home or in factories that supply "ready made" dishes to the supermarkets.



### COMPOSTING

Left over, uncooked parts of the apples make good compost. When we put them in a compost heap they are eaten by worms or digested by fungus and bacteria. The fruit leftovers turn into compost which is used to help more crops to grow by giving nutrients to the soil.

# BREAD

Soil Association  
TEACHING RESOURCE 2



## Food Stories



### SEEDS

The farmer prepares the ground for the seed by ploughing it to break up lumps of soil. In the UK, most wheat seed is planted in the autumn. The seed germinates and the growing shoot develops green leaves.



### WHEAT FIELD

Wheat is a type of grass and is green until it ripens. In the warm summer months, the grain ripens at the top of the stem producing a colourful golden crop.



### HARVESTING

The wheat is usually harvested in August or September using a combine harvester.



### MILL

The wheat that is going to be used to make bread must be taken to the mill to be ground into flour. Wholemeal flour is made from the whole grain. For white flour, the outer layers are removed.

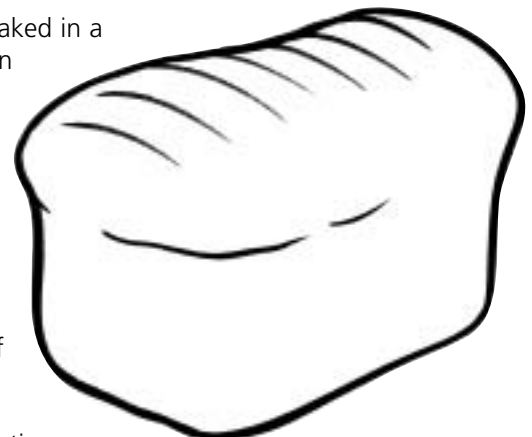


### DOUGH

At the bakers, bread dough is made from flour, yeast, water, salt and a little fat. The dough is kneaded and left to rise. It is the yeast that causes it the dough to rise.

### BAKED BREAD

The bread is baked in a very hot oven which kills the yeast and sets the dough. Bread is a very great source of energy, and brown bread contains lots of fibre which is good for healthy digestion.



# CHICKEN

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TEACHING RESOURCE 2

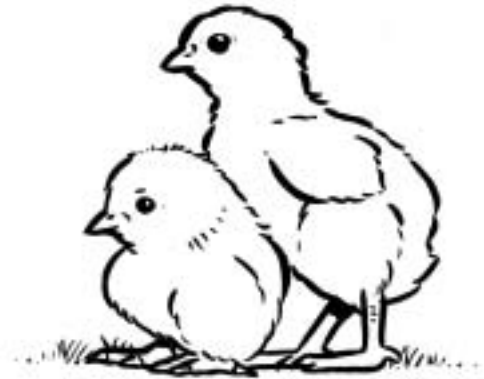


## Food Stories



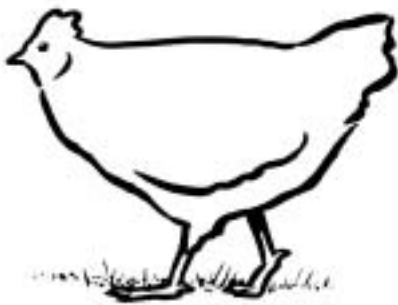
### EGGS

Chickens are kept to lay eggs some eggs are eaten by humans, and other eggs are kept warm by the mother hen (or an incubator) for three weeks until they hatch.



### CHICKS

Farmers buy the chicks at one day old. The chicks can run around and feed themselves as soon as they hatch. They eat tiny pieces of cereal crops such as wheat or barley.



### CHICKENS

On large factory farms chickens are reared in cramped sheds where they often have little space. Organic free range chickens walk around out of doors pecking for seeds, insects and worms.



### TRANSPORT

When they are fully grown, the chickens are transported to an abattoir where they are killed.

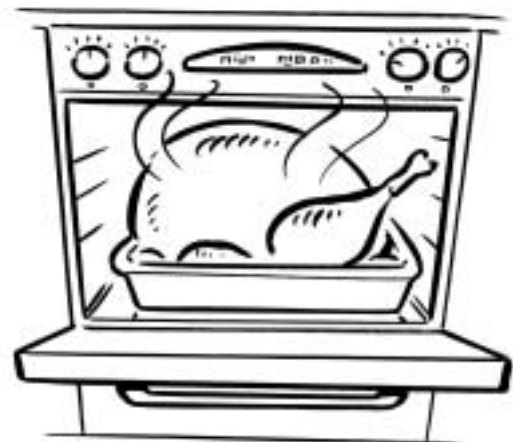


### BUTCHER

At the butcher, the chickens are processed into oven ready meat. The meat needs to be kept in a fridge or freezer to prevent bacteria from growing and turning the meat bad.

### ROAST CHICKEN

Chicken meat is a healthy, low fat source of protein. Protein makes us grow, builds strength and helps the body to repair itself.



# SAUSAGES



## Food Stories



### SOW AND PIGLETS

The sow (female pig) gives birth to a litter of around 12 piglets, and they have two litters a year.



### PIG

Pigs are given food that is mainly made from cereal and vegetables. They like to be free range, rooting around and wallowing in the mud.



### TRANSPORT

Pigs are transported to an abattoir where they are killed. The meat is chilled and stored.

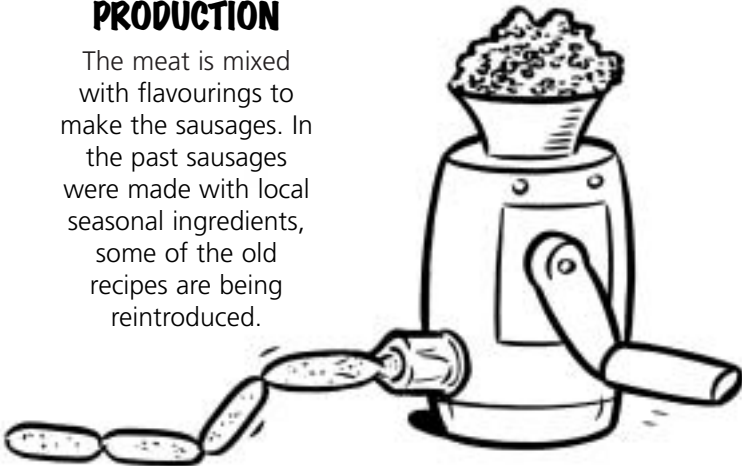


### FACTORY

Pig meat that will be made into foods such as pies, pasties, pates, or sausages is transported to a factory to be processed.

### SAUSAGE PRODUCTION

The meat is mixed with flavourings to make the sausages. In the past sausages were made with local seasonal ingredients, some of the old recipes are being reintroduced.



### PACKET OF SAUSAGES

Sausages are a popular choice with children and adults. They are a source of protein, but cheap ones are often quite high in fat, go for better quality and keep them for a special treat!