



Activity Sheet One

Estimated Food Miles

To explore our own food miles we are going to look at the origin of the top 5 ingredients of three popular dishes and **work out the food miles for each dish**. Have a guess at where each ingredient comes from and work out how many miles you think your ingredients have travelled. The dishes we will be looking at are:



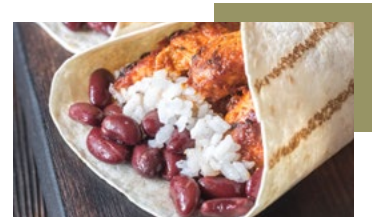
Roast Dinner

- Beef
- Potato
- Carrot
- Onion
- Broccoli



English Breakfast

- Eggs (free range)
- Bacon
- Baked beans
- Tomato
- Button mushrooms



Chicken Burrito

- Chicken (free range)
- Rice
- Pepper
- Avocado
- Lime

Dish Name: _____

Ingredient

Origin

Miles

Total Miles

Dish Name: _____

Ingredient	Origin	Miles
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total Miles:		_____

Dish Name: _____

Ingredient	Origin	Miles
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total Miles:		_____

Total combined food miles of all 3 dishes: _____

*The information we will use to compare your answers against was obtained from surveying a large, well known supermarket in the winter of 2019.



Activity Sheet Two

Cutting Down on Food Miles

Can you buy the ingredients more locally? – **Use the ingredient cards to** see if you can source the same ingredients, more locally.



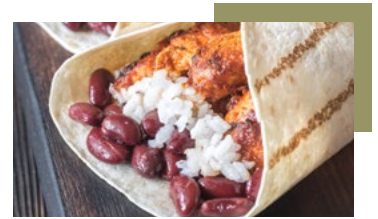
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Chicken Burrito

- Chicken (free range)
- Rice
- Pepper
- Avocado
- Lime

Dish Name: _____

Ingredient

Origin

Miles

Total Miles

Dish Name: _____

Ingredient	Origin	Miles
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Miles: _____

Dish Name: _____

Ingredient	Origin	Miles
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Miles: _____

Total combined food miles of all 3 dishes: _____



How many food miles have you saved by shopping more locally?

(compare with total miles from activity 1)



Activity Sheet Three

Calculating CO₂ emittance

Work out the total CO₂ emittance for each journey.



Food origin

Lancashire

Morocco

South Africa

We are moving one tonne of tomatoes by:



Which has a CO₂ emittance of:

120gm/tonne/km

30gm/tonne/km

1500gm/tonne/km

The distance being travelled is:

300km

2166km

9513km

Total CO₂ emittance for this journey is:
