



My Food Journey

OBJECTIVE

Understand the path of food from **the place of production to your plate**, identifying the number of steps involved, the associated environmental impact and possible **more sustainable alternatives**.

YOUR MISSION

For **a week**, he follows the "journey" of some foods that you consume regularly.

Step 1 – Choose the food

Select **3 foods** from your daily life:

1. _____
2. _____
3. _____

(e.g. apple, yoghurt, bread,

tuna) **Step 2 – Search for origin**

For each food, investigate:

- **Where it is produced** (country/region)
- **How many steps** do you go through to reach you
(e.g., producer → factory → distributor → store → consumer)
- **Whether there is a local or more sustainable alternative**

Step 3 – Trip map

Create a **simple map** for each food.

Example:

Producer → Transport → Transformation → Store → You



Food	Origin	Steps to reach you	Possible alternative

Step 4 - Analyse and compare

Answers:

- Which food has the shortest chain?

- Which seems to have the biggest environmental impact? Why?

- What could you change in your next purchase?

FINAL REFLECTION

What has changed in the way you look at food after meeting its "journey"?

FOODWISELAB TIP

Foods with **shorter chains**, fewer steps, and closer production tend to have **less environmental impact** and support local economies — small choices are part of a larger system.