**Food Miles**

Did you know that many of the foods we have in our supermarkets cannot be grown in the UK because the climate is not hot enough? A lot of the foods we buy have been grown far away.

Choose 5 foods from your fridge or cupboards at home. Find out where they come from (there may be a sticker on them or on the back of the packet). Use the internet to work out how far it is from those countries to Scotland and fill in the table.

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| --- | --- | --- |
| **Food** | **Country of origin** | **Food miles travelled to reach Scotland** |
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**How far has my tea travelled?**

What are you having for tea tonight? Get a grown-up to tell you all of the ingredients and find out where as many of them have come from as possible.

Try and work out how far each of them has travelled and add the food miles together (you can use a calculator if you need to) to work out the total food miles for your tea.

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| --- | --- | --- |
| **Food** | **Country of origin** | **Food miles** |
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|  |  |  |
| TOTAL |  |