



TasteWiseKids

at Home

Activity: How far does your pizza travel?

We are going to do a simple activity that uses a pizza to help us think about where our food comes from and how far our food travels before we get to eat it. This is a key activity during Day #1 of our Days of Taste program and is always an eye-opener for the kids (plus, it adds in a bit of math skills in a real-life way).

Supplies:

- How far does our food travel worksheet OR a map of the United States
- piece of paper
- pencil
- crayons, markers or something else to color with

Instructions

1. On a piece of paper, ask your child to draw a pizza with their favorite toppings. They can color in the picture as they want.
2. Ask how long it normally takes to get a pizza delivered or to pick it up after the family decides pizza is for dinner. Have them write their answers in minutes below their picture.
3. Ask your child to **estimate number of miles** they think the pizza travels from where it was made to their door, and the **amount of time**. Have them write their answer in miles and hours (or fraction of hours) below their picture.
4. Using the picture they drew as a guide, have him/her **deconstruct the pizza to identify the key parts**. You can create a chart of these ingredients on the same paper or a separate piece of paper. The chart can look like this:

Pizza component	Key ingredient	State where key ingredient grown	Distance (miles)	Time (hours)
Crust				
Sauce				
Cheese				
Topping:				
Topping:				

5. Ask your child the **key ingredients in each component** of the pizza. He/she can write the answers down in the columns. Here are a few questions to help your child get to the key ingredient:
- Crust:** What is crust made of? What is dough made from? What is flour made from? [answer = wheat]
 - Sauce:** What is pizza sauce made of? Where do we get tomatoes? When fresh tomatoes are not available, the sauce would probably be made of canned tomatoes.
 - Cheese:** does cheese grow on a farm? what is the main ingredient? (milk which is found on dairy farms)

**Key point: all of these core ingredients grow on farms.*

6. Help your child determine **where each of these ingredients can grow**. While there are multiple answers to where each ingredient can grow (and all can grow in Maryland), most times pizza ingredients are coming from all over the United States. Here is some helpful information and approximate distances for reference. You are welcome to also do your own research and/or to focus on a “local” pizza.
- Wheat:** We don’t have many wheat farms here in Maryland. Our wheat for pizza most often comes from KANSAS. Find Kansas on the map. How many miles is a farm in Kansas from Maryland? About 1300 MILES. About how long is the drive from Kansas to Maryland? About 22 HOURS, nearly one day with no sleeping, if you don’t stop to eat or get out of the truck!
 - Tomatoes:** If we make fresh tomato sauce, where would we get ripe tomatoes this time of year? Somewhere warmer, south of Maryland, maybe FLORIDA. How far is Florida from Maryland? About 900 miles. How long does it take to drive 900 miles? About 15 hours on the highway, without stopping.
 - Cheese:** While there is cheese grown in Maryland, the state of WISCONSIN has more dairy farms than any other state. Wisconsin is about 850 miles from Maryland. The drive would be about 14 hours.
 - Toppings:** Frequent answers, Pepperoni or sausage (from pigs), Chicken, Mushrooms (grow in Maryland, but one of the “mushroom capitals” of the US is about 100 miles, 2 hours, north in Pennsylvania), Pineapple (grown on pineapple plantations in Hawaii, thousands of miles from Maryland and have to use boat or plane).

** Key point is that different food grows in different parts of the country and not all on the same farms. * Extension – part of the rationale for why things grow in different places is based on climate, amount of farmland, etc. Help your children determine how far each of these ingredients traveled to get to your table. This can be added to their worksheet.*

7. Now add up the miles and the time for your pizza and record it in your chart.
8. Compare this number to how long it takes to get a pizza delivered/picked up.
- One number is much larger than the other.
 - Talk about why that might be.

Debrief/key points from activity:

- Most food starts/grows on a farm even if we don't see it start there (i.e. we just see it at a grocery store)
- Food can travel long distances to get to us. While we have a lot of great farms in Maryland, much of food still travels from far away.
- The amount of miles these ingredients travel is much bigger than the number of miles from the restaurant or grocery store (because a restaurant or grocery store is the last stop for food before it comes to our home)