



Food – basic processes

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Food is processed to make it edible and safe.

Where does each of these food start?

What happens to them before they reach us in the shops?

What processes have they been through?

A jacket potato

What processes are used to make a jacket potato?



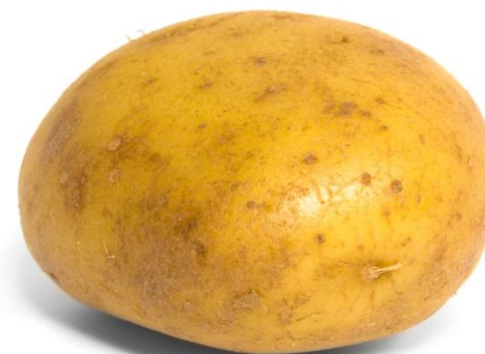
A jacket potato



Potatoes are grown by farmers.



Potatoes are harvested.



Potatoes are washed and sold.



Potatoes are baked in an oven.

A glass of milk

What processes are used to produce a glass of milk?



A glass of milk



Cows are reared by farmers.



They are milked twice a day.



The milk is heat processed to make it safe to drink. It is put into bottles.



The milk is ready to be consumed – as a drink, with breakfast cereal or in a recipe.



A glass of milk.

A bread roll

What processes are used to produce a bread roll?



A bread roll



Wheat is grown and harvested by farmers.



The grains are removed from the wheat.



The wheat is milled into flour.



The flour is mixed with water, yeast and salt to make a dough.



The dough is divided into rolls and baked.

Grilled lamb chops

What processes are used to make grilled lamb chops?



Grilled lamb chops



Lamb is reared by farmers.



The lamb is processed into meat and cut into chops.



The lamb is grilled to make it safe to eat.

Apple juice

What processes are used to make grilled lamb chops?



Apple juice



Apples are grown by farmers.



The apples are picked and washed.



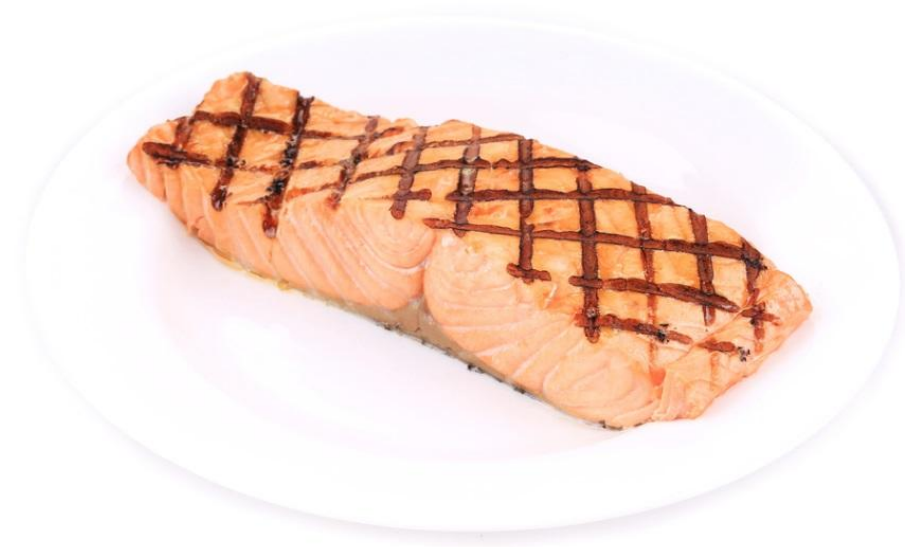
The apples are squeezed to release the juice.



A glass of apple juice.

Grilled salmon

What processes are used to make grilled salmon?



Grilled salmon



Salmon is either farmed or caught wild.



The salmon is filleted and cut into pieces.



The salmon is packed and sold.



The salmon is grilled.

Canned sweetcorn

What processes are used to make canned sweetcorn?



Canned sweetcorn



The corn is grown by farmers in a field.



The corn is harvested, the outer leaves removed and the 'kernels' cut away.



The 'kernels' are placed in a can which is sealed. It is then heated – this cooks the corn and allows it to keep for along time.

For further information, go to:
www.foodafactoflife.org.uk