

# The way we ate

Find a food that is made today and one that was made 100 years ago. Complete the table below.

NSW Stage 1  
HT1-1  
HT1-3

	Today	100 years ago
What is the food?		
What is it made of? (List the ingredients)		
Which ingredients come from a farm?		
Do you or would you like this food? (Why/why not?)		
Draw a picture of this food		

Why have the foods we eat changed over time?

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