



# Cut and Paste Mapping Activity

## How Far Does Your Food Travel?

Open the fridge – take the food out – close the fridge. It's that simple to find what we want to eat whenever we want it! But we often forget that our food had to come a long way before arriving in our refrigerator. With this activity you can find out how far some of your food has traveled, and which of the vegetables and fruits had the longest journey.

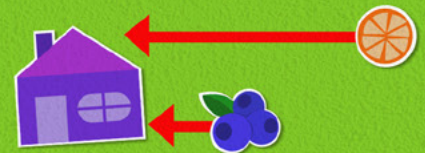
### What to do:



**1** Check out your parents' groceries. Almost every package says where the food comes from, also known as its "country of origin." You will typically find a country sticker on fresh fruits and vegetables.

**3** Cut out the food badges from page 3. If you have added foods to your list that you don't see a cutout for, you can draw your own picture and then cut it out.

**7** Determine the results: Which foods had the longest journey? Which traveled the shortest distance?



**2** Write the country of origin next to the foods you have in the list on page 2. If you don't have those foods: Ask your parents if you can give them a try! If you would like to add foods that are not on the list, add them to the blank rows.

**4** Now have a look on the map on page 4 and 5. Cut out the "home" image from page 3 and glue it on the country where you live.

**8** What do you think: Is it better to buy local food products or food products that must travel a long distance? And why?



**5** Glue each of the food badges on the country that they came from.

**9** What do you think: Why is it sometimes necessary for food to travel so far? Could you give up foods that have to make a long journey to your home?

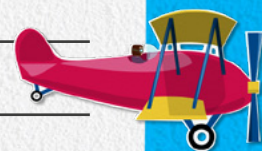


**6** After that, draw lines from each of those countries to your home. (Optional: Your parents could even help you use the internet to determine the approximate distance.)



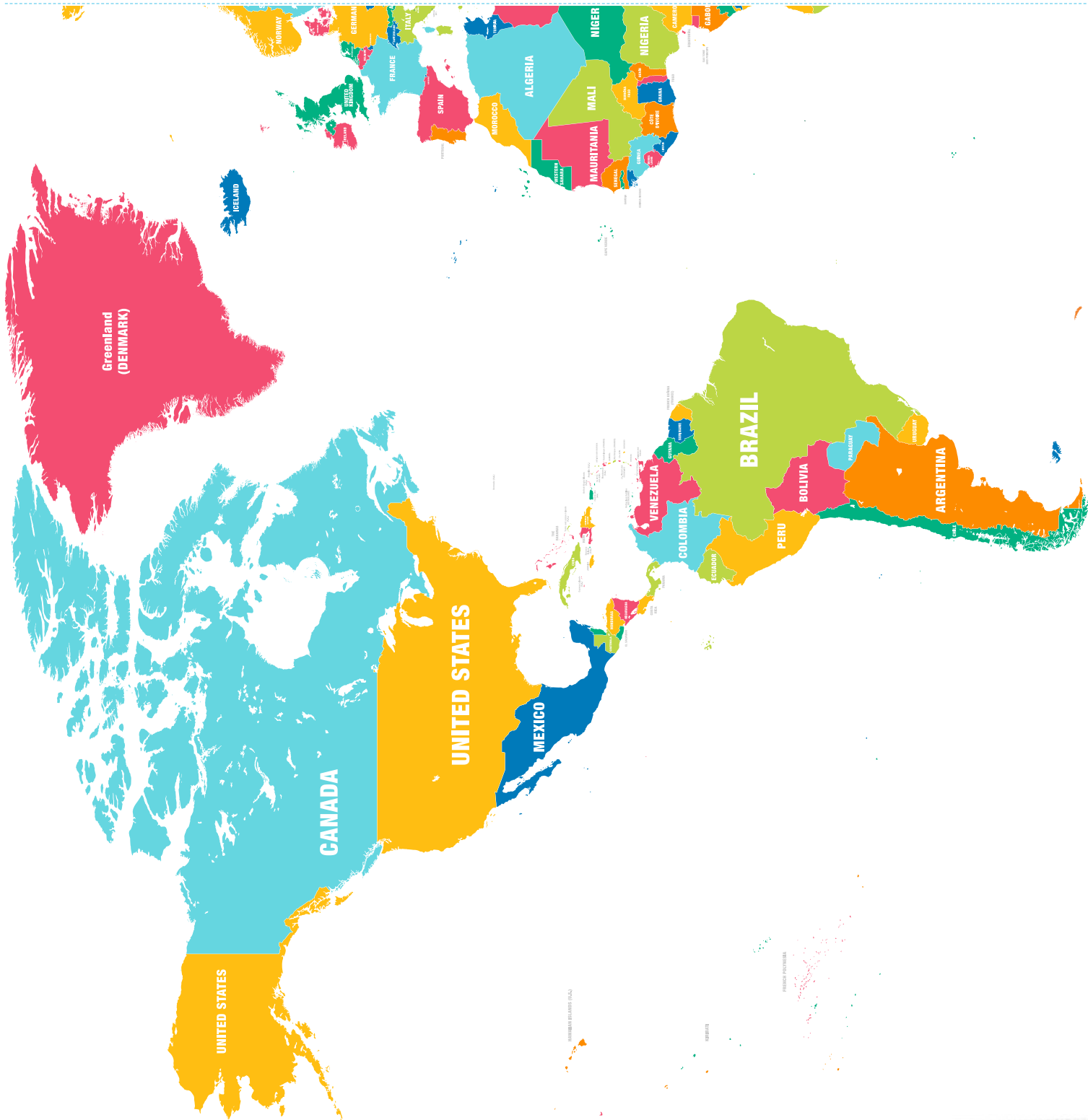
# Where does your food come from?

Food	Country of Origin	Distance <small>(optional)</small>
Strawberries		
Oranges		
Blueberries		
Kiwis		
Cucumbers		
Mushrooms		
Eggplants		
Peppers		
Olives		
Milk		
Cheese		
Couscous		
Rice		





Cut and put together with the right part of the Map



Cut and put together with the left part of the Map





## The Long and Short of It

As you can imagine, eating local means choosing food that is grown close to where you live. It doesn't have to travel as far from the field to the grocery store to your fridge, so it has a smaller [carbon footprint](#). A long transport results in more greenhouse gas emissions, which contributes more to global warming.



However, it is not always possible to eat only locally grown food. In most countries, there are key fruit and vegetable crops that grow well in the local climate – but the growing season for those crops is only a few months out of the year. So, if you want to eat those foods during the other months, you either have to preserve fresh produce during the growing season, or you have to import it from a country with a climate that can grow those foods during those months. The same is also true for foods that will never grow in your country's climate.

So, there are pros and cons to both approaches. Eating local produce when it is in season helps to reduce CO<sub>2</sub> emissions but having access to other fresh produce from around the world gives us nutritious variety in our diets year-round.

