

Food Miles

Activity



Purpose: This game is about having students understand that it takes energy for food to travel to their homes or grocery stores. This game also helps explain to students what “food miles” are. Food miles are a way of attempting to measure how far food has traveled before it reaches the consumer.

Instructions:

Before the activity:

Select 10-15 different types of food. These can either be actual pieces of food, or can simply be pictures of food. Make sure that the food items come from a range of locations, with approximately one-third to half of the food items being grown locally.

During the activity:

Select 10-15 student volunteers based on how many food items you have chosen to use. Get the students to hold up their respective food items and have the class try to sort the student volunteers into a line of nearest grown/produced to farthest grown/produced. The line from nearest to farthest represents how many “food miles” the food items must travel before they get to be consumed.

Once the student volunteers are sorted, hold a discussion on which food items are heavily consumed but travel far distances. Explain that the farther food has to travel, the more energy is used. Discuss ways to reduce the amount of “food miles” in a person’s diet. This could be buying locally grown produce, or eating foods that are grown during specific seasons.

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

Resources adapted with permissions from greenschoolsns.ca

