



My Food Miles Passport

A week-long mission to track the journeys your food
takes to reach your plate.

Detective's name: _____

Class: _____

Week starting: _____

Your mission this week

Every day this week, pick one food you eat and find out where it's really come from. By the end of the week you'll have tracked a whole week's worth of food journeys.

1. **Pick a food.** Something from breakfast, lunch, dinner or a snack - your choice.
2. **Check where it's from.** Look at the packaging for a country of origin, or ask an adult if you're not sure.
3. **Look it up.** Visit **foodmiles.com** and use the calculator to find the distance it travelled.
4. **Write it down.** Fill in a row on your log page (over the page) - food, country, and distance.
5. **At the end of the week,** fill in your findings page and see how far your food has really travelled.

EXAMPLE ENTRY

Monday · Bananas · Ecuador · 5,540 miles

Track a food every day

Fill in one row a day. Missed a day? Just skip it and carry on.

DAY	FOOD ITEM	COUNTRY IT CAME FROM	DISTANCE (MILES)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

LONGEST JOURNEY THIS WEEK

SHORTEST JOURNEY THIS WEEK

TOTAL MILES THIS WEEK

Draw your longest journey

Pick the food from your log that travelled the furthest. Draw or sketch its journey below - a map, a route, or just your own picture of how it got to you (plane, boat, lorry?).

Draw here

FOOD

FROM

HOW IT PROBABLY TRAVELLED

What I found out this week

What surprised you most about this week's food journeys?

Was there a pattern to which foods travelled further?

One thing I'd like to find out next time:

Certificate of Completion

This certifies that

has completed a Food Miles Passport, tracking a week of real food journeys.

DAYS TRACKED

COUNTRIES FOUND

TOTAL MILES

Signed

Date
