

# Food Miles

## 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.

This all has a massive impact on the nutritional value of the food we eat as well as on our environment.

If we buy food from local sources then this distance is greatly reduced and if it has been personally grown then there are no food miles at all.

## Making it real:

**Packaging** - on a world map, use packaging of favourite foods, food used in recent meals or from specific cultures to identify where in the world this food has come from

**Transport** - how does food travel? Use transport toys and a world map to show how food from different countries might have travelled to our plates.

**Shopping** - create shopping lists or use play food to think about food choices

Create displays of this topic in your setting to get families talking about possible behaviour changes which can be made at home.

## Early years curriculum links:

- Understanding the world
- Communication & language
- P, S, E Development
- Literacy

**Guidance age three to five years**



## Additional guidance & resources:

[www.foodmiles.com](http://www.foodmiles.com) - find out how far food travels from different countries and the difference which can be made by changing shopping choices

[www.bigbarn.co.uk](http://www.bigbarn.co.uk) - helps you to find local food from local sources



# Around The World In Food Miles

## You will need:

- Giant Map
- Food Packaging / Play Food
- Transport Toys



## Get hands on:

- Identify the country of origin for each food using packaging
- Place the packaging on the correct country on the map
- Choose the transport toy needed to get the food to the UK
- Create a display using string to identify the different countries from which the food originated

