

**BITE-SIZED UNIT:**

- MAPPING / GEOGRAPHY
- MATHS

## FOOD MILES - WHERE DOES MY FOOD COME FROM?

Ask an adult if you are allowed to look at some of the food in your cupboards at home.

### Activity One:

Take out a range of tinned food and packets. Most food labels in New Zealand say the country of origin – the place where the food was made, processed or packaged. Have a look to see how many you can find. If you're not allowed to use the food in your cupboard, use mine instead.

It is not compulsory to include this information on New Zealand food labels – that is why they are written in so many different ways.









We are lucky to live in a food producing country, but a lot of the food we eat is still imported. Buying local fresh food is usually more nutritious, tastier and fresher.

Often we import food from countries with different growing climates from us. Bananas, pineapples and rice are imported from countries with warmer climates than New Zealand. Some of the food we import has changed as the world becomes a more global place, e.g. pasta from Italy has become part of our regular New Zealand diet.

Local food has less food miles which means that less carbon is produced transporting it around the world. Growing food in a garden at home or at school has zero food miles. That's an amazing thing!