



Origins of Food



About this Learning Resource

This resource introduces students to where common foods originated, focusing on different habitats around the world where these plants grow.

This resource prepares students to explore the plants in the different habitats recreated around Chelsea Physic Garden. We have glasshouses to create tropical and desert conditions. We have a woodland area, two ponds, a wet bog, and a rockery.

How to use this resource:

- You will need: pencils.
- Students will learn about what plants their food is made of, and where those plants are from.
- Students will work individually, or in groups, to fill in the table and then find the plants on the map provided.
- As a class, discuss where the plants that the students eat in their meals come from. Would it be difficult to grow those plants in the UK? Discuss why different plants might need different habitats to grow.
- Discuss what plants need to survive (e.g. sun, water, nutrients) and why different environments provide different resources for plants. Can they think of any examples of how plants have changed or adapted to their environment (e.g. cacti in the desert with thick fleshy parts for storing water).
- The class may review seasons and weather. How might the season affect what they see on their visit to the garden, e.g. will trees have leaves? Will plants be in flower?

National Curriculum Links:

KS2 Science

- Working scientifically.
- Explore the requirements of plants for life and growth and how they vary from plant to plant.

Chelsea Physic Garden Visit

This resource supports the Habitats session at Chelsea Physic Garden and can be used in the classroom pre-visit, or at any time.

Learning Objectives:

- Students will know the importance of data collection and careful observation.
- Students will think about and apply the skills needed to be a researcher.
- Students will foster their curiosity and work on their observational skills.





Origins of Food: Map Your Meals Activity



Think about what foods you usually eat for breakfast, lunch, and dinner, and for a snack.
Write down your favourite meals in the table below.

What plants are in your food for each meal? Write these down in the table below.

Then look at the food map on the next page and try to find where the plants are from.
Write this down in the table.

Meal	What do you eat?	What plants are in your food?	Where do those plants come from?
Breakfast			
Lunch			
Dinner			
Snack			

How many different countries does your food come from?

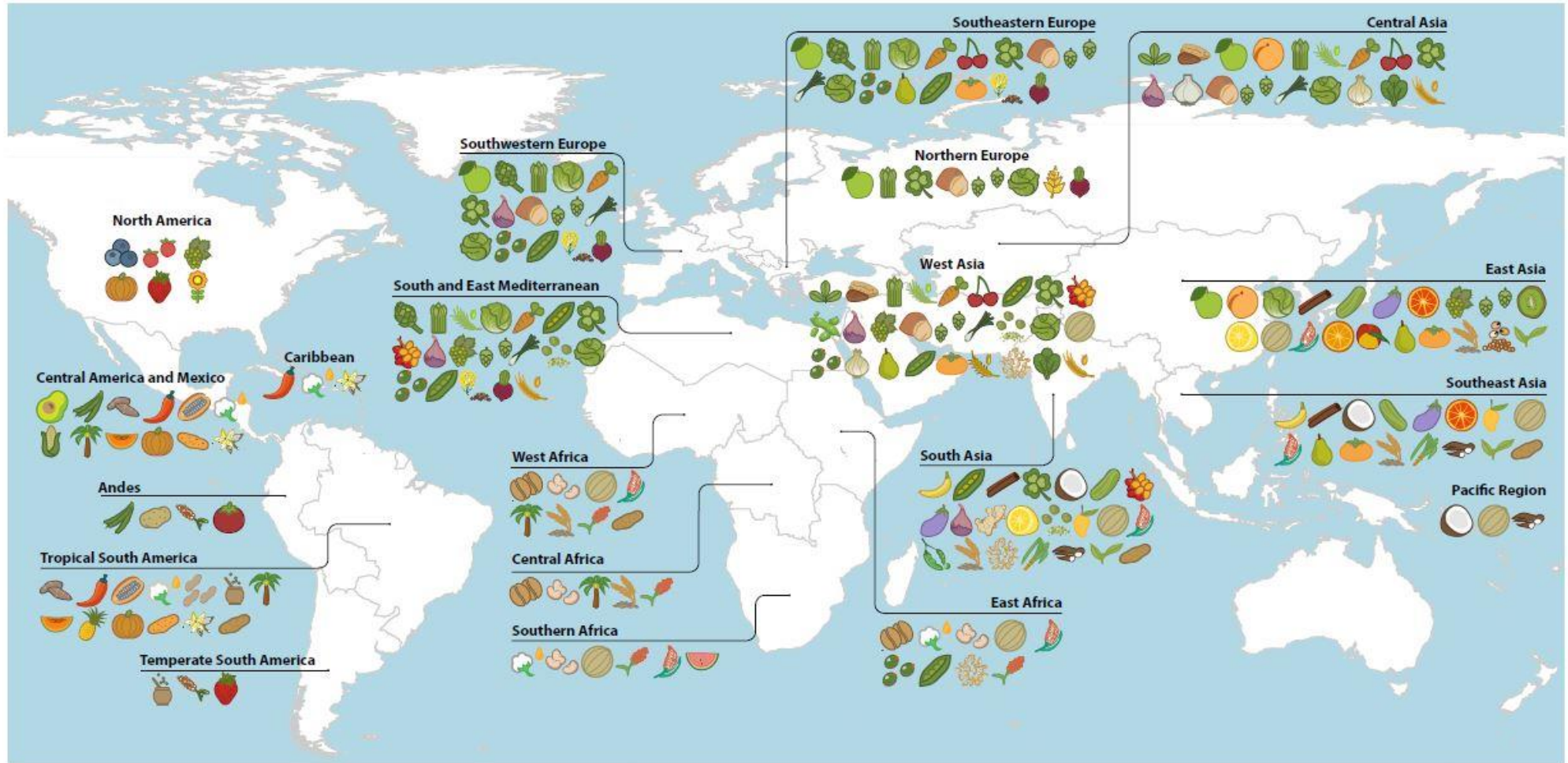


How many different habitats does your food grow in?



ORIGINS AND PRIMARY REGIONS OF DIVERSITY OF AGRICULTURAL CROPS

Khoury CK, Achicanoy HA, Bjorkman AD, Navarro-Racines C, Guarino L, Flores-Palacios X, Engels JMM, Wiersema JH, Dempewolf H, Sotelo S, Ramirez-Villegas J, Castañeda-Álvarez NP, Fowler C, Jarvis A, Rieseberg LH, and Struik PC (2016). Origins of food crops connect countries worldwide. Proc. R. Soc. B 283: 20160792. DOI: 10.1098/rspb.2016.0792.



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|---------------------|--------------------|----------------|------------|----------------|----------------------|------------|--------------|----------------|
| Alfalfa | Beans | Clover | Eggplants | Hops | Melons | Pears | Rice | Sunflower |
| Almonds | Blueberries | Cocoa beans | Faba beans | Kiwi | Millets | Peas | Rye | Sweet potatoes |
| Apples | Cabbages | Coconuts | Figs | Leeks | Oats | Pigeonpeas | Sesame | Taro |
| Apricots | Carrots | Coffee | Garlic | Lemons & limes | Olives | Pineapples | Sorghum | Tea |
| Artichokes | Cassava | Cottonseed oil | Ginger | Lentils | Onions | Plums | Soybean | Tomatoes |
| Asparagus | Cherries | Cowpeas | Grapefruit | Lettuce | Oranges | Potatoes | Spinach | Vanilla |
| Avocados | Chickpeas | Cranberries | Grapes | Maize | Papayas | Pumpkins | Strawberries | Watermelons |
| Bananas & plantains | Chillies & peppers | Cucumbers | Groundnut | Mangoes | Peaches & nectarines | Quinoa | Sugar beet | Wheat |
| Barley | Cinnamon | Dates | Hazelnuts | Mate | Rape & mustard seed | Sugarcane | Yams | |