

Farm to Fork

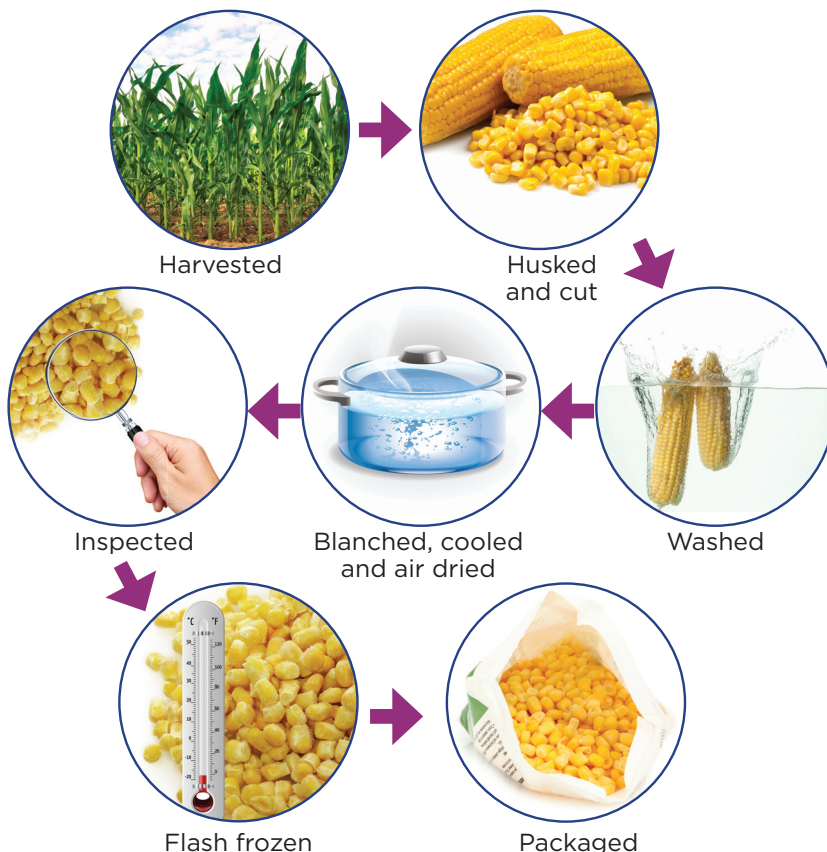
Ever wonder how the food you eat gets from the farm to your plate — still full of flavor, texture, and nutrition? Take frozen green beans, for example. They grow in a field and end up on your plate, but what happens in between?

To find out, take a look at the video *Frozen Foods: The Story of Farm to Fork* at EasyHomeMeals.com/Tips. Afterwards, jot down a few things that you learned, and also look up the definition of *flash freezing*.

1. _____
2. _____
3. _____

Flash Freezing: _____

Frozen corn takes an amazing journey, too. Visit <http://blog.greengiant.com/category/all/greengiant-works-hard-to-make-it-easy-to-be-good-to-yourself.aspx>. Then check out the flow chart below to see how frozen corn gets to the freezer aisle of your grocery store.



What other foods go through the flash freezing process? _____

Cool Food Research

Now you're going to use your culinary research skills to trace the farm-to-fork journey for other frozen and refrigerated foods. For example: frozen bagels: lendersbagels.com/about.html, yogurt: youtube.com/watch?v=CaOrd6GOvYU, frozen fish: EasyHomeMeals.com/Tips, orange juice: youtube.com/watch?v=p_RE-n95ccQ.

Create a Cool Food Flow Chart that traces your food choice from farm to fork. Be sure to think about the source of the food, whether it's frozen or refrigerated, the steps at the manufacturing plant, and the steps that it goes through to reach its final destination.

Cool Food Flow Chart

