

Little Explorers: Food



Take a bite into the tasty world of food, with more than 30 flaps to lift and explore!

- A new edition to the popular non-fiction series, *Little Explorers*, which has sold over 1.25 million copies worldwide, this time exploring delicious food!
- More than 30 sturdy flaps to lift, revealing interesting and fun facts to help children engage with each topic.
- Introduces new concepts and vocabulary in a simple and approachable way -through bright, child-friendly artwork and accessible, bite sized text.
- Can be used as a tool to complement KS1 curriculum learning

Little Explorers: Food

FABULOUS FOOD!

Food can be grown in your kitchen, but what if it could? What if you could get it all in the average that takes you a month to grow? What if you could get it all in just a few minutes? What if you could get it all in just a few minutes? What if you could get it all in just a few minutes?

VITAMINS
Vitamins help your body work as it should. There are 13 known vitamins and they all have different jobs.

MINERALS
Minerals are like the vitamins. They help your body work as it should. There are 16 known minerals and they all have different jobs.

DIETARY FIBRE
This is what is left of a plant's roots, stems, leaves, and seeds. It helps your body to digest food and keeps you feeling full.

PROTEIN
Protein is the building blocks that help your body grow. They come from meat, fish, eggs, and beans.

IRON
Iron is an essential mineral that helps your body to make red blood cells. It is found in meat, fish, and beans.

THE DIGESTION QUESTION
How does the food you eat turn into energy inside your body? What happens next? The process is called digestion. Together, the parts of your body that help break down our food are called the digestive system.

Salivary Glands
The salivary glands are the first part of the digestive system. They produce saliva, which helps to break down food.

Stomach
The stomach is the next part of the digestive system. It is where food is broken down into smaller pieces.

Small intestine
The small intestine is the longest part of the digestive system. It is where most of the nutrients from food are absorbed.

Large intestine
The large intestine is the final part of the digestive system. It is where water is absorbed from the food.

LET'S CELEBRATE!

Although food is important for our survival, it has become so much more than that. It is something that we enjoy. Food has even become a big part of many celebrations around the world!

Dahl
Dahl is a traditional Indian dish made from lentils. It is often served with rice and a side of chutney.

Lunar New Year
The beginning of a new lunar year is celebrated with food that is said to bring luck, health and happiness.

Happy birthday!
People celebrate birthdays in different ways around the world. In some countries, there are birthday cakes with candles. In other countries, there are birthday parties with games and gifts.

Idol of the dead
In some cultures, people believe that the spirits of their ancestors return to visit them during special festivals. They offer food and drink to these spirits.

Passover
The Jewish festival of Passover is celebrated in many countries. During the festival, people do not eat anything made with leavened bread for seven days.

Thanksgiving
In the United States, Thanksgiving is a time to give thanks for the good things in our lives. It is often celebrated with a large meal.

NOT FOR ME!

Some people's bodies can become sensitive to certain foods. These bodies react to try to get the food out of their system.

Which foods cause an allergic reaction?
Different people can react to different things. Some common foods that can cause allergic reactions are:

- Wheat
- Eggs
- Milk
- Soy
- Peanuts
- Tree nuts
- Fish
- Shellfish

FOOD PROBLEMS
The production of food can have an impact on our planet. With more and more people in the world, there is a lot of food being produced. This can lead to problems like:

- Deforestation
- Water pollution
- Soil erosion
- Greenhouse gas emissions

Let's go!
Animals can help us with our food. They can help us to grow crops, and they can help us to produce food. We can use their help to make our food production more sustainable.

FINDING FOOD

Usually, food appears in front of you at the dinner table. But how did it make its way there? Where does food come from? Many foods go on a journey from farms to factory to finished feast. Some food comes from much closer to home too!

Fantastic farms
A farm is a place where animals might be used to produce food, and crops are grown there too. Some farms grow all sorts of fruits and vegetables. Some grow wheat. Others raise cows for milk and hens for eggs.

Combine harvester
These machines cut and collect crops. They also separate the parts that can't be eaten from the parts that can.

Orchard
An orchard is an area of land where lots of trees are planted to grow fruit.

Tractor
The tractor is the most important machine on the farm. Different attachments can be added for different jobs.

Factory stop
Food grown on farms might go to a factory to be packaged up. It then travels to a supermarket, for people like you to buy and enjoy.

In the garden
Some food is grown in your very own garden! People can grow delicious vegetables, such as carrots and cucumbers, and fruits, such as cherries and plums, at home. Local farms might grow food you like too.

Busy bees
Bees are one of the planet's greatest helpers. Here's why...

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