

Breakfast from farm to fork

Breakfast is a very important meal, and there can be lots of food to choose from. Where does this variety of food come from? Farmers work hard to keep supermarkets and shops full of delicious foods, but does your breakfast start off in the ground or grazing on it? Look at these different breakfast foods and identify which ones come from plants and which from animals. Circle the foods that come from animals in **blue** and the foods from plants in **green**.

