

# Food and Nutrition

WALT: understand where food comes from and what 'food miles' means

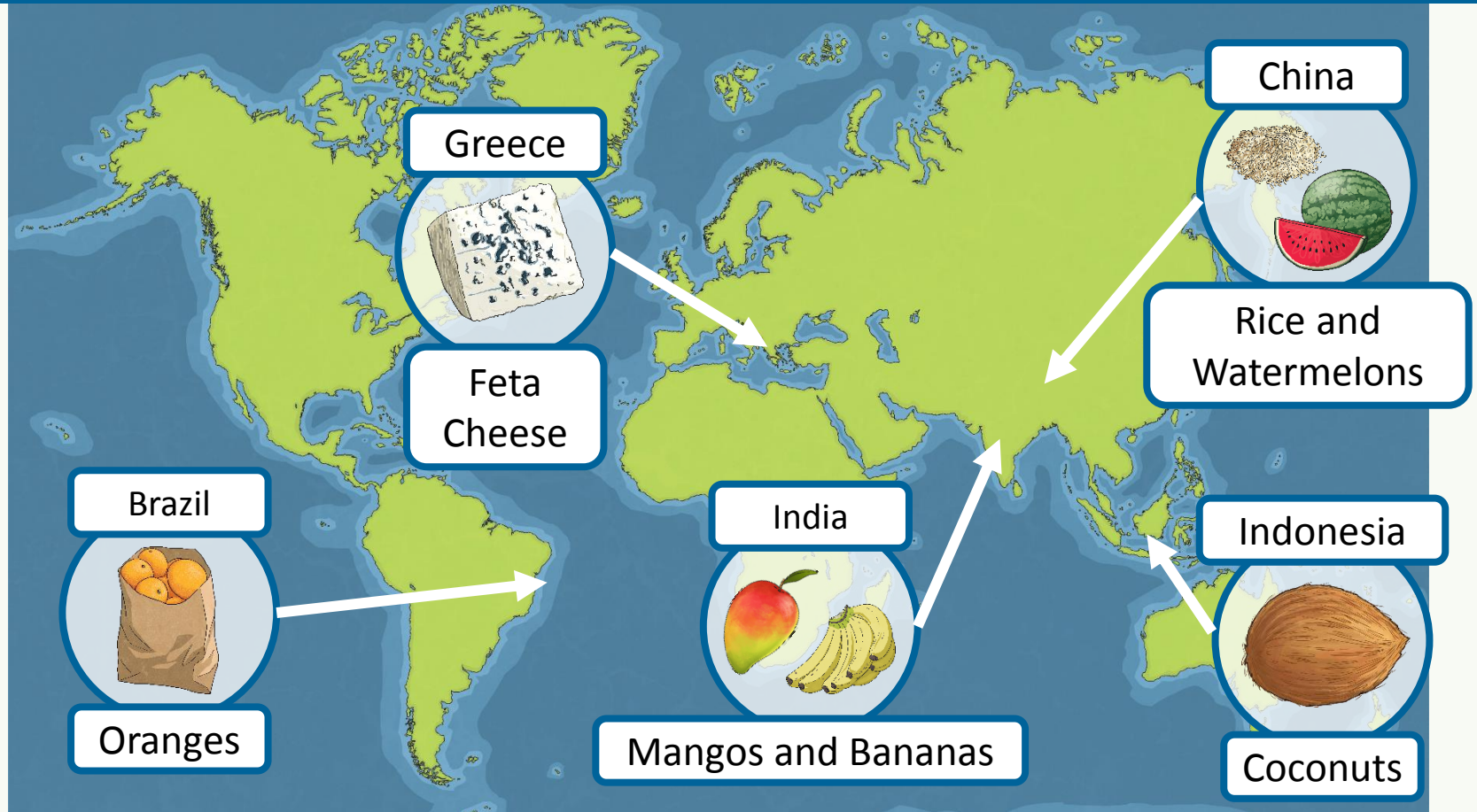
To begin with, watch these video clips:

<https://www.youtube.com/watch?v=9Opt06QF9WY>

<https://www.youtube.com/watch?v=G0BhbVvSxOk>



# Where Food Comes From



# Broccoli and Cauliflower



Top producers: China, India, Spain, Mexico, USA, Italy

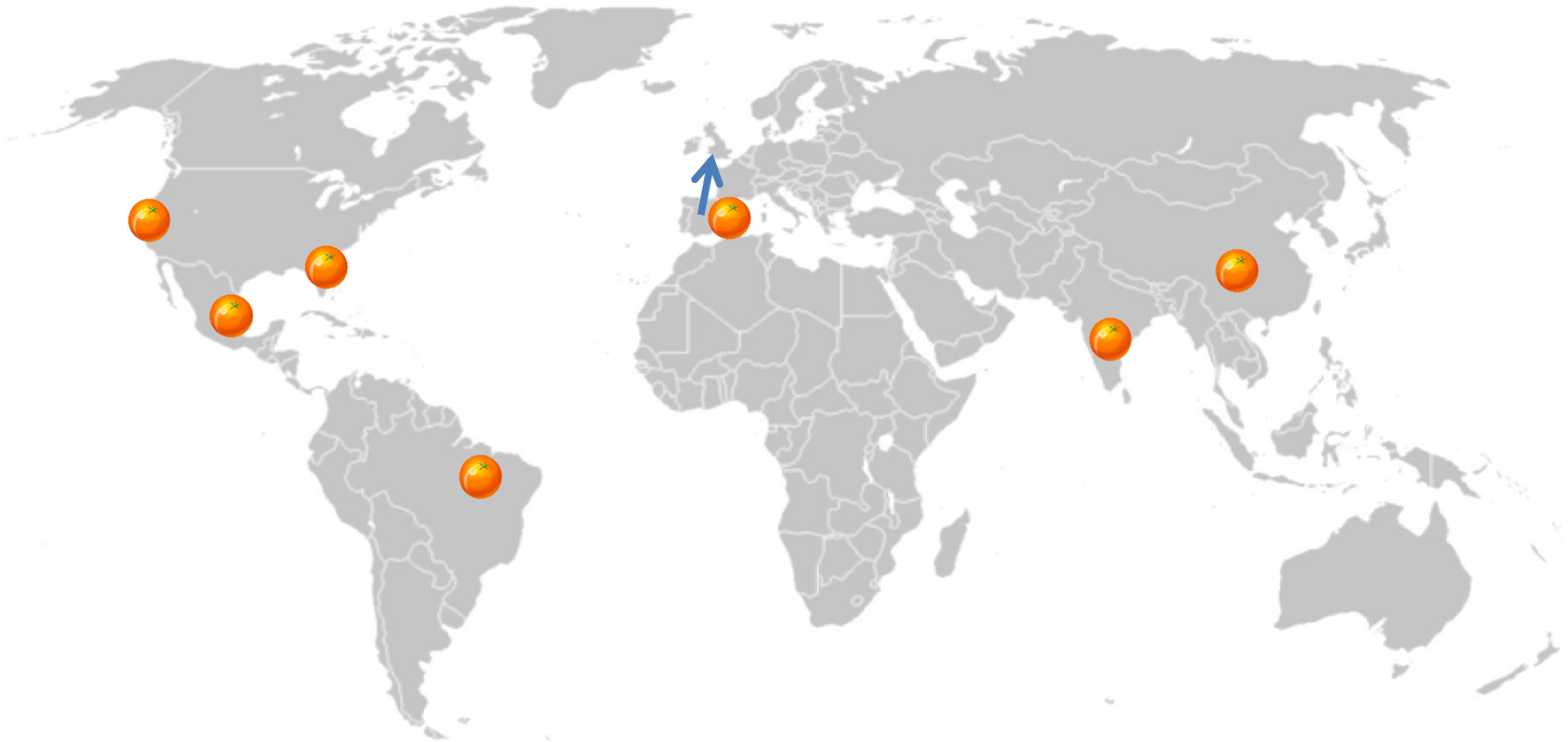
UK Broccoli mostly comes from Spain or Italy. How far away is that?

Spain: 800 miles

Italy: 900 miles



# Oranges



Top producers: Brazil, USA, China, India, Mexico, Spain

UK oranges mostly come from Spain. How far away is that? 800 miles



# Bananas



Top banana producers: India, China, Philippines, Ecuador, Brazil

UK bananas mostly come from the Caribbean. How far away is that? 4600 miles!



# Your Task:

Find 6 (you can do more if you want to) different food products in your house. They can be fresh, tinned, canned, fruit/veg, confectionery or packaged.

1. Using the food labels, identify where they come from. Try to get them from a range of countries!
2. Then find and record them on a world map.
3. Using this website, <https://www.doogal.co.uk/MeasureDistances.php>, calculate the food miles of each product.

You can use the sheet provided to record your learning, or if you wish to present it differently, then you can!

# What might increase the food miles even further?



- Transport routes: sometimes transport stops at other countries on the way



- Processing and packaging are sometimes done in other countries... more miles!



# Why do we source our food from so many different countries?

- Climate – we can't grow them here
  - Many ingredients need to be grown in particular climates
  - Soya can only handle a 1.4 degree temperature change, so climate change would affect production
- Space
  - Agriculture needs a lot of land
- Expertise
  - Skilled workers
  - Knowledge of harvest
- Cost of production
  - Countries with a lower cost of living can produce food more cheaply

**Final Task: Summarise in a couple of sentences why we source our food from a range of countries. Try to link into your answer the products you used in the earlier activity.**

