



The World on My Plate

OBJECTIVE

Understand how your food choices connect your plate to the **whole world**, assessing **origin, seasonality, type of production and distance travelled**, and reflecting on ways to **reduce the environmental footprint**.

YOUR MISSION

Choose **three foods** that you eat regularly and research their journey to Portugal.

Step 1 – Choose the food

1. _____
2. _____
3. _____

Step 2 - Investigate the origin

Look on the packaging or online and complete the table:

Food	Country of Origin	It is from the season?	Type of production	Distance to Portugal
		☐ yes ☐ no	☐ intensive ☐ extensive ☐ biological ☐ I don't know	☐ short ☐ medium ☐ long
		☐ yes ☐ no	☐ intensive ☐ extensive ☐ biological ☐ I don't know	☐ short ☐ medium ☐ long
		☐ yes ☐ no	☐ intensive ☐ extensive ☐ biological ☐ I don't know	☐ short ☐ medium ☐ long



Step 3 - Compare the impact

Answers:

- Which food has the least environmental impact? Why?

- Which seems to have the biggest impact? What contributes to this?

Step 4 - Smart Replacement

Propose a **simple substitution** that reduces the footprint of your plate:

- Food to be replaced: _____
- Proposed replacement: _____

JUSTIFICATION:

FINAL REFLECTION

What changes in the way you choose food when you think about **the world behind the plate**?

FOODWISELAB TIP

Preferring **closer, seasonal, and less processed** foods helps reduce emissions, support producers, and make the food system more sustainable.