



WebQuest  
Advanced level

My Food Miles





<b>TITLE OF THE WEBQUEST:</b>	My Food Miles
<b>LEVEL OF THE WEBQUEST</b>	Advanced Level
<b>INTRODUCTION</b>	
<p>We need nourishment in order to develop properly. We have always absorbed this nourishment from our environment, either in the form of plants or animal products. With the industrial revolution and the development of technology, our eating habits have changed. Now we can source food grown thousands of miles away at any time of the year. But this also has consequences for the environment, because all these products must be transported by all kinds of means, planes, ships, trains and trucks, until they end up on our plates.</p> <p>Unfortunately, in recent years there has been another sad phenomenon in connection with such a basic commodity as food, namely, waste. From the field to the shops from which we obtain it, at every stage of production, standardization and use, a large proportion of food ends up not on our plates but in the bin.</p> <p>What does all this have to do with pollution and climate change? What can we do to solve the problem? In this WebQuest you will get answers and then inform your classmates, your parents and the public so that we can all become aware of the problem and change our attitudes and habits.</p>	
<b>TASKS</b>	
<p>Your school is taking part in an Erasmus+ program and you are going to host students from different European countries for a week. You want to show them the hospitality of your country. So, you organize a day in your school dedicated to local cuisine so that your guests can get to know it better. You decide what will be on the menu and make a shopping list. You go with your parents to the local supermarket to get the main ingredients for your menu. When you get home, you are surprised to find that a large proportion of your purchases are food from other countries, which worries you greatly.</p> <p>The great day of local cuisine has arrived! Your guests are in the dining room enjoying what you have prepared. At the end of the meal, you are sorry to discover that some of the leftover food has ended up in the garbage. All this worries you and you decide to investigate the issue of food and food waste and prepare a campaign to make your classmates, your parents and the community aware of this problem.</p>	





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## PROCESS

### STEP 1. Journey into the world of food.

You love food! You like to go into the kitchen and help with cooking. But a good cook always pays attention to the raw ingredients. So put on your chef's apron and your hat and get ready. The journey into the world of food begins!!!

- Food: <https://www.eufic.org/en/healthy-living/category/foods>
- Where does food come from:  
<https://www.youtube.com/watch?v=gXJSI6n8oz8>

How is food produced? Watch the videos below to find out!!!

- Carrots: <https://www.youtube.com/watch?v=Pf74rrn1uLk>
- Pineapples: <https://www.youtube.com/watch?v=UVL8NXigTkl>
- Following the production line – In the food industry  
<https://www.youtube.com/watch?v=bAijaraoTo0&t=1003s>

### STEP 2. Food miles

Many of the products we consume are produced in the ways described in the sources above. But not everything we find in grocery stores is made in our country. Much of it is imported from other countries. Do you think this is a problem?





Time to cook... And to explore! Choose your favorite food. Find the recipe and write down all the ingredients you need to make it. Check what materials you are missing at home. Get them from the grocery store. Now you are ready for your research.

Once you have collected all the materials, check which country they came from by studying the labels carefully.

Use the following link to calculate how many miles food travels from the countries of origin.

- Google Maps distance calculator:  
<https://www.helppost.gr/xartes/ypologismos-apostasis-mikos-se-xarth/>

Study the links below to help you more in your calculations.

- Food Miles: <https://www.youtube.com/watch?v=6YFOtw5d6qk>
- [http://htetartitaxi.blogspot.com/2015/04/blog-post\\_25.html](http://htetartitaxi.blogspot.com/2015/04/blog-post_25.html)

During your web search you came into the term "Food-miles". What does this term mean?

- <https://www.enallaktikos.gr/Article/33817/mathe-ti-einai-ta-trofohiliometra-kai-pws-mporeis-na-ta-meiwseis>
- Field to Fork- Food miles <https://www.youtube.com/watch?v=b7rn5hH5XN8>
- <http://kalyterizoi.gr/sites/kalyterizoi.gr/files/upload/food-distance-infographic.jpg>

Why are food-miles so important? Why should we reduce them?

- <https://www.visualistan.com/2016/03/air-mile-meals-how-far-has-your-food-travelled.html>
- Food Miles: <https://www.youtube.com/watch?v=YavY7VR403Y>

Now that you know more about food miles and how it relates to CO2 production, you can calculate how much CO2 is produced from the ingredients you have on your list for your favorite food.

- <https://www.foodmiles.com/>
- <http://greenagenda.gr/wp-content/uploads/2018/10/11-424-x-600.jpg>

Even if we reduce food miles, there is another problem that threatens our planet. Does all food end up on our plates? Do we consume everything we buy or not?

### STEP 3. Food waste

Remember your grandmother's words, "Eat it all up, it's a sin to throw it away!!!", "What's left over, we save for the next day!!!", "It's a sin to throw food away when there are people in the world who are hungry!!!"





Behind all these phrases is a different philosophy and attitude of the older people. In their time, nothing was really wasted. Nowadays, food waste is enormous. Study the links below carefully:

- <http://greenagenda.gr/wp-content/uploads/2018/10/13-424-x-600.jpg>
- <http://greenagenda.gr/wp-content/uploads/2018/10/12-424-x-600.jpg>
- Food waste- what you should know: [https://www.youtube.com/watch?v=RL\\_NYVxe8uY](https://www.youtube.com/watch?v=RL_NYVxe8uY)
- <https://www.cnn.gr/focus/story/257219/apokardiotiko-sxedon-1-disek-tonoi-trofimon-kataligoy-n-sta-skoypidia-kathe-xrono>
- <https://www.eea.europa.eu/el/pressroom/grafikes-plirofories/poies-einai-oi-piges-ton/view>
- [https://www.theguardian.com/lifeandstyle/graphic/2014/mar/02/watch-your-waste-150-infographic?CMP=tw\\_t\\_gu](https://www.theguardian.com/lifeandstyle/graphic/2014/mar/02/watch-your-waste-150-infographic?CMP=tw_t_gu)
- Why we waste food : <https://www.youtube.com/watch?v=tU1m6EWMZaY>
- <https://assets.rbl.ms/19926100/origin.jpg>
- <https://toogoodtogo.org/en/movement/education/the-food-supply-chain>
- <https://www.youtube.com/watch?v=PDNuFV6hpIM>

#### STEP 4. Environmental impact.

So, your grandmother was right if she still did not know the impact that eating habits, the way we buy food, and especially food waste has on the environment.

The following links will help you see the extent of the problem and how it is also related to climate change.

- <https://www.tanea.gr/2021/05/20/science-technology/posa-dasi-thysiazontai-gia-tin-paragogi-sogias-sokolatas-kai-voeiou-kreatos/>
- Climate change and food: <https://www.youtube.com/watch?v=ZEJd1kZ3XeE>
- Do you know the impact of food waste: <https://www.youtube.com/watch?v=BmDZU1UTBeY>
- How does the food we eat impact our climate: <https://www.youtube.com/watch?v=ExNpnukxB2Q>
- Food waste: a shame for humankind and for the environment: <https://www.youtube.com/watch?v=7QbHIWNoyp4>
- Food waste and environmental consequences: <https://thesafiablog.com/2021/02/23/food-waste/>

At the link below, you can take a quiz with your parents and find out how big your family's "footprint" is.

- <https://foodprint.org/quiz/>

#### STEP 5. Need for Urgent solutions!!!





After all you have read above, you know that the problem is global. What can we do to limit or even eliminate it and create a sustainable planet?

The links below provide information and guidance on some of the changes we can make in our daily lives to do as much as we can in this direction.

- <http://www.diatrofisimera.gr/psichologia/idees-kai-kinitra/oikologia/meioste-ta-trofoxiliometra-sas/>
- Food eco- footprint <https://www.youtube.com/watch?v=uAybZOFCN6g>
- <https://www.picklewix.com/post/food-waste-infographic-design>
- Stop food waste: <https://www.youtube.com/watch?v=9K72SHEPOCE>
- <https://gr.euronews.com/green/2021/04/13/giati-einai-simantiko-na-meiosoume-ta-trofika-apovlita-kai-pos-tha-to-kanoume>
- <https://www.youtube.com/watch?v=PGCNQXJgtQg>
- [https://www.youtube.com/watch?v=H\\_YjtkKTgu0](https://www.youtube.com/watch?v=H_YjtkKTgu0)

In the links below you can see typical examples of initiatives from different European countries.

- <https://gr.euronews.com/green/2021/04/13/evropi-protovoulies-gia-ti-meiosi-tis-spatalis-trofimon-kai-ton-trofikon-apovliton>
- Food waste and how to reduce it: <https://www.youtube.com/watch?v=dEJuJT5tcTg>
- Ecowaste for food: <https://www.youtube.com/watch?v=GfK1HIFvmZc>

The following links include tips on what you can do at home, at school and your everyday life.

- Composting now: <https://www.youtube.com/watch?v=l2UlabtOTYM>
- <https://www.healthview.gr/spatali-trofimon-16-tropoi-gia-na-tin-periorisete/>
- <https://www.monopoli.gr/2021/04/19/istories/epikaira/468477/pagkosmia-imera-gis-min-tros-ton-planiti/>
- <https://www.youtube.com/watch?v=bvFmnLmUMDo>
- [26+ Ideas how to grow vegetables from crups plants](#)
- <https://savvyinsomerset.com/how-to-stop-wasting-food-40-awsome-food-waste-solutions/>

You can do the following experiment to better understand how compost works and how it can help reduce food waste that ends up in the trash.

- <https://www.clearwaycommunitysolar.com/blog/science-center-home-experiments-for-kids/composting-and-food-waste-experiment/>

**STEP 6. Time to act!!!**





Now is the time to act. Working with your classmates and teachers, launch the INFORMATION CAMPAIGN!!!

1: Discuss and choose a name for your campaign.

2: Divide into groups based on your interests. Each team will commit to doing one of the following actions. You may join more than one group.

a. Creation of posters/informational materials.

- <https://www.youtube.com/watch?v=iX2ifseO0Rs>
- <https://www.youtube.com/watch?v=WDyHv4rEaXk>
- <https://www.youtube.com/watch?v=Us1rMTlv148>
- <https://www.youtube.com/watch?v=OU9DiHI6u9E>
- <https://teambia.weebly.com/our-campaign.html>

b. Song creation. Watch in the link below an amazing variation of a well-known song.

- <https://www.youtube.com/watch?v=B1-pKW0t2yM>

c. Creation of a short film to raise awareness. See the link below for an informative video with instructions.

- How to create your own movies using Movie Maker:  
<https://www.youtube.com/watch?v=ODL22jmMTHE>

d. In collaboration with the principal and your teachers, organize a meeting at your school with the mayor of your town, local officials and food professionals, and your parents to showcase all that you have learned and created. Give them a tour of the school to see how the composters you built, and your little vegetable garden made from vegetable scraps work.

e. What could be more natural than to end this activity with a creative challenge to your parents? Challenge them to create delicious dishes from the food they do not eat or from food that is nearing its expiration date and ... bon appétit!!!





## EVALUATION

Try the knowledge you gained from this WebQuest by taking the Quiz that you will find in the following link:

<https://www.earthday.org/upcycled-foods-quiz/>

## CONCLUSION

Congratulations on your efforts!!! The INFORMATION CAMPAIGN organized by you and your classmates has produced amazing results. It is spreading its wings and traveling to your city and various places in your home state to send the message to everyone to change their attitude towards food.







# GRETA

**Challenge-based Learning in Primary Schools for Climate Change Awareness**



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