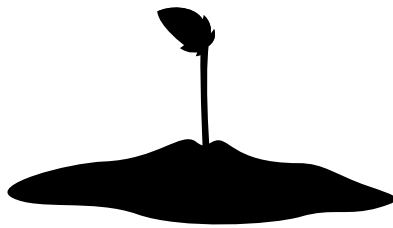
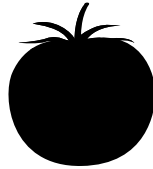




# **TOMATO OBSTACLE COURSE**

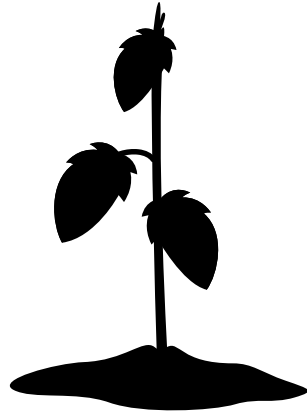
## **FOOD FACTS**



### **A. Tomato seeds are planted**

#### **Food fact**

**We produce enough food to feed nine billion people – more people than live on Earth! But lots of it is wasted.**

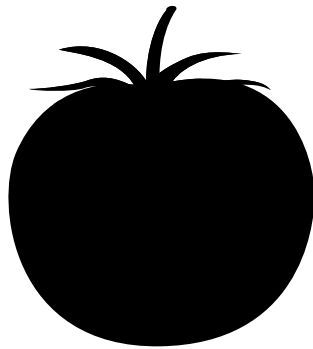


## **B. The plants begin to grow**

### Food fact

**Over 75% of leading global food crops benefit from pollination, but pollinator numbers are dropping because of chemicals used in farming and destruction of their habitats.**

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## **C. Tomatoes are picked before they are ripe.**

### Food fact

**The food we eat in the UK has an impact on the health of animal and plant species at home and abroad.**

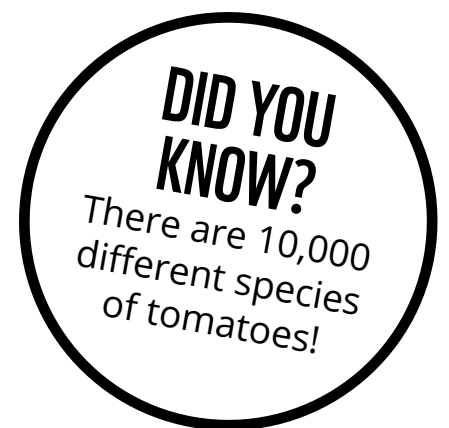
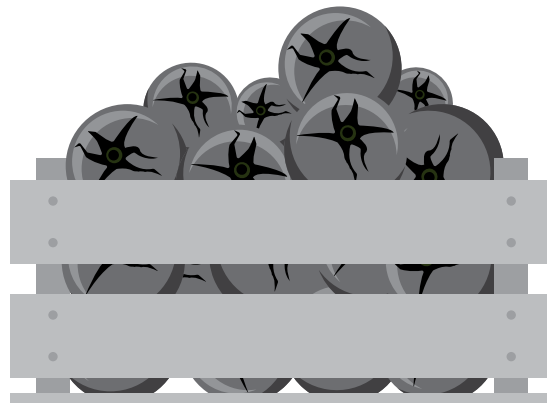


## **D. Tomatoes are sprayed with chemicals.**

### Food fact

**Chemical pesticides and fertilizers are used to grow tomatoes. The chemicals are bad for the soil.**

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## **E. Tomatoes are stored for two weeks.**

### Food fact

**Around 75% of the world's food comes from just 12 crops and 5 animals. It's good for us and for the environment to eat a wider variety of fruit and vegetables.**

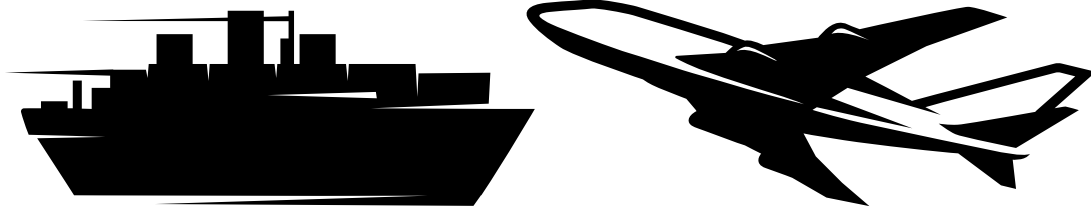


## **F. Tomatoes are transported by land.**

### **Food fact**

**Every stage of food production produces carbon dioxide, which contributes to global warming.**

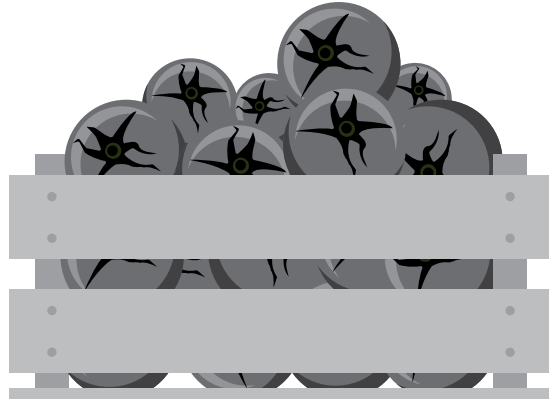
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## **G. Tomatoes are transported overseas.**

### **Food fact**

**Much of the food we eat is transported long distances, but food transported by aeroplane has the biggest impact on our world.**



## **H. The tomatoes are stored again.**

### **Food fact**

**Often fruit that is produced in warmer climates is chilled for long distances while it travels, using more energy.**

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## **I. The tomatoes make it to the supermarket.**

### **Food fact**

**Producing 1 kg of beef requires 70 times as much land as 1 kg of vegetables. Help the planet by enjoying more meat-free meals.**



## Top Tips

**We are also part of the chain. Think about walking or cycling to the supermarket, make sure you take a bag for life and try to choose food with less packaging. In the summer you could try growing your own food!**

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## The bin!

### Food fact

**In the UK, 6.7 million tonnes of food is thrown away every year – that's a third of all food we buy.**