



Activity 2
Cutting down on food miles



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

Can you buy the ingredients more locally? – Use the ingredient cards to see if you can source the same ingredients, more locally.

Dish

Ingredient	Origin	Miles
Total		

Dish

Ingredient	Origin	Miles
Total		



Dish

Ingredient	Origin	Miles
	Total	

Total combined food miles of all 3 dishes:

How many food miles have you saved by shopping more locally?

(Compare with total miles from activity 1)