

Food miles game**Example time table:**

Time	Activity
5 minutes	Introduction
Period 1 (1hour)	Food Relay – Activity 1
Period 2&3 (2hours)	Lunch Challenge – Activity 2
P4 (1hour)	Ethics and Choices – Activity 3
	Lunch
P5 (1hour)	Marketing and presentations – Activity 4
20-25 minutes	Feedback and summary

Each activity can be run on its own without the other activities if required.

All students in hall for registration in the morning**Activity 1: Intro & Food Relay Game!**

Split group into seven teams (approx. 6-8 in each team)

Each team is given a card with a flag and a distance on it.

Each team must nominate a **grower**, and a **warehouse manager**, the remaining team members are the **distribution**.

What to do:

Farmers have to make Green 'Tomatoes' out of paper and ping pong balls. They then have to run to the other end of the hall where their distributors are waiting to collect the tomato.

The distributors then have to – in relay style - get the tomato to the warehouse as quickly as possible.

Do this by blowing the ball across the hall using straws, each length of the hall represents 100m

Example: So if the item is grown in Spain and is traveling to the uk the distance might be: 1200km, so 12 lengths of the hall are needed.

Rules: If the ball goes out of their lane it is 'lost at sea'; and they have to begin again.

Once all lengths are complete the warehouse person needs to 'ripen' the fruit – using tissue paper to turn it from green to red. They then have to sprint with the finished tomato as quickly as possible to the other end of the hall to deliver it to the supermarket.

If they complete this task quickly they can see how many tomatoes they can ripen in the time it takes for the last team to finish one tomato.

After the activity: Students are then split into three groups of equal numbers, the remaining sessions are all classroom based.

Activity 2: Lunch Challenge!

Split the group into smaller teams of 3/5

Each team - Using the shopping list – creates an ideal packed lunch ‘deal’

Using books and Computers/laptops they need to find out

- **How much does it cost?**
- **Where does it come from?**
- **And a few facts about those countries.**
- **How far?!**

Using your map find out how far it has travelled. – **did it come by lorry, plane or boat?**

Use the chart to calculate the total CO2 emissions for your lunch.

Mode of Transport	Kg of CO2 per km
Plane	9
Train	90
Lorry	1.3
Cargo ship	20

Useful websites:

http://www.theguardian.com/flash/food_world.swf

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

Activity 3: Design!

Now you have invented your lunch you need to create a **poster** or **collage** to explain where the food has come from.

Activity 4: Ethics & Choices!

Having chosen a lunch each team must choose their ingredients, each ingredients card will have some information about where it has come from or how it is made.

They need to choose which ingredients they want and if they want to make any changes to their lunch.

Activity 5: Marketing & Presentations!

Thinking about the food miles, and the other consequences of where the food comes from, from activity 1.

They need to decide who their target market are and why.

Then they need to look at:

- **How to market it?**

- What is the packaging?
- What is the price?
- Is there a slogan or 'jingle'?

They need to create a presentation to 'sell' their lunch deal.

At the end of Activity 5 get the groups to present back to each other and then give feedback and then round up.

Ingredient	Further information	Location
Tuna	Pole and Line Caught	South Atlantic
Tuna	Dolphin Friendly	Ghana
Bread		Church Stoke
Lettuce		Devon
Lettuce		Spain
Tomatoes		Yorkshire
Tomatoes		Spain
Ham		Denmark
Ham		UK
Cucumber		Essex
Cucumber		Spain
Cheddar Cheese		Pembrookshire
Edam Cheese		Holland
Feta Cheese		Greece
Eggs		Shropshire
Mayonnaise		Belgium
Chicken		Derbyshire
Oranges	Fair Trade	South Africa
Oranges		Spain
Apples		Hampshire
Apples		South Africa
Bananas	Fair Trade	Ghana
Bananas		Spain
Strawberries		Holland
Strawberries		Warwickshire
Pineapple		Costa Rica
Kiwi		Greece
Grapes		Italy
Crisps		Evesham
Chocolate	Fair Trade	Ghana
Chocolate		Switzerland
Sponge cake		Shropshire
Yoghurt		Somerset
Yoghurt		France
Jam		Paraguay

Equipment List

Food Relay Game

- Straws
- Ping pong balls
- Red and green tissue paper
- Laminated Flags

Lunch Challenge

- Ingredients cards
- Carbon emissions list
- Lunch menu
- Computers/Laptops (provided by the school)
- Scrap paper
- Pens
- Pencils
- A3 paper