



# NUTRITION FACT SHEET



## Buying British, Buying Local

### **Where does your food come from?**

All the food we eat comes from plants or animals and has to be picked, grown or harvested. It then has to be changed- sometimes a little, sometimes a lot, to make it into something that is safe for us to eat. For example, milk is taken from a cow and turned into cheese.

Different countries around the world experience different weather, which means they are able to grow different plants and animals and therefore produce different types of foods. Lots of these foods are transported all around the world which means

we are able to experience different flavours and have a more varied diet. Sometimes, however, we get food from other countries that we can produce ourselves in Britain.

### **Why it's important to buy British**

It is important to buy British food because it is often better for us. Fruit and vegetables that are in season have often got the vitamins and minerals in it that we need at that time of year. It also means that the food hasn't travelled thousands of miles around the world before it reaches the shops and our plates so it's fresher, cheaper and often tastier.

Buying and eating British meat also means that we support British farmers and our countryside and the meat is better quality. British farmers have to follow very high standards compared to other countries which means the animals have been well looked after.

### **How can you support British food suppliers?**

Choose a school lunch for your child. Mellors Catering Services know how important it is to buy and eat British food. All the food pupils are given as part of their school lunch is not only British but bought from local suppliers.

**Activity:** Think about the last meal you ate as a family. Talk to your child about where the different foods came from, plants or animals and what steps were taken to change them into the food you all ate?

