



WHERE IS MY FOOD FROM?

FOOD MILES

Most of our food has to travel. We use the term "Food Miles" to talk about the distance our food has travelled to get to us. If it has travelled a long distance, that can give it a big carbon footprint and have an impact on the environment.

HOW FAR DID IT GO?

Look at the packaging on some food items you have at home to find out where they came from. Use the internet to find out how many miles they travelled to you and record your results in the table below.

What's the food?	Where is it from?	Food Miles

MORE TO THE STORY

Things like production, packaging and waste also affect the food's carbon footprint.

Complete the kitchen scavenger hunt on the next page to see how sustainable your cupboards are!



KITCHEN SCAVENGER HUNT

Tick off everything you can find!

SOMETHING GROWN AT HOME	FOOD WITH NO PACKAGING
RECYCLABLE/REUSABLE PACKAGING	LOCAL MEAT OR MEAT ALTERNATIVE
LOCALLY SOURCED FOOD/DRINK	MORE THAN FIVE DIFFERENT TYPES OF FRUIT/VEG
FEATURES SUSTAINABLE PALM OIL LOGO	FOOD WASTE RECYCLING/COMPOST BIN

FOOD SUPERHERO!

Well done if you ticked four or more of the above. Decorate and proudly wear the Food Superhero badge!



Share your results with us @RZSSLearning