

# Farm to Fork Challenges - Home Learning Grid

Pick a Farm to Fork challenge. You can do a challenge a week for next 9 weeks, it is up to you.



Measure out some ingredients to help with a family meal.



Make a fruit salad and talk about where each ingredients come from.



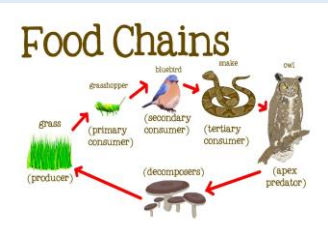
Design a healthy lunch box.



Make a simple snack



Illustrate a simple food chain in your jotter.



Help add some totals at the supermarket.



Write or draw a recipe that includes some of the farm produce you have learnt about.



Explore the food labels in the supermarket packaging. Talk about where the food comes from with an adult.



Design a healthy meal using produce that you know is grown/produced in Scotland.

