

Food and Farming In South Africa



twinkl

People and Food

People need to eat food and drink water to stay alive. In South Africa, we eat a wide variety of different food. Some food is special to our culture. Can you give some examples of special food that your culture enjoys?



Photo courtesy of orangefan_2011 (@flickr.com) - granted under creative commons licence – attribution

Samosas are an example of a food that comes from the Indian and Malay cultures.

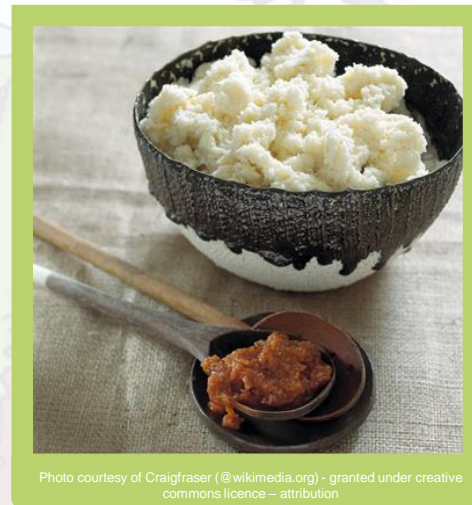


Photo courtesy of Craigfraser (@wikimedia.org) - granted under creative commons licence – attribution

Phutu is an example of a food that comes from African cultures.

In South Africa, we are lucky enough to be able to share and enjoy food from other cultures as well as our own.

Where Does Food Come From?

All food comes from either a plant or an animal. Think about a cup of tea: the tea comes from a plant, the milk comes from a cow (animal) and the sugar comes from the sugar cane plant.

Lets take a closer look at this burger. Click on each part of the burger to see where that ingredient comes from.

The bun is made from wheat flour which comes from a plant.

The cheese is made from milk which comes from an animal.



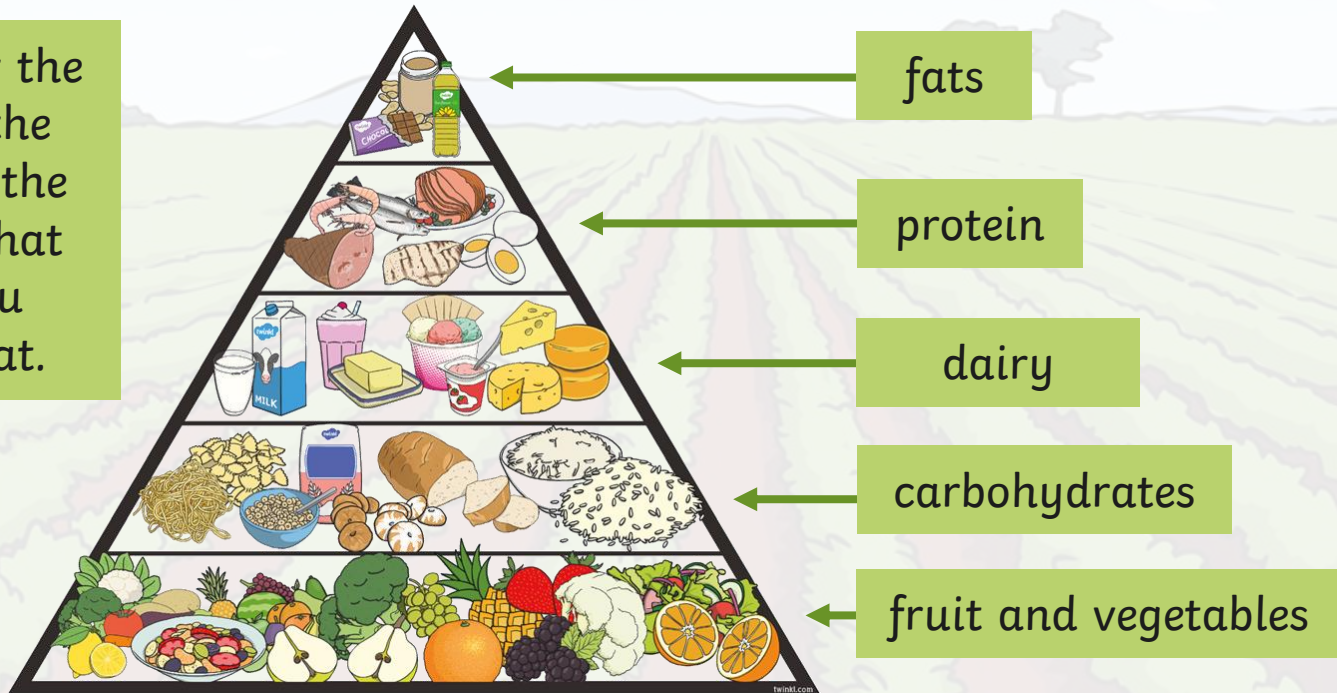
The garnish, lettuce, tomatoes, onions and gherkins, come from plants.

The patty is made from meat which comes from an animal.

Food We Should Eat

To stay healthy, people should make sure that they eat a balanced diet. Take a look at the food pyramid below.

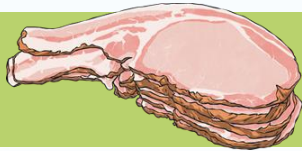
The bigger the piece of the pyramid, the more of that food you should eat.



Carbohydrates used to be at the bottom, but now fruit and vegetables are. Why do you think that is?

Match the Food to the Correct Food Group

bacon



fruit and vegetables

cabbage



carbohydrates

cereal



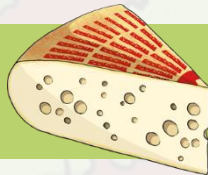
meat

butter



dairy

cheese



fats

Ways People Get Their Food

There are 5 main ways that people get their food. How many different ways can you name?

Buying Food

Growing Food

Fishing for Food

Collecting Food

Hunting for Food

Think about the following questions:

1. How does your family get their food?
2. Do you think that people in the city get their food in a different way to people in rural areas?

Farming in South Africa

Farming is a very important industry in South Africa.

Some people farm to feed only their families. We call this **subsistence farming**.

Some people farm to sell their produce and make money. We call this **commercial farming**.



Subsistence Farming

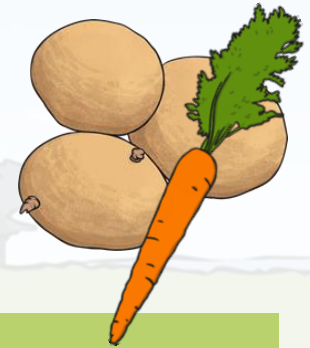
On this type of farm, the farmer and their family look after the crops. They do not usually pay other people to work on the farm.

Subsistence farmers do not usually produce enough food to sell but they do produce enough for themselves. This means that they have to buy very little food.

These farmers may grow crops like mealies, beans, pumpkin and potatoes.

They may also keep a small herd of cattle, goats or a flock of chickens

These farmers usually make sure that everything on the farm is used and nothing is wasted. The animal dung can be used to keep the land fertile and as a building material. Goats and cows can be milked or used for meat and for their leather.



Commercial Farming

On commercial farms, farmers grow crops or raise animals to sell.

They may hire people to come and work on the farm.

Commercial farmers have to pay the workers and may have to buy expensive equipment such as harvesters, tractors and crop sprayers.

They also have to pay to package and transport the produce to the market where customers can purchase the produce.

These farmers usually focus on only one type of animal or crop to farm. This type of farming can be bad for the soil so farmers have to rotate crops and grazing fields, or add fertiliser to the soil to replace the nutrients the crops need to grow well.



Growing Food in Towns and Cities

Growing your own food, even in the city, has become important to some people for a few reasons.

Fresh food can be expensive in the city.



Some people are more concerned about eating organic fresh food that has not come in contact with pesticide. Growing it yourself means that you can control exactly how it is grown.

People who live and work in cities may be very stressed. It has been proven that looking after plants and growing your own food can help reduce stress.

There is not a lot of space in many city homes for growing crops so how do people make it happen?



Photo courtesy of Mike Lieberman (@flickr.com) - granted under creative commons licence – attribution

Instead of having plants that just look good in your garden, you could plant fruit and vegetable plants.

Food can be grown in soil above the ground in containers as simple as buckets and in hanging baskets.

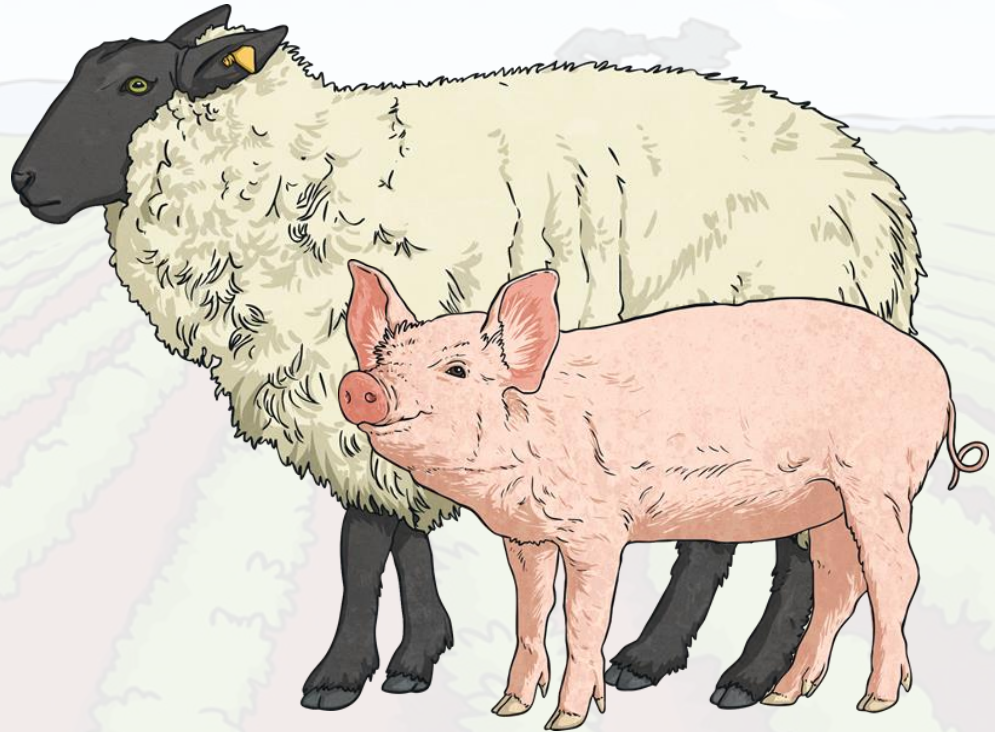
Smaller crops, like herbs, can be grown on window sills. Bean sprouts just need a glass bottle, some sun and to be watered to grow.

Types of Farms: Livestock Farms

These are farms which keep animals.

Things you might find on a livestock farm...

- cows
- pigs
- chickens
- goats
- sheep



There are different types of livestock farms...

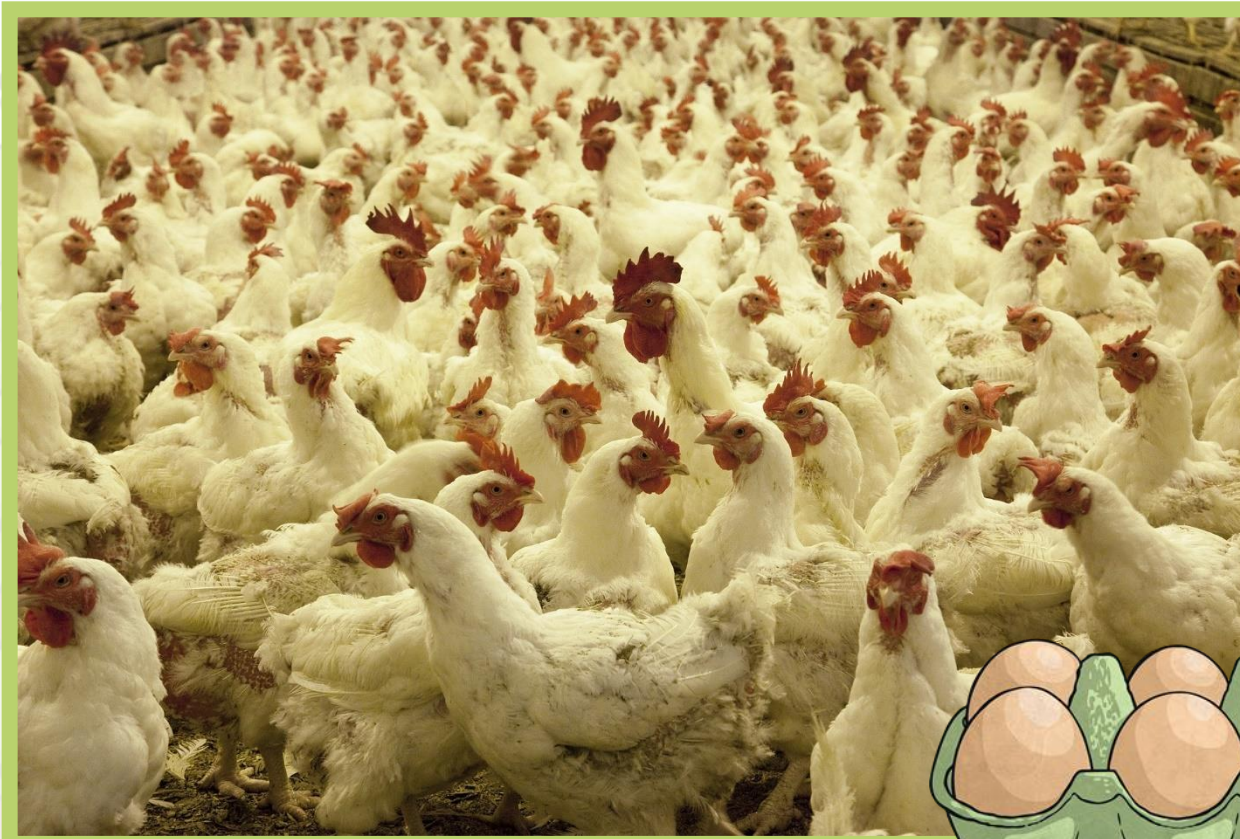
Livestock Farms: Dairy Farms

These are farms which keep dairy cows that produce milk.



Livestock Farms: Poultry Farms

These are farms that keep hens, either for their eggs or their meat.



Livestock Farms: Cattle and Sheep Farms

These are farms that keep animals for their meat.



What else might farmers keep sheep for?

Livestock Farms: Pig Farms

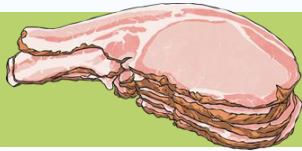
These are farms that keep pigs for their meat.



Did you know that pig farming is one of the most popular types of farming in Gauteng?

Match the Produce to the Farm

bacon



cabbage



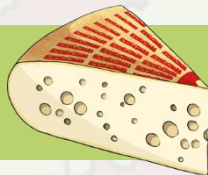
wool



eggs



cheese



arable farm

sheep farm

pig farm

dairy farm

poultry farm

Types of Farms: Crop Farms

These are farms which grow crops. Crops depend on the right climate to grow well.

Things you might find on a crop farm...

- wheat
- vegetables
- barley
- fruit
- potatoes



Crop Farms: Maize

Maize or mealies, are the biggest crop grown in South Africa. We have more than 9000 commercial maize farms in the eastern part of the country. Not only is our climate well suited to growing maize but it also forms one of the most widely eaten staple food products, mealie meal. Maize grows well in areas that have hot and wet summers and cold, dry winters.



Crop Farms: Wheat

Wheat is made into flour, which is used to make bread. Wheat grows best in the Western Cape, where the winters are cool and wet and the summers are hot and dry.



Crop Farms: Sugar Cane

Sugar cane grows best in KwaZulu Natal and some parts of Mpumalanga. It needs a hot and wet climate to grow well. It looks like thick tall grass as it grows. Sugar cane is taken to sugar mills where the juice is squeezed out of it and made into sugar.



Crop Farms: Fruit Farming

Fruit is an important part of farming in South Africa. We eat a lot of fruit, use it to make other products and we export it. We have a wide variety of different types of fruit farms as we have a wide variety of different climates.

Grapes are an important crop grown in the Western Cape. We use it to make raisins, fruit juice and wine.



Photo courtesy of Zechariah Judy (@flickr.com) - granted under creative commons licence - attribution

There are also many apple, pear, plum and peach farms in the Western Cape. These make excellent dried fruit.

Oranges, avos, guavas and naartjies are grown throughout Mpumalanga. Did you know that naartjies are unique to South Africa?



Photo courtesy of chelmsfordblue (@flickr.com) - granted under creative commons licence - attribution