



FOOD MILES

Activity 1

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.

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

Have a guess at where each ingredient comes from and work out how many miles you think your ingredients have travelled.

Dish:

Ingredient	Origin	Miles
Total		

Dish:

Ingredient	Origin	Miles
Total		



Dish

Ingredient	Origin	Miles
	Total	

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.