Where food comes from
Key message: know that flour comes from wheat and that it is made into bread and other foods.

Objective
• Explain the stages from seed to bread.

Resources
• Where does bread come from? PowerPoint
• Seed to bread images

Introduction
Show the children a loaf of bread. Ask them to explain where it comes from. Try and get them to think back as far as the seed which became the wheat plant. (If you undertook Activity session 2, the children should remember planting their own wheat seed. If not, you may wish to draw on some of the content from that lesson.) Use the Where does bread come from? PowerPoint to go through the stages from seed to bread with the children.

Activity ideas
• Task the children to cut out the Seed to bread images and the labels on the sheet. Match the labels and images and place them in the correct order and stick them in their workbooks. If they are able, the children could write a few words under each image to explain what is happening.
• Write a story from the point of view of the seed explaining how it became a loaf of bread.
• If you have some real grain, you could let the children have a go at trying to crush this with a pestle and mortar (it’s very hard to crush by hand!).

Round up
• Ask some of the children to share their work.
• Recap the seeds journey to becoming a loaf of bread

Extension ideas
• Watch the GrainChain video on how wheat is milled into flour
• You could order a Wheat to flour pack that presents the milling process from wheat to flour with samples at each stage. To order your free pack, contact: cereals.education@ahdb.org.uk

Fun facts
Did you know a stalk of wheat grows to about 60cm in height!