



Tracking my food's path

The sandwich is one of the most common foods served at breakfast or during class breaks.

1. Start with the question: what is in a sandwich (bread, meat, vegetable, butter, water and energy for its production).
2. Follow the production of one of its ingredients, bread for example, by analyzing the following questions:
 - What is bread made of (wheat)?
 - What is needed to grow wheat



Wheat is planted (human and mechanical energy is needed);



Planting is followed by watering, fertilizing, watering (more energy and other materials are needed);



Harvesting of the grain is accompanied by harvesting and transportation (more energy is needed);



The process continues with grinding the grain, preparing and baking the bread (much more energy is used);



To become a sandwich, the bread must be transported to the consumer and cut in the appropriate manner (additional energy is needed).

3. Following a similar scheme of questions and answers follow the pathway of the other sandwich ingredients.
4. Reach the conclusion that preparation of any food requires a lot of energy and materials, and the dumping and wasting of food is a serious problem not only for the family budget but also contributes significantly to generation of greenhouse gases and changes in climate.

