

Action 2: Food Miles!

- Find seven food products in your kitchen (e.g. fruits, vegetables, rice, beans, nuts) that have a label telling where the product was produced.

<i>Product</i>	<i>Picture</i>	<i>Where the product was produced</i>
1. avocado		from New Zealand
2. asparagus		from Bavaria, Germany
3. chocolate		from Switzerland
4. cheese		from Allgäu, Germany
5. coffe beans		from Italy
6. coffee		from Denmark
7. porridge		from Villach, Austria

- 2. Do some of these products grow naturally in your country during certain times of the year? Or are they transported to your supermarket from other countries? Consider how this might impact the weather and our environment overtime and give appreciation to the environment that we are currently living comfortably in.**

Asparagus grows naturally in my country (in Germany, Bavaria) currently (April – June). It is grown here in large fields. There are different varieties as for example green and white asparagus. Other products as the avocado don't grow in my country. They are transported to the supermarkets from other countries, for example from South Africa, New Zealand, or southern Spain. The coffee beans are produced in Italy traditionally and then they are transported to Germany.

I think it's better when products grow in our own area or in the country where we live, because you can support local people. When products are grown in other countries they must be transported to Germany and this costs money and also it isn't good for our environment. But not only the transportation of these goods is dangerous for our environment but also the garbage production that comes with it.

- 3. Be inspired by this [YRE video from Sweden](#) and find out what local and seasonal food products you have in your country.**

Spring: Lettuce, Potatoes, Asparagus

Summer: Aubergine, Tomato, Radishes, Potatos, Berries

Autumn: Apples, Carrots, Potatos, Mushrooms

Winter: Brussels sprouts, Red cabbage, Kale

- 4. Repeat the following affirmation, "I care for my health and about what I eat"**

„I care for my health and about what I eat“