



WebQuest
Advanced Level –
Food Miles



Challenge-based Learning in Primary Schools for Climate



TITLE OF THE WEBQUEST:

Food Miles

LEVEL OF THE WEBQUEST

Advanced Level

INTRODUCTION

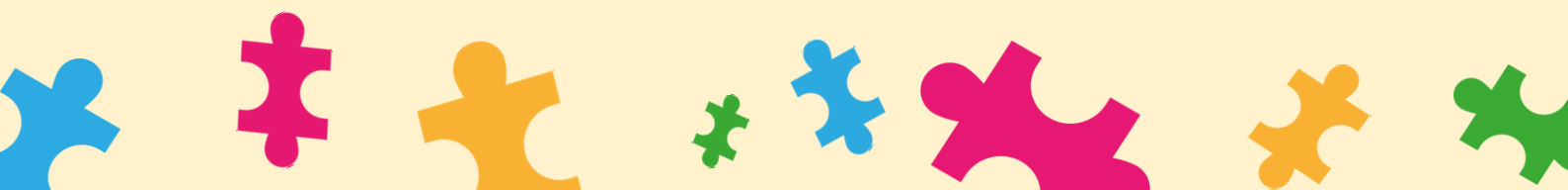
Could knowing where certain food comes from help you to become more aware of food miles?



Did you know that the food we eat often travels thousands of miles around the world before it lands on your table? That's right! We can look at and explain what food miles are and the journey food takes from the farm that it is grown on or the factory it is made in to arrive on our plates. Food miles is the journey and distance that food has travelled between where it is grown to where it is eaten. Many foods that are stocked in our supermarket chains are produced and transported to the supermarket shelves from other countries. So, how far has your food travelled before it ends up in your school lunchbox?

When food travels a long way – by airplane, boat, or freight-vehicles, it produces a bigger carbon footprint. Therefore, it is important to think about the food miles our food contributes to the overall carbon footprint and can we do anything to help our planet.

We source food from other countries for many reasons such as the food is unable to grow in our country because the weather is not suitable, we do not have enough land to grow the variety of crops that are needed, the cost of production is too high in our own country. Here are some of the countries who supply us with the food we eat from around the world; Fruit and nuts from Mexico, rice from India, coffee from Colombia and soyabeans from Brazil. This example is only a tiny amount of the food we import into our country. If our ingredients have come a long way, they will have a carbon footprint.





Eating home-grown or local produce is a great way to reduce the food miles of what we eat. Did you know that fruit and vegetables have seasons, which means they grow naturally at a certain time of the year? Another great way to eat more sustainably is to eat seasonal foods. For example, eating blueberries in September and cauliflower in February. Eating fresh produce that is in season means that it is not being sourced from

far away locations. Thinking more about what foods we eat, where they come from, and when we eat them is a great way to think more sustainably about what we eat!

TASKS

This task can be a fun way to experiment on your own or with your classmates to find out what food miles you have lurking in your lunchbox

Let`s take the lunch-Box Challenge

The teacher asks all the pupils in class to open their lunch boxes and see what is inside. We are going to brainstorm and see what we think influences our food choices.

Could it be our lifestyle?

Our age?

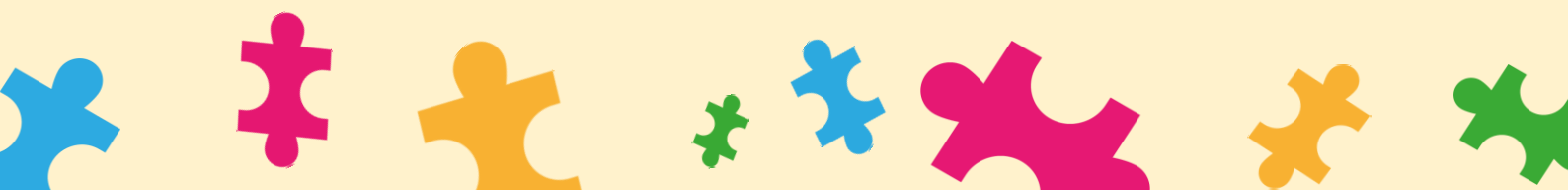
Our favourite food/ our not so favourite food?

What our peers have in their lunch boxes?

What is available in the fridge at the end of the week?

Now we are going to make a Graffiti Board and put all our answers up there.

For this task we will need a white board and some markers, where all your classmates can write their thoughts on the issues around food miles. On the Graffiti Board the teacher will also use the information shown on the distance calculator, one helpful site is [www/.foodmiles.com](http://www.foodmiles.com). Now we can start to investigate our lunchbox`s and calculate how many food miles have been used when we are enjoying our grapes and kiwis. This will be a great way to look after the environment and lower the environmental impact of food miles.



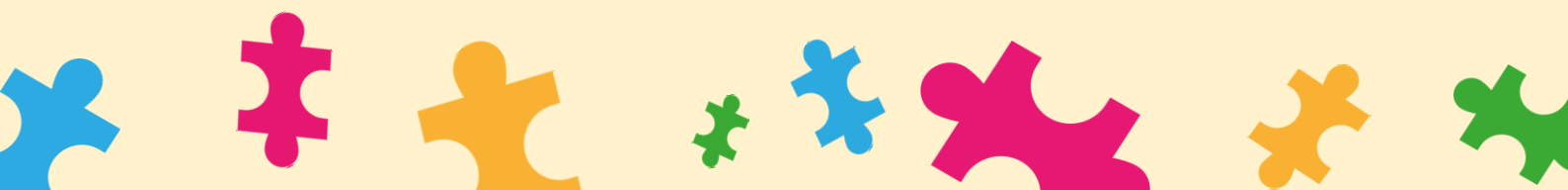


In this WebQuest, you are going to be guided through a series of tasks that will help you and your classmates to learn about sustainable eating, and how we can be more aware of food miles and how far our food travels. You will complete the tasks in small groups of 2-3 people. When you complete this task, you can help others to understand food miles and its environmental impact. This can work towards encouraging others to shop more sustainably for food within their households. Let's get started!

PROCESS

Step 1: Food Miles and Shopping Aisles

When we walk around the supermarket, it can be difficult to know how far the food has travelled or even if it is in season. This is because many companies transport foods from all over the globe or artificially preserve them, so that fruits and vegetables can be readily available in your supermarket all year round. However, this can be harmful for the environment as it produces a lot of carbon emission. As a first step, you and your team will need to do some research and find more information about food miles and how they contribute to global warming.





For more information on **what food miles are**, click on the following links:

- What are food miles?
<http://www.ecofriendlykids.co.uk/what-are-food-miles.html>
- Food & farming, food miles:

<https://www.oddizzi.com/teachers/explore-the-world/food-and-farming/food-miles/>

For more information on **food miles and the environment**, click on the following links:

- The real carbon footprint of your food [video]:
<https://www.youtube.com/watch?v=JCohzI9oVNE>
- Food miles and the environment:
<https://www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/zjnxwnb>

For more information on **global food consumption and waste**, click on the following links:

- Food miles calculator: <https://www.foodmiles.com/food/calculator>
- Food consumption and waste: <https://www.youtube.com/watch?v=0eqxgvZNn0I>

Step 2: Planning your lunchbox challenge

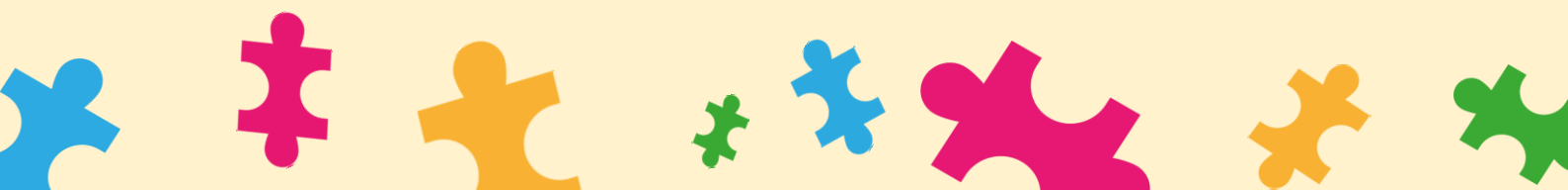
Now that you know all about food miles and how to choose more sustainable foods for lunchtime, it's time to start planning: *The Lunchbox Challenge!* This is where you think about the reason why you have chosen the variety of different foodstuffs in your lunchbox. So, with your lunchbox challenge, you are going to evaluate how sustainable you and your teams' lunches really are.

To evaluate this, you will first need to plan what you will include in your evaluation process. Since you are finding out how sustainable your lunches are, you will first need to find out how to identify sustainable foods.

For more information on **sustainable food**, click on the following links:

- Sustainable food production: <https://www.bbc.co.uk/bitesize/guides/zf6fr82/revision/1>
- Ways to reduce food miles [video]: https://www.youtube.com/watch?v=nw6kftLOe_g
- Farm to Fork sustainable eating [video]: <https://www.youtube.com/watch?v=5NmtoxmGLtk>

For more information about **seasonal foods**, click on the following links:





- What food is in season? <https://www.bordbia.ie/whats-in-season/best-in-season/calendar/january>
- Getting seasonal produce: https://www.superkidsnutrition.com/fv_seasonal-produce/

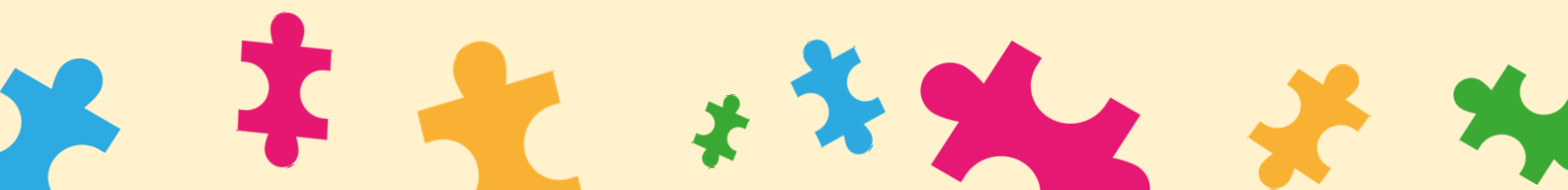
Step 3: Conducting your Lunch Box Challenge

Now that you know what sustainable food production looks like, and you can identify environmentally friendly ways to pack school lunches, it's time to start your challenge! With the template below, conduct a challenge on your own lunchbox and the members of your teams' lunchboxes. Make sure to answer the questions honestly to see how sustainable you are, and where you can improve!



The point of your challenge is to identify where you and your team could improve to eat lunches that are not only tasty but are also good for the environment! With *The Lunchbox Challenge* template below, assess your lunch boxes!

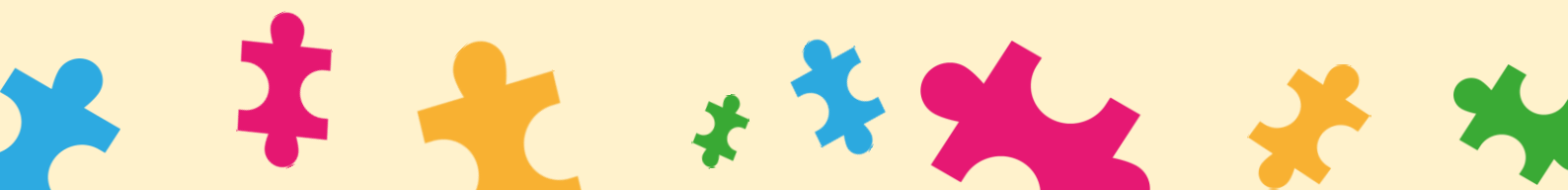
The Lunchbox Challenge				
Task:	Team Member 1	Team Member 2	Team Member 3	Team Member 4
What is in your lunchbox today?				
Where does your family do your local shop (local supermarket, farmer's market, online, big supermarket, etc.)				
Is there any fruit / vegetables in your lunchbox that are in season?				





Is there any fruit / vegetables in your lunchbox that are not in season?				
Is anything in your lunchbox grown in your country?				
How much packaging is included in your lunchbox?				
What do you do with your leftovers? (throw away, compost, save for later, etc.)				
Is anything in your lunchbox homegrown?				
What are 3 ways that you could improve your lunchbox to be more sustainable?				

How did your challenge go? What did you discover when you took the challenge with your group?





Step 4: Sustainable School

Now that you have finished your *Lunchbox Challenge*, you can see how we can all improve on our eating habits to be more sustainable and lower the impact of food miles. Making small changes in our daily habits such as shopping locally, buying in-season produce, considering where the food comes from, buying from farmers markets, recycling plastic packaging, and so much more can help to lower the impact of food miles, and decrease the amount of carbon emissions that negatively impact the environment!

Why not use this information to encourage the rest of your school to highlight the importance of lowering food miles and playing our part in combating climate change?

For ways to **make your lunchbox more sustainable**, click on the following links:

- Stopping school food waste: <https://stopfoodwaste.ie/planning-shopping/do-your-homework-reduce-school-food-waste>
- Practical tips for more sustainable lunchboxes: <https://www.mykidstime.com/lifestyle/10-practical-products-to-make-your-childs-lunch-box-eco-friendly/>

For some **inspiration on how your school could be more sustainable**, click on the following links:

- Eco-Schools [video]: <https://www.youtube.com/watch?v=NYnTmgnUmmo&t=114s>
- 7 steps to start an eco-campaign: <https://www.ecoschools.global/seven-steps>
- Eco-friendly and sustainable school: <https://www.green-modular.com/blog/make-your-school-a-green-school-with-our-top-10-tips>
- Sustainable alternatives to food waste in schools: <https://www.actionforhealthykids.org/activity/food-waste/>

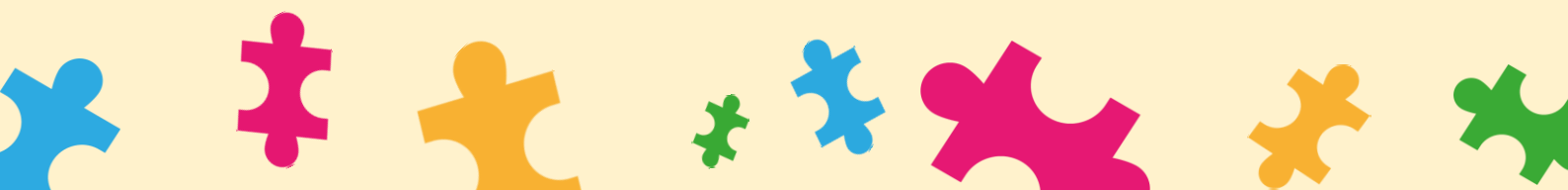
Step 5: Food Miles Campaign

Now that you have looked at some ideas in how to start your sustainable school campaign, a great step is to share the information you have discovered about food miles, how to cut down on food waste, sustainable eating and how beneficial it is for the environment! Through your eco-campaign, you could encourage your class and your school to be kinder to the planet and make more eco-friendly choices!

Share your lunchbox challenge results with your teacher and think about the different ways in which you could encourage others to make more sustainable choices with their food!

You could start a campaign to help your school, why not think about:

- Forming an eco-committee
- Create an action plan
- Inform and involve students and teachers
- Achieve your eco-goals!
- Having a graffiti board in every class to keep all students aware of the lunchbox challenge





Your campaign could help others to have better lunches, less food waste, a composting bin, or it could even look to start a vegetable patch in your school! There are so many options in which you could make a difference within your school.

Motivating others to do more for the environment is a great step in the right direction in caring for planet earth. Well done!

EVALUATION

As a self-assessment for this WebQuest, write a short self-reflection of 100 words to explain how you enjoyed this activity. Answer the following questions to help:

- What did you learn from this activity? Can you mention three things?
- Can you explain why it is important to reduce the impact of food miles?
- Can you think of three benefits of sustainable eating?
- What do you think is the most important thing you learned today that you could tell your friend or family member?

Also, why not try and test your knowledge with the following questions to see how much you learned today:

<https://forms.gle/zjSBZL4AdxBsbSdRA>

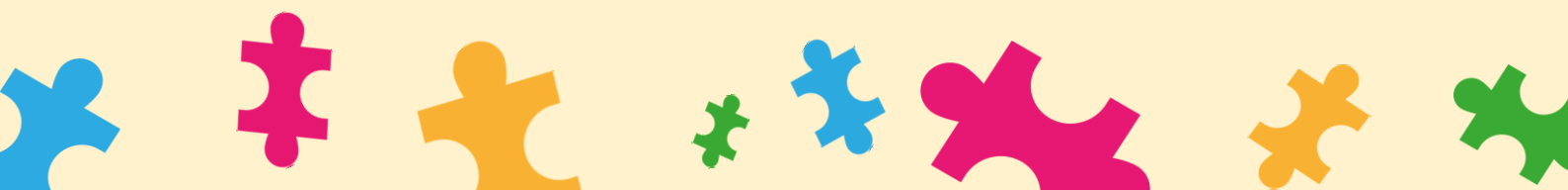
CONCLUSION

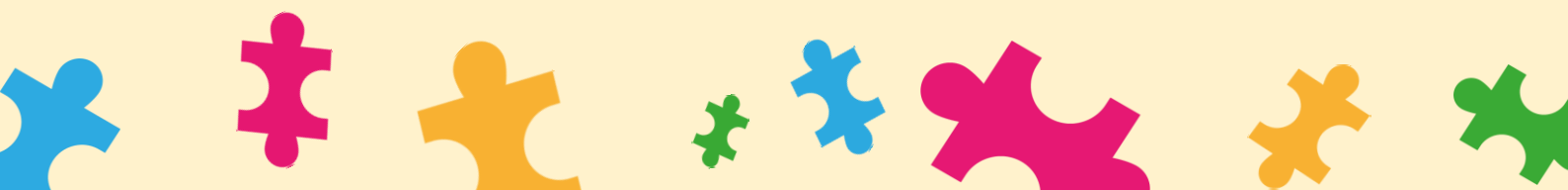
Congratulations! You and your team have successfully discovered and raised awareness about food miles and how to be more sustainable when buying, consuming, and disposing of food. Through conducting your Lunchbox Challenge and starting a campaign within your school, you have shown that you can be a real advocate for change in fighting for the environment!

By understanding the impacts of food miles, food waste and the environmental cost of the global consumption of food, you can see how important is it that we all work harder to make sustainable choices in order to protect our planet. By making sustainable choices about the food that we eat, we can all make changes that benefit the environment and the climate. It's not too late to slow the pace of climate change, and by working together we can all play our part to be more sustainable!

“The key to understanding the future is one word: Sustainability.”

- Patrick Dixon







GRETA

Challenge-based Learning in Primary Schools for Climate Change Awareness



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