



Our ingredients

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Ingredients can be found in many different places.

What ingredients can you find in these places?

What ingredients can you get from a butcher?



Chicken fillets



Beef mince



Diced lamb

What ingredients can you get from a fish monger?



Prawns



Cod



Salmon

What ingredients can you get from a grocer?



Pears



Carrots



Potatoes

What ingredients can you get from a baker?



Loaves



Cakes



Pastries

Supermarkets

Lots of different ingredients can be bought in supermarkets.
How many can you think of?



Milk



Eggs

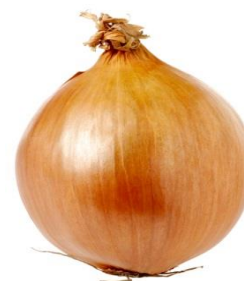


Flour

What ingredients can you find on an allotment?



Runner beans



Onions



Squash

What ingredients do some people grow at home?



Lettuce



Tomatoes

Ingredients

Sometimes you can get the same ingredient from lots of places.
Name two different places where you could get these ingredients.



Chicken



Strawberries



Milk

Supermarkets

Can you think of any other places where you can get ingredients from?

Market

Farm shop

Local shop

Our ingredients



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