

# Bananas

## Banana Plants:

Bananas grow on plants that look like trees but are actually large herbs. These plants can grow up to 20 feet (6 meters) tall.

Bananas grow in clusters called *hands* and each banana is called a *finger*. A single plant can produce 50 to 150 bananas.

## Where do bananas grow?

Bananas thrive in tropical regions. They originally come from Southeast Asia but are now grown in many warm, humid places like Africa, Central America, and South America.

## How are bananas produced?

Deforestation often occurs as a result of more land being needed to grow banana crops.

Bananas require lots of water. Though rainwater can be provided, often farmers will need to use irrigation (watering) systems to make sure their crop is well-watered.

Bananas are usually harvested while they are still green. They ripen during shipping and storage.

After a banana plant produces fruit, it is cut down. New shoots grow from the underground stem, and the cycle starts again.



# Milk

Milk in the shop often comes from cows. Female cows produce milk to feed their calves.

Cows graze on grass in fields. Their body makes the milk for their young. Farmers will milk the cow using a milking machine which attaches to their udders.



The milk is then stored in a vat and pasteurised so it is safe for humans to drink. To keep it fresh, the milk needs to be kept cold and is stored in big chillers.



The next step is to separate the cream from the milk. Farmers will use a machine called a centrifugation. This is a machine which spins the milk around at high speeds and causes the cream to rise to the top.

Now the milk and cream are ready to be transported. They need to be bottled and transported in a lorry to the shops or can be delivered to your door by a milkman.



Source: BBC Bitesize

## Glossary

**Pasteurised** - this process of treating a product to make it safe for humans to eat or drink.

**Vat** - a large tank that holds liquids, often used in factories.

# Bread

Bread begins as wheat grown in fields, often in the UK. This requires preparing the soil for the seeds to be sown. Wheat can grow in cooler temperatures but requires regular watering until the plant sprouts.



The wheat is then harvested and taken to a factory where it is ground into flour.

The flour is then transported to a factory where it is combined with yeast and water. This produces dough which is used to make bread.



The dough is shaped and left to rise before it is baked in an industrial oven.

Often bread is then packaged to keep it fresh. The bread is then transported in trucks to shops or supermarkets where it is sold.

Sources: BBC Bitesize

Source: [EOS](#)

## Glossary

**Sprout** - to grow new plants or parts

**Harvest** - to collect all the crops grown

# Lettuce

The first step in producing lettuce is to prepare the soil for sowing the seeds.

Lettuce plants require mild temperatures to grow. This means that in spring and summer, lettuce is grown in the UK. However, in autumn and winter lettuce is often imported from places like Spain.

Often farmers will use irrigation systems to help ensure lettuce has enough water to grow.

After 8-10 weeks, the crops are harvested and transported to a factory. Sometimes, the lettuce may be packaged and then transported by lorries to supermarkets or shops, ready for it to be sold.



Source: BBC Bitesize and [Sweetish Hill](#)

## Glossary

**Irrigation systems** - this is a type of watering systems that farmers may use to help with regular watering.

**Imported** - to bring goods (items) into a country that are produced abroad