

Where do the vegetables (and fruit) you eat come from?

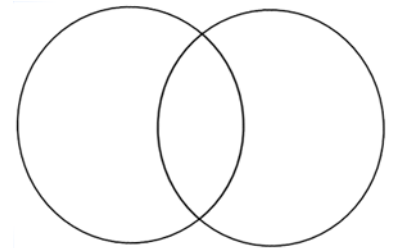


Many vegetables can be grown in this country, others need a warmer climate.

Are the vegetables and fruit you eat grown and harvested in the UK or the rest of the world?

What to do:

1. On a large sheet of paper draw 2 big circles like these.
2. Mark one circle the **UK**, the other **Rest of the World**.
3. Hunt in your vegetable basket, fruit bowl, fridge, freezer, cupboard, garden etc for all the vegetables and fruit your family eats. (remember tins, frozen, dried, juices count too)
4. Check their labels and find out where they come from – sometimes they don't help much unfortunately!
5. Draw or write them in the correct circle.
 - If you find they are grown in the UK, but you think they don't always, put them in the overlapping part.
 - Similarly, if they come from other parts of the world but you know they can also be grown in the UK put them there too.
6. What do you find, do you eat mostly UK or world produce?



It is good to eat produce **grown in the UK** as much as we can. Bringing it from around the world uses lots of energy so harms the environment. Sometimes growing methods use lots of water and mean large areas are covered in glass or plastic. Being aware of the seasons for vegetables and fruit helps – that is when they are ready for eating, as what comes from where varies throughout the year. We need to change what we eat throughout the year to follow the season.