

## **DT Lesson 1:**

**LO: I am learning to understand where our food comes from.**



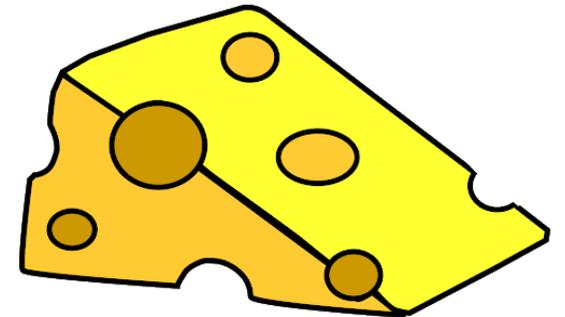
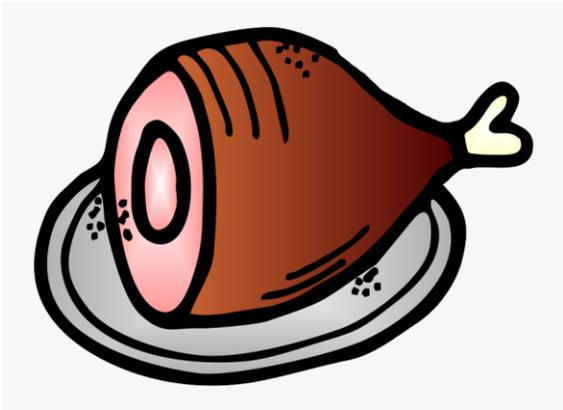
# Would You Rather...

**...be limited with the amount of TV you watch or  
online games you play?**



**Now let's put it into context!**

# **Would You Rather...**



**...be limited with the amount of bacon/ham or cheese  
you can eat?**

# **This is 2021...**

What food do we have available to us now?

Have a think...

Which foods are limited?

Are we lucky with what we have?

Do you think we have a varied diet?

# So, where does our food come from?



# Food Miles



What do you think  
food miles are?

Why should we  
worry about them?

Complete the worksheet on *Food Miles* by searching for items of food in your cupboards or fridge!

# Calculating Food Miles



**Food Miles**

I can explain where our food comes from.  
I can use digital maps to calculate food miles.

Food Item	Where It Comes From	Food Miles

How far has all the food in your shopping travelled?  
It's about 25,000 miles around the Earth. Has your shopping travelled that far?



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When shopping, look at where each item in your shopping bag came from.

Use this [website](#) to work out how far it has travelled to your house as the crow flies (that means in a straight line).

# Now let's travel back to 1942...



Rationing began on 8th January 1940 when bacon, butter and sugar were rationed. By 1942 many other foods, including meat, milk, cheese, eggs and cooking fat were also 'on the ration', which meant they were limited.

# **So what did people eat during the war if food was limited?**

Make a list of food that you think families in 1942 may have eaten.

We will compare this with our research into wartime food, recipes and rationing **NEXT LESSON!**

# Remember...



***Food miles*** is the distance that our food travels from the time it's made or picked until it reaches us!

## Did you know...

Each of us travels around 135 miles a year in the car to do our **food** shopping!

This is **NOT GOOD** for our carbon footprint!