

FOOD LITE BITE ACTIVITY

'The Long Journey'

Resources you will need: a world map and either a Kinder Egg or various food products

Time it will take: 20 – 90 minutes (depending on length of discussion)

Group size and age: Any size, any age

Purpose: For young people to think about the full story of everyday food products – where they are grown / produced, how they have travelled to our tables and the impact of this trade on the environment and people.

How it works:

- Spread the world map out so that everyone can see.
- Slowly unwrap the kinder egg and ask the group to identify the main parts and what materials / substances they are made from.
- Ask the young people to guess where the materials / substances come from.
- Guess how many miles these places are from the UK (as the crow flies)

Part of the Kinder Egg	Material / substance	Where it is from (miles as the crow flies) <i>For calculation of distance visit www.organiclinker.com/foodmiles</i>
Aluminium foil for the wrapping	Aluminium from bauxite	Jamaica – 4683 miles
Chocolate (main ingredients milk, cocoa beans and sugar)	Cocoa Sugar Milk	West Africa – 3176 miles South America – 6321 miles UK
Plastic casing	Oil	Middle East – 2733 miles
Plastic toy inside	Made from plastic (derived from oil)	China – 5058 miles
Paper (instructions for assembling the toy)	From trees	Scandinavia – 889 miles

- Calculate the total mileage for the production of this Kinder Egg – remember that this is as the crow flies, and it is likely to be much more
- With all these processes and all this travel the question for discussion is – how can it only cost 58p? This should raise issues of how little workers are paid in factories overseas (for example to make the plastic toy in China), and how the polluter (to ship the materials / substances around the world) doesn't pay for their impact on the environment – this is what makes the Kinder Egg profitable at 58p.

A lot of the information above is estimated. For a full activity pack with detailed information about the impact of a Kinder Egg see 'Where's the Impact' from Centre for Alternative Technology www.cat.org.uk

Adaptations: This activity can be done with any food products found in the cupboard, or any other product the young people chose. One older group of young people decided to use cocaine as an example and research the impact of cocaine on environment and people throughout the world

What next: The young people could cook a meal with as low food miles as possible using local produce (for example pancakes with flour, butter and milk all from Wales). They could research recipes from different parts of the world and celebrate national days with cooking / tasting sessions. Colourful posters can be displayed on the walls of the centre

Useful Information

Organic means food grown without most artificial fertilisers or pesticides which means the life of the soil is maintained and biodiversity is encouraged. Animals reared organically are kept in ways which minimise the need for medicines and other chemical treatments.

<http://www.defra.gov.uk/farm/organic/consumers/faq.htm>

Fair-trade means decent working conditions, local sustainability, and fairer terms of trade for farmers and workers in the developing world.

www.fairtrade.org.uk

The UK lives way beyond its environmental means and is increasingly dependent on the rest of the world for its natural resources; drawing from cropland, pasture, forests and fisheries from other countries. By Easter Sunday 2009 the UK used the levels of resources it should consume in an entire year if it was ecologically self-sufficient. In 2008 it was July 9th.

Taken from Guardian 11th April 2009

'Before you finish eating breakfast this morning, you've depended on the whole world' Martin Luther King Jnr.

NATURAL ENVIRONMENT

Artificial pesticides and fertilisers are used to grow food and impact on natural habitats and can harm plants and animals (example of bees dying out)

Organic growing techniques (used for years in allotments and back gardens) encourage biodiversity as they don't use artificial pesticides and fertilisers and therefore promote biodiversity.

DIVERSITY / IDENTITY AND CULTURE

Multi-cultural foods available in supermarkets / restaurants throughout the UK – curry the nation's favourite dish

Role of food in cultural or religious celebrations

Cultural ideas of beauty and impact on body image and eating habits

CHOICES AND DECISIONS

Decisions about what to sell in the tuck shop – organic / fair trade?

Impact of consumer choice on growers / manufacturers overseas

Whether to buy fair trade or organic or eat imported meat

HEALTH

Impact of global beauty ideal on body image e.g. anorexia / skin whitening / leg lengthening

Trans-national fast food companies – impact on global obesity

Impact of factory farming on animal welfare

FOOD

WEALTH AND POVERTY

There is enough food grown worldwide to feed everyone but there isn't equal access to food – why so many people in the world are under-nourished

Beef production uses grain that could feed many more people

Where food in everyday diet is grown / produced – impact on those parts of the world

CLIMATE CHANGE

Where food is sourced and how it is transported - impact on carbon emissions e.g. grow your own and local produce less impact on climate change

Some diets (e.g. vegetarian) have much less environmental /carbon emission impact

Food waste produces methane and therefore contributes to climate change

Impact of climate change could make conflict over food / water resources more likely

CONSUMPTION AND WASTE

Food wastage and composting schemes

Packaging - litter

Food imports to meet consumption requirements in UK

Global impact of human waste

PEACE AND CONFLICT

Conflict as a result of competition for water / land to grow food - local example of campaigns to keep allotments

Cooking / eating together as a peace building activity