



Worksheet: Food Miles

Fill in the table below to find out how far the different food products below have travelled to be on your plate. Add up the numbers on each row to find out the total food miles.

Product	Location	Distance between location & Manchester Airport (miles)	Distance between Manchester Airport & supermarket (miles)	Distance between supermarket & school(miles)	Total Food Miles
Pineapple	Costa Rica	5,326			
Carrots	Norfolk, England	227			
Beef	Lancashire, England	44			
Avocado	Mexico	5,320			
Broccoli	Italy	1,350			
Strawberries	Kent, England	247			
Lamb	Lake District, England	105			
Satsumas	Spain	1,275			
Tomatoes	Netherlands	527			
Milk	Devon, England	236			
Potatoes	Yorkshire, England	86			
Bananas	India	4,726			
Raspberries	Scotland	277			
Fish	North Sea, Peterhead Port, Scotland	391			
Melon	Brazil	5,509			

Questions

- Which food product travelled the most miles to get to your plate?
- Which food product travelled the least miles to get on to your plate?
- How does the number of miles that food has travelled affect our planet?
- Write the food products in order, starting with those that have travelled the furthest to those that travelled the least?

- | | | |
|----|-----|-----|
| 1. | 6. | 11. |
| 2. | 7. | 12. |
| 3. | 8. | 13. |
| 4. | 9. | 14. |
| 5. | 10. | 15. |



Worksheet: Climate Change Diary

Fill in the climate change diary for the next week and write down one thing that you have done each day that could help save our planet. For example, buying food from a local farm shop or what was produced in the UK, recycled household items, switched lights off when you weren't in the room.

Day	Date	Actions taken to help reduce the impacts of climate change		
		Food	Energy	Recycling
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				