



The Way of My Food

OBJECTIVE

Understand the journey of a food **from production to your plate**, identifying stages of **transformation, transport and environmental impact**, and reflect on **alternatives with a smaller ecological footprint**.

YOUR MISSION

Choose a **food** that you eat regularly and follow its path until it reaches you.

(e.g., apples, bread, milk, rice, beans, yogurt)

Step 1 - Investigate the route

Answers:

- Chosen food: _____
- Where is it produced? _____
- How do you get to the supermarket?
☐ location ☐ regional ☐ national ☐ imported
- Is it undergoing transformation? Which one?
☐ No ☐ Yes: _____
- Approximate environmental footprint:
☐ low ☐ medium ☐ high *(water, energy, transportation)*

Step 2 – Look for alternatives

It identifies **two alternatives** with less environmental impact:

1. _____
2. _____

(e.g., local, seasonal, less processed product, reusable packaging)



Step 3 - Resume the trip

Write a **sentence** that describes the path from food to your plate:

Step 4 - Adjust your choices

Compare and answer:

- How could you adjust your choices to have a more positive impact on the planet?

FINAL REFLECTION

What has changed in the way you look at this food after knowing its way?

FOODWISELAB TIP

Choosing foods **closer to the origin, less processed and well planned** helps to reduce the environmental impact without giving up the pleasure of eating.