

PEANUTS



FOOD MILES: 6,919

THIRST: 3,974 L

TIME TO GROW: 4.5 M

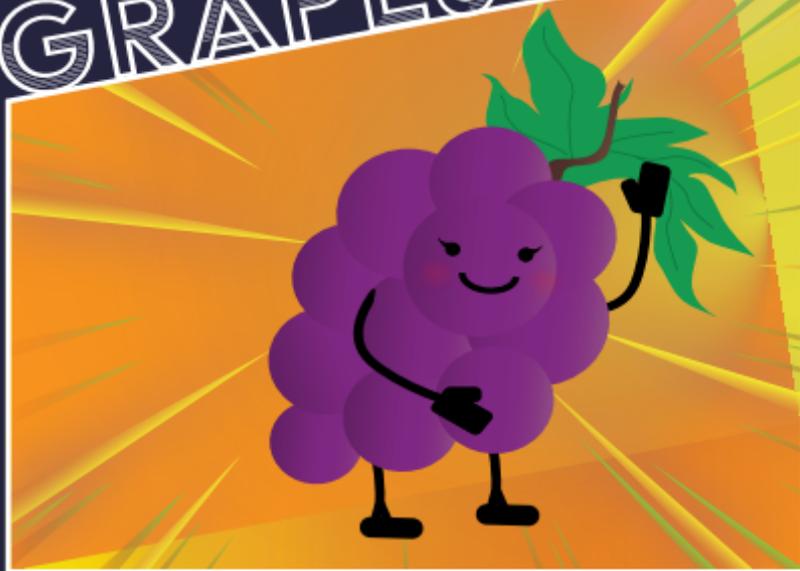
SHELF-LIFE: 243 D

POWER POINTS: 37

FUN FOOD FACT

It takes 540 peanuts to make a 340-gram jar of peanut butter. That's around 1.6 peanuts for each gram of peanut butter.

GRAPES



FOOD MILES: 7,254

THIRST: 680 L

TIME TO GROW: 2.3 M

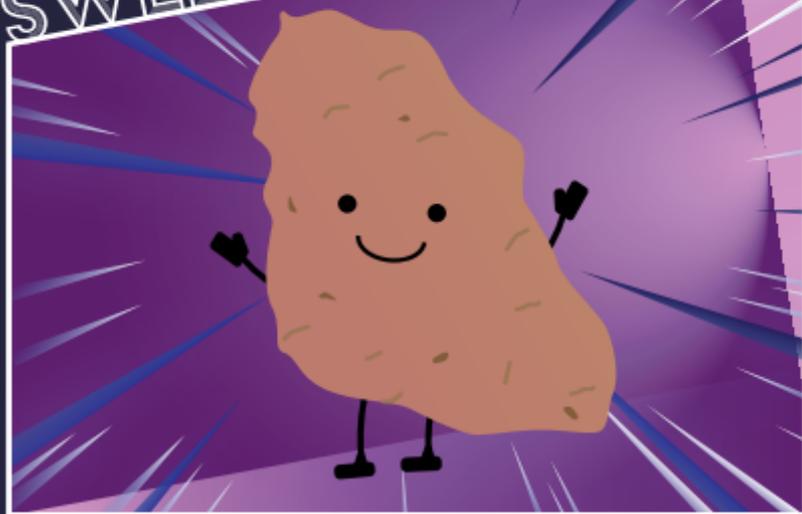
SHELF-LIFE: 5 D

POWER POINTS: 119

FUN FOOD FACT

A scientific review published in the journal "Trends in Genetics" reports that most researchers believe grapes are at least 65 million years old.

SWEET POTATO



FOOD MILES: 3,559

THIRST: 383 L

TIME TO GROW: 4.27 M

SHELF-LIFE: 35 D

POWER POINTS: 181

FUN FOOD FACT

The world's heaviest sweet potato weighed 37 kg on 8 March 2004 and was grown by Manuel Pérez Pérez in Güime, Lanzarote, Spain.

PUMPKIN



FOOD MILES: 150

THIRST: 330 L

TIME TO GROW: 3.95 M

SHELF-LIFE: 55 D

POWER POINTS: 372

FUN FOOD FACT

Pumpkins are very versatile in cooking. All parts of the pumpkin are edible, including the fleshy shell, seeds, leaves, stems, and even the flowers!

BEEF



FOOD MILES: 288

THIRST: 15,415 L

TIME TO GROW: 4 M

SHELF-LIFE: 1 D

POWER POINTS: 20

FUN FOOD FACT

There are around 10 million cattle in the UK, with about equal numbers farmed for meat and dairy products.

CHICKEN



FOOD MILES: 30

THIRST: 4,325 L

TIME TO GROW: 4 M

SHELF-LIFE: 1.5 D

POWER POINTS: 24

FUN FOOD FACT

Wild chickens live for 5-11 years in their natural environment.

PAK CHOI



FOOD MILES: 5,711

THIRST: 700 L

TIME TO GROW: 1.25 M

SHELF-LIFE: 4 D

POWER POINTS: 865

FUN FOOD FACT

Pak Choi originated in China and has been grown there since 400 AD, and it wasn't until the late 1700s that it was introduced to Europe.

GINGER



FOOD MILES: 5,300

THIRST: 1,657 L

TIME TO GROW: 9.5 M

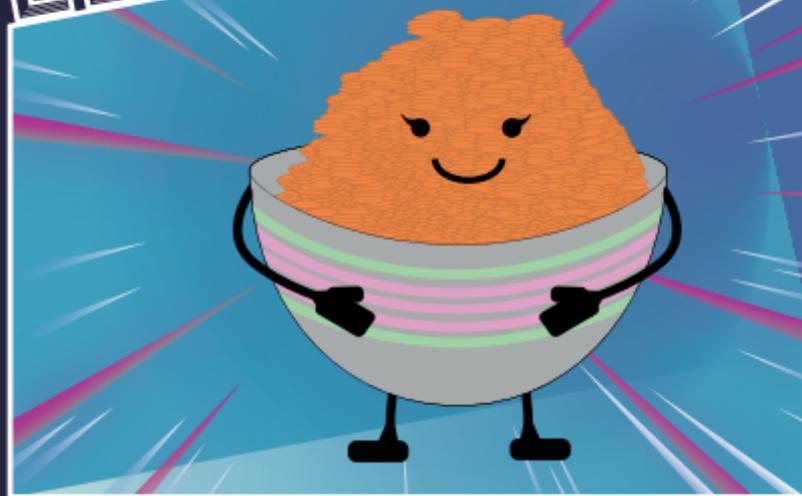
SHELF-LIFE: 21 D

POWER POINTS: 56

FUN FOOD FACT

The ginger you buy at the shop has been harvested after 10-12 months of maturing.

LENTILS



FOOD MILES: 3,332

THIRST: 5,874 L

TIME TO GROW: 3.29 M

SHELF-LIFE: 3 Y

POWER POINTS: 104

FUN FOOD FACT

Lentil artifacts have been found on archeological digs in Western Asia dating back to 8,000 BC and there is evidence of the Egyptians, Romans, and Hebrews eating this legume.

CHOCOLATE



FOOD MILES: 4,616

THIRST: 17,196 L

TIME TO GROW: 5 Y

SHELF-LIFE: 210 D

POWER POINTS: 21

FUN FOOD FACT

Chocolate is the only edible substance to melt around 32°C (90°F), just below human body temperature. That's why chocolate melts in your mouth.

HOW TO PLAY

Any number of people can play

Shuffle the cards and deal them face down.

Each player holds the cards face up so that they can only see their top card.

The player to the dealers left starts by reading out an item on their card (eg. Food miles 800).

The other player then reads out the same item on their playing card, who ever reads out the lowest value in the first 3 categories (FOOD MILES, SHELF LIFE, TIME TO GROW) or the highest value in the last 2 categories (SHELF LIFE, POWER POINTS) wins.

The winning player collects all of the cards including their own and moves them to the bottom of their pile. It is then their turn to call an item from the next top card.

If two of more cards share the top value then they are placed in the middle and the same player choses again from the top card. The winner of the next round collects them all.



FUN FOOD FACT

Every day, British farms supply 20 million eggs and the grain to make nine million loaves of bread!

THE CATEGORIES EXPLAINED

FOOD MILES

A mile over which a food item is transported during the journey from producer to consumer. Calculated by averaging the data from the biggest UK supermarkets. Using less fuel means less pollution so it's better for our environment.

THIRST (L = Litres)

How much water is required to produce 1 Kg of the food item on the card. Clean fresh water is abundant here in the UK but it is scarce in other parts of the world and it is a very important natural resource that we need in order to live.

TIME TO GROW

The amount of time in months it takes to grow the food item on the card. This is an average calculation and not to be taken as absolute fact.

SHELF LIFE

The length of time in days that the food can be consumed in. The longer we can keep it the more time we will have to eat it.

POWER POINTS

This refers to the nutritional value that the food type on the card has, and its healthy benefits for your body.



FUN FOOD FACT

Roughly one third of the food produced in the world for human consumption gets lost or wasted every year. Which is approximately 1.3 billion tonnes!