

**Try this!**

## **Meal Investigation**

For your favourite meal investigate where all of the different parts of the meal come from. Don't forget the herbs and spices.



Many fruit and vegetables will have where they come from on the supermarket shelves or on their labels. Try to have a look when you help with the shopping.

Create a map showing where they come from. Some will have travelled across the world to get to your plate!

What travelled the furthest? Were you surprised about how far it had travelled? How did it make the journey to the UK?

You could also try a new food from a different country. Our students have loved trying new things when they have been on school trips.