**Plough to Plate**

* Choose a food from any of the [6](https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/)​ [main food groups.](https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/)​
* Locate the country/countries of origin on a world map and work out how far the food item travels to get to your plate.
* Sketch a diagram detailing the journey the food has taken and add captions and timeframes.
* What could we do to reduce how many miles our food travels?