

<b>Lesson</b>	Food Miles	50-minute session
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>To be able to understand what food comes from the UK and what comes from the rest of the world.</li> <li>To understand how many different ingredients, make up a meal and the impact of food miles</li> <li>To be able to make considered food choices</li> </ul> <i>(Potential links to Geography &amp; Maths)</i>	
<b>Resources Needed</b>	<ul style="list-style-type: none"> <li>Fruit &amp; Vegetable Cards</li> <li>World Map</li> <li>Teacher Resource Notes – How far does it travel?</li> </ul>	

*Adaption maybe required depending on needs and age.*

	<b>Outline</b>	<b>Resources</b>
<b>Introduction 20mins</b>	<p>Do you know where food comes from? We don't just get it from a supermarket, it is grown, but where?</p> <p>Working in small groups, place the cards on a world map where you think they are grown. Feedback to the class on where you think they come from and why. How many did you get right?</p> <p><i>(You may want to get the students to consider geographical differences, weather conditions etc... )</i></p>	Fruit & Vegetable Cards World Map Teacher Resource Notes
<b>Activity 1 – Where in the World? 20mins</b>	<p><b>Activity</b></p> <p>Consider a standard frozen Ham &amp; Pineapple Pizza. There are approx. 26 different ingredients in any one pizza, in this one there are 16 main ingredients – but how far have they all travelled?</p> <p>Can you match the ingredients to the plane of where they are from and place them on the map?</p> <p>Discuss as a class and see how many you got right in your groups.</p> <p><i>(You could get the class to add up the miles to work out how far everything has travelled) That is a total of 41,600miles and doesn't include the packaging and distribution to shops for sale!</i></p>	Pizza Cards Plane Cards Teacher Resource
<b>Activity 2 – Local Food &amp; Benefits 10mins</b>	<p><b>Activity</b></p> <p>Are there any of the ingredients listed that you think you would be able to buy from local suppliers?</p> <p>What do you think are the benefits to eating food which is locally grown?</p> <p>Discuss in your groups and feedback to the class -</p> <ul style="list-style-type: none"> <li>Full of flavour – due to being harvested at its peak rather than early for shipment</li> <li>Seasonal</li> <li>More nutrients</li> <li>Supporting local economy/producers</li> <li>Environment – doesn't need to be transported and less packaging waste</li> <li>Safer food supply – know where it comes from, how it was produced etc</li> </ul>	
<b>Plenary/ Homework 5mins</b>	<p><b>Activity</b></p> <p>Do you know of anywhere locally which produces food? In groups list any you can think of – you may also like to consider additional food groups other than fruit and vegetables?</p>	

	Share your ideas with the class. – This could be set as a homework or research task?	
<b>Extension Visit</b>	You may like to contact a local food producer, supplier or farm to fully understand what food is produced locally to you and what goes into getting this from farm to fork. <a href="https://farmsunday.org/schools">https://farmsunday.org/schools</a>	