



# Where in the world?

Look around food shops and you will see a wonderful selection of fruit and vegetables from all over the world. Have you ever stopped to think about where your food was grown? And would you know how to spot which country it has travelled from? Use this activity pack to discover how global the food selection is, how far your food has travelled and why it matters to make thoughtful choices.

## Activities and Ideas

1. Make a list of as many fruits and vegetables as you can think of.
2. Can you find out here in the world they grow? Get a map and mark where your favourites come from.
3. How many miles is it from where your food is grown to where it is eaten? Why does this matter? What is a carbon footprint and what impact does it have on our planet?
4. If you were in charge of the shopping, would you know how to spot where things come from by looking at the packaging? How would you know that you had bought beautiful fruit and vegetables from the UK?

**Choosing British means supporting British farmers whose work helps to keep the British countryside the way we want it too.**



## Helpful Links

Free Map downloads

<https://www.mapsinternational.co.uk/kids-zone>

Do we care where our food comes from?

<https://www.countrysideclassroom.org.uk/storage/resource/downloads/14884693-4e36-43b9-b969-d4a11f0fe1bd/original/do-we-care-19.pdf>

Understanding food miles

<http://www.foodmiles.com/>

Our Parent Pamphlet

[https://www.nationalfruitshow.org.uk/uploads/Apple\\_World\\_Parent\\_Pamphlet.pdf](https://www.nationalfruitshow.org.uk/uploads/Apple_World_Parent_Pamphlet.pdf)

Love British Food

<https://lovebritishfood.co.uk/why-do-it/>

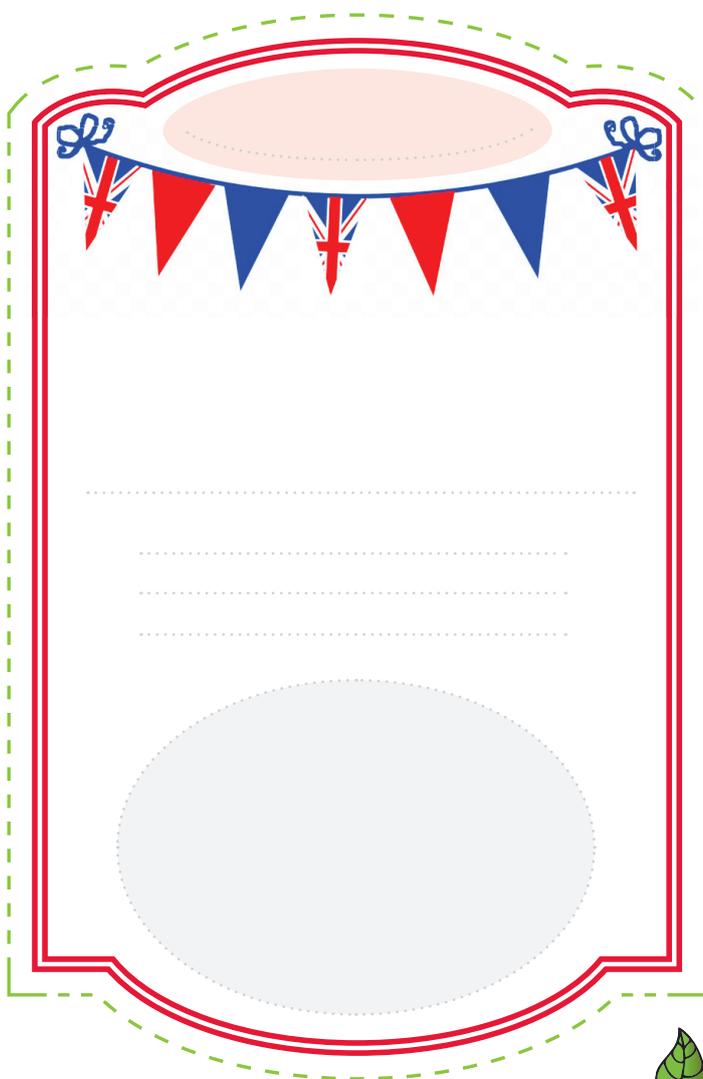
**British food travels less from farm to shop so has a lower carbon footprint than most imported foods, helping us look after the planet.**

## Create your own food packaging!

Making thoughtful choices really does matter. If you choose an apple from New Zealand it will have travelled over 11,000 miles, compare that to an apple from the U.K which travels a maximum of 700 miles and as little as 1 mile. Bananas from Costa Rica or an Avocado from Mexico will have travelled over 5000 miles.

Choose your favourite British grown fruit or vegetable and design your very own packaging for them. You could junk model using old cardboard and string or just draw your design and then stick on the labels below. Remember, to be kind to the environment when choosing your packaging material and remember to protect your food so it travels well and doesn't bruise on it's journey to the shops. Take a photo of your design so it can be posted on our Facebook page. Imagine seeing your packaging design on the shelves of your local supermarket!

Put where in the UK your food has grown.



Write the name of your food and a description of it underneath. Then draw or stick a picture in the space.



Write a story about how your food was grown and how it has travelled to reach your shops.




Put stickers on your fruit or vegetables.

Don't forget to send us pictures of what you have been up to!