

From Scottish farms

Scottish farms produce many foods for us to eat from meat and dairy products to eggs, grains, fruit, vegetables and even fish.



What foods have you eaten today have been produced in Scotland? A Scottish flag on the packaging or a closer look at the labels will hopefully help you find out.



(A British flag may also mean it is produced in Scotland)

- What other foods in your cupboards or fridge have been produced in Scotland?
- On a Scottish flag outline fill the triangle sections with drawings of the foods you can find that have been produced in Scotland. Alternatively make a large flag and stick on labels and packets or cut pictures from food magazines.



- Design your favourite meal using foods produced in Scotland.