

Food Miles - Activity Card

Are food miles real? -

Actually, yes this is the distance food has had to travel from where it has been grown/sourced to your plate

In the UK 95% of our fruit and 50% of our vegetables comes from abroad. And on average our food travels 1,500 miles before it reaches our plates!

If you buy your food from a local farm shop then this distance will be very small.

If you have grown it yourself then there will be no food miles at all!

The Challenge -

Sometimes the food that we eat has to travel all around the world to reach us. So when this goes to waste it is not only the impact of the food but all the food miles which have been accrued!

Have a look at a variety of different foods and their labels, to see if you can plot where they have come from on the map. Could these have come from some where nearer or could you have even grown or made them yourself at home?

Extension Home Learning - Food Miles Swaps

Check out - www.foodmiles.com to find out how far your food has travelled and the impact this has



