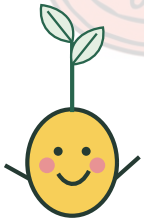
Food Journey Challenge

Trace two routes from where a vegetable grew to your plate.



Little growers, big discoveries

20 MIN | FOOD ORIGINS AND GROWING | AGES 5+ WITH AN ADULT

Grab your kit

A homegrown vegetable or a drawing of one, a labelled shop-bought vegetable, paper, a pencil and an optional atlas.

Your discovery mission

1. Choose a vegetable you grow or could grow. Draw its journey from seed to your growing space, then harvest and kitchen.
2. Read the country of origin on a shop-bought vegetable's label with an adult. If it is missing, record Unknown rather than guessing.
3. Draw that vegetable's possible journey: growing place, packing, transport, shop and kitchen. Mark any stages you do not know.
4. Compare the routes. Count the stages in your drawings and discuss which details would help you understand them better.

What did you discover?

Shop-bought origin: _____
Something I do not yet know: _____

Draw your discovery

Let's wonder...

What else besides distance might matter, such as how food was grown, stored or transported?

NEXT ADVENTURE

Find the country in an atlas. Make a new comparison with a vegetable grown in the UK.

Use packaging information as clues. A shorter journey alone does not tell us the full environmental impact of a food.