

**Read the text.**

The next time you eat dinner, look closely at the food on your plate. If you are eating in the summertime, it's possible that some of the food comes from your own garden. Some might come from the local farmer's market. However, most of your food probably comes from far away.

For centuries, people grew their own food and ate it themselves, keeping some for the long winter. In some countries, people continue to do this. However, many things changed in the last 100 years. Most people no longer grow their own food. They buy it in supermarkets and grocery stores. Some of the food come from small family farms, but most of it comes from large farms.

Would you like to know where your food comes from? You can check yourself. Most food labels give you this information. Thanks to modern farming, people around the world can enjoy apples from Costa Rica, and tomatoes from Mexico. They can eat pasta from Italy, kimchi from Korea, and cheese from Holland. They can enjoy this food without travelling to these places. Instead, the food travels to them.

It's convenient to buy food from all around the world, but there may be farmers very close to you who grow the same food. By choosing local food, you can save energy, improve your health and help local businesses. As people say, "Eat locally, think globally!"

*** Circle T (True) or F (False). Correct the false sentences.**

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| 1. Food on your plate mostly comes from local farmer's market. | T | F |
| 2. Many people still grow their own food today. | T | F |
| 3. Most of the food in supermarkets are from large farms. | T | F |
| 4. You can know where your food comes from by looking at the labels. | T | F |
| 5. We get food from many parts of the world thanks to modern farming. | T | F |
| 6. The writer think that it's not a good idea to buy local food. | T | F |

**** Read. Complete the sentences using ONE word from the text.**

1. Some of the food you are eating in the summertime comes from your own
2. People buy food in supermarkets and stores.
3. Most food give you where your food comes from.
4. People around the world can enjoy from Mexico, and from Italy thanks to modern farming.
5. You can save, improve your health and help local by choosing local food.