





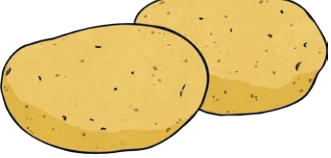
# Food Miles

Parent Note: One of the main aims of Healthy Eating Week is to help children to understand about provenance – that is to say, where the food they eat comes from. This includes an understanding of farming, animal welfare, fair trade, food miles and the difference between fresh and processed food. Encourage your child to find out how far some of our food travels to reach our plates, and to think about whether this is always a good thing.

# Food Miles

## What to Do

Visit the fruit and vegetable aisle of your nearest big supermarket and have a look at some of the fruit and vegetables on offer. Did you know that many of these foods cannot be grown in the UK because our climate is not suitable? Others can only be grown during the warm summer months or in a heated greenhouse. Use this checklist to find out where some of the most popular fruit and vegetables come from – this is usually written on the packet. Back at home, work out the 'food miles' – how many miles they have travelled to reach us. Which has travelled farthest?

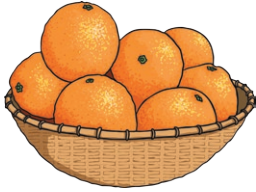
Name	Country	Number of Miles Travelled
 <b>pineapple</b>		
 <b>banana</b>		
 <b>coconut</b>		
 <b>lettuce</b>		
 <b>potatoes</b>		



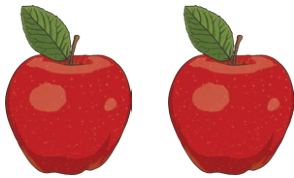
**green beans**



**strawberries**



**oranges**



**apples**



**onions**



**sweetcorn**

# Food Miles and Our Meals

Ravi and Bella are each making one of the courses for dinner tonight. Ravi is making a vegetable stew and Bella is going to make a fruit salad. Look at their ingredient lists and calculate which course has the most food miles.

## Ravi's Vegetable Stew – Ingredients

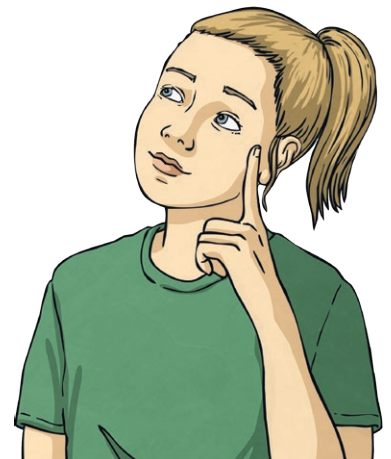
onions  
sweet potato  
green beans  
potatoes  
sweetcorn

Total food miles: \_\_\_\_\_

## Bella's Fruit Salad – Ingredients

pineapple  
banana  
apple  
orange  
strawberries

Total food miles: \_\_\_\_\_



# Should We Reduce Our Food Miles?

Ravi thinks that people should try and buy food that is grown more locally. Bella disagrees. Who do you think is right? Can you think of any more reasons why? Write them in the speech bubble below.



People should definitely try to buy food that hasn't had to travel for miles to get here. There are loads of lovely fruit and vegetables that we grow in this country, like apples, pears, plums and potatoes, but people don't realise that because there is too much other stuff to choose from. When we buy local food, we are also helping farmers and growers in this country to keep their businesses going. And also, I don't think people realise how bad aeroplanes are for the environment – if we want to reduce global warming, we need to start reducing our food miles.

I don't see why people shouldn't be allowed to buy whatever food they want. There are so many lovely fruits and vegetables to choose from, why should we stick to the few that we can actually grow in this country? We are all supposed to be eating lots of fruit and veg to stay healthy – it's much easier to do that if you have lots to choose from. And if you buy fairly traded products, you are actually helping farmers and growers in other countries, who often struggle to make a living.



So what do you think? Should we be trying to buy local and reduce our food miles, or should we be choosing from the huge range that we have available in our shops?

A large speech bubble with a tail pointing to the right. Inside the bubble are 15 horizontal lines, evenly spaced, intended for writing.