

Food miles past : Food miles present



Take a look at these four food diaries.

Each one is low in one of the four nutrient groups.

Food Diaries

triple
crossed

Which one is low in: **a** protein? **b** vitamins & minerals? **c** fats? **d** carbohydrate?

Abdi – this week I have mostly been eating...

	Breakfast	Lunch	Dinner
Monday	muesli	cheese sandwich and salad	tandoori chicken (no rice – I don't like rice)
Tuesday	an apple	yoghurt and a chocolate bar	grilled fish and salad
Wednesday	scrambled eggs	grilled fish fingers	lentil dhal and saag aloo
Thursday	an apple	grapes and a fruit scone	vegetable jalfrezi
Saturday	fried egg and beans	yoghurt and a pear	stir fried chicken and vegetables
	boiled egg	BBQ chicken	3 bean soup and fruit salad
Sunday	fruit smoothie	tuna salad	beef curry

Low in:

Beth – this week I have mostly been eating...

	Breakfast	Lunch	Dinner
Monday	toast	cheese sandwich and salad	3 bean soup with wholebread
Tuesday	muesli	tuna pasta bake	vegetable chilli with cheese and beans
Wednesday	an apple	tuna baguette	tandoori chicken with rice and chapattis
Thursday	boiled egg on toast	grapes and a ham sandwich	chicken salad
Saturday	toast and beans	fruit smoothie and carrot sticks	grilled chicken with peas and sweetcorn
Sunday	shredded wheat	macaroni cheese	chicken pizza and salad

Low in:



Which one is low in: **a** protein? **b** vitamins & minerals? **c** fats? **d** carbohydrate?

Charlie – this week I have mostly been eating...

	Breakfast	Lunch	Dinner
Monday	bran flakes	carrot sticks and green salad	fruit salad with custard
Tuesday	an apple	jam sandwich and crisps	jacket potato and butter
Wednesday	toast	an apple and salad sandwich	rice and peas
Thursday	muesli	noodles and vegetables	lentil dhal and saag aloo with naan bread
Friday	toast	pasta salad and chocolate biscuits	fish fingers and potato salad
Saturday	fruit smoothie	yoghurt and a chocolate bar	stir fried rice and vegetables
Sunday	croissant and jam	fruit smoothie and carrot sticks	mashed potato, gravy and peas

Low in:

Des – this week I have mostly been eating...

	Breakfast	Lunch	Dinner
Monday	toast	omelette and chips	tandoori chicken with rice and chapattis
Tuesday	bran flakes	burger and chips	chicken curry and rice
Wednesday	bran flakes	cheese on toast	spaghetti bolognese
Thursday	toast	sausage roll and cheese triangles	grilled fish and rice
Friday	muesli	tuna baguette	fish and chips
Saturday	bacon and eggs	chicken pizza	mashed potato sausages
Sunday	toast	sausage roll and a chocolate bar	roast chicken and vegetables

Low in:





My Food Diary

a protein

b vitamins & minerals

c fats

d carbohydrate

e fibre

What did you eat yesterday? Write in the grid below.

breakfast	lunch	dinner

Did you eat something from each of the five nutrient groups at the top of the page?

Now complete these sentences:

How balanced was your diet yesterday? _____

Which nutrient groups should you have eaten more of for a more balanced diet? _____

The term 'food miles' refers to the distance that food travels from where it is grown or produced, to where it is eaten.

Roman Food Miles triple crossed

Look at the map of the Roman Empire in the time of Hadrian (116AD).



For each of the imported foods, measure on the map the distance the food has travelled to Rome.

Roman Food Miles triple crossed

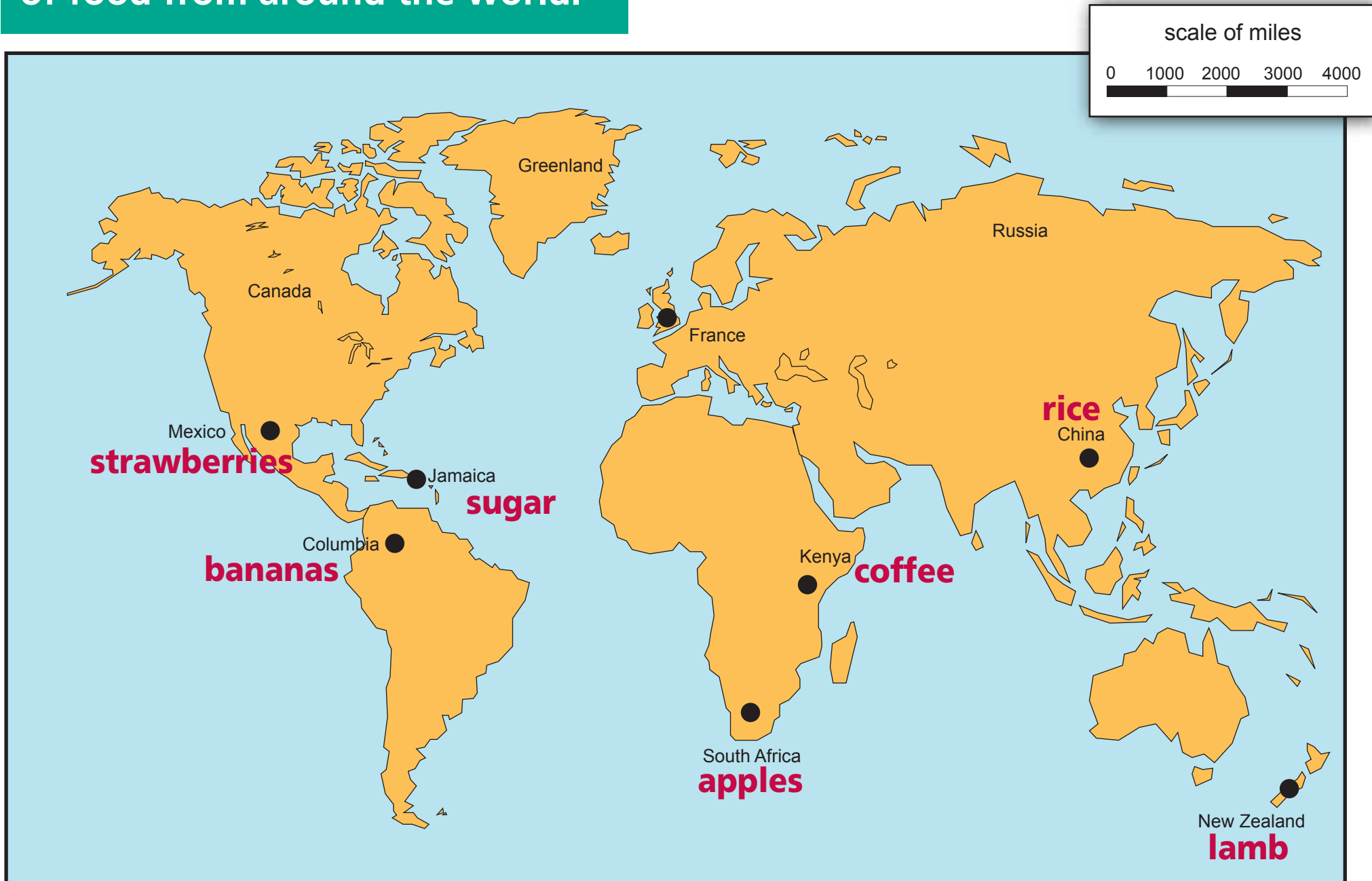
Use the scale provided on page 5 to work out how many miles the food travels to Rome and complete the table.

Some of the foods that were imported from other countries are shown in the table.

imported food	origin	miles travelled
grapes	Lusitania	
grain for bread	Egypt	
feta cheese	Dacia	
beer	Brittania	
chana (chick peas)	Africa	
honey	Dacia	
spices	Syria	

Today we import a wider variety of food from around the world.

Modern Food Miles **triple crossed**



For each of the imported foods, measure on the map the distance the food has travelled to Rome.

Modern Food Miles triple crossed

Use the world map to calculate the total food miles travelled for the modern imported foods.

imported food	origin	miles travelled
strawberries	Mexico	
bananas	Colombia	
coffee	Kenya	
apples	South Africa	
lamb	New Zealand	
sugar	Jamaica	
rice	China	

Compare the seven Roman and seven modern imported foods:

What was the furthest distance travelled in each case?

What was the total number of food miles in each case?

What was the mean (average) number of food miles?

In what ways is the environment affected by transport of food over large distances?
