



Teachers' Notes I

How Far Has Our Food Travelled?

Activity I1

Food Miles

Much of the fruit and vegetables that we buy from the supermarket come from other countries. To get here it must be flown in or brought by boat. This causes a lot of pollution. It is much better for the environment and for our health if we can buy food that has been grown in this country and even better if it has been grown close to where we live. The distance that food has travelled is called food miles.

Fruit and veg

It is recommended that everybody eats at least 5 portions of fruit or vegetables every day. We need this to help us to get all the nutrients that we need to help us grow strong and healthy.

Why is Locally Produced Food better for our health and the environment?

It tends to be fresher as it has travelled less distance and therefore nutritionally much richer.

Less transport involved in getting the food to your plate means less pollution.

Food transported over large distances has to be chemically treated to keep it fresh - this is bad for the environment and our health.

Many of the countries where our food comes from use pesticides that are banned in the UK. This is bad for our health, for the environment and for the workers that have to use chemical sprays.

When food is produced locally, we have much better control over what we are eating. For example, we can visit farms to find out about the welfare of the animals that live there.

