



## KS2 Geography: Food Miles

**You are what you eat, but where does it all come from?**

**Objective:** To investigate where our food comes from and the advantages and disadvantages of food miles

### Equipment:

- A selection of food in packaging
- World map
- Atlas (can be online)



### Task 1:

Make a list of the food you ate last night.

Write next to it where you think the food came from e.g., the United Kingdom.

### Task 2:

Find 5 or more types of food in packages in your kitchen. For example, pasta, rice, tinned tomatoes, packaged vegetables and sugar.

Look at the packaging and list the type of food and where it comes from. It will usually say, 'Produce of...' or 'Country of origin'. You could use a table like the example below.

| Type of food | Country of origin |
|--------------|-------------------|
|              |                   |
|              |                   |

### Task 3:

Using the world map and an atlas, plot the countries onto the world map.

Make sure you use a key or clearly label.

What do you notice? Is there a pattern as to where they are located? For example, are they all in Europe or Asia?

**Task 4:** Use the Internet to find out what food miles are.

Choose a few of the countries on your map and work out how far the food has travelled using the food miles website: <https://www.foodmiles.com/>

Create a poster to include the following:

- The definition of food miles
- Your map showing the country of origin of 5 or more foods
- Information regarding the amount of miles the food travels

**Extension:**

- Identify the environmental impact of food being imported (brought into the country)
- Make a decision on whether you think that the import and export of food is a good or bad thing and make a conclusion.