

Sustain-O-Meter Instructions

Move the dials on the sustain-o-meter to show how important price, taste, nutritional content, food miles are when you choose to eat this global fruit salad.

- Will it taste nice?
- Will it be expensive?
- How far will the food have to travel?
- Is it very nutritious?
- Is it good for us?

Something to think about

Where our food has come from. Why we export our food and why we import foods we cannot grow are important factors when we choose the food we want to eat. What else might you think about when you buy your food?

Next time you are choosing something to eat, think about.....

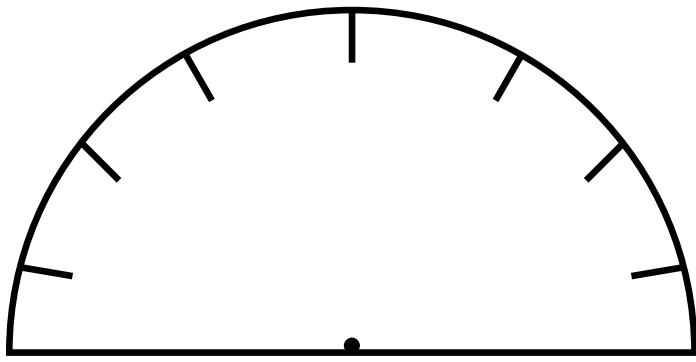
1. Where did it come from?
2. How did it get here?
3. Is this a food that Scotland is famous for?
4. Is this food in season in Scotland now?
5. Does buying this support local producers?
6. Is this food good for me?
7. Will I be able to eat all or will some of it go to waste?

To help us to remember, we have our healthy, sustainable diet shopping list bags.

Sustain-O-Meter

Draw an arrow on the different dials to show your chosen rating.

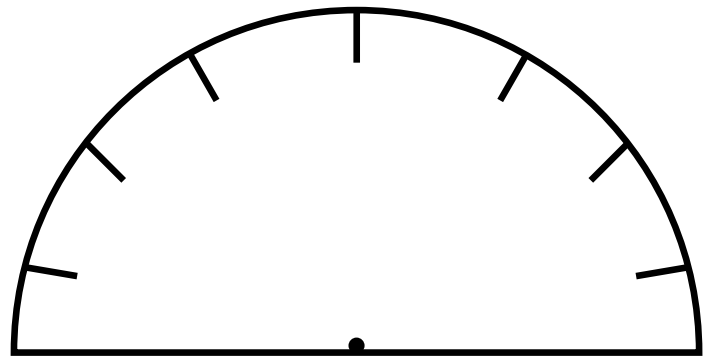
Taste



Low

High

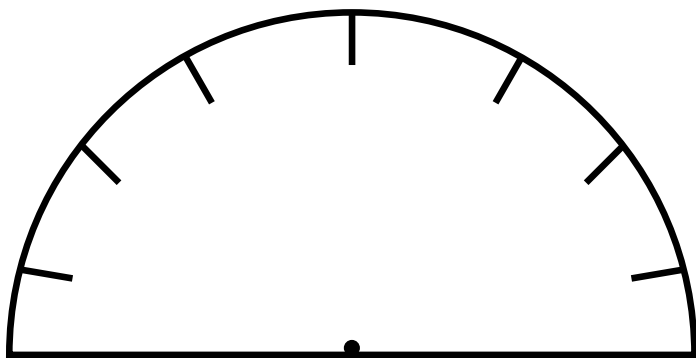
Price



Low

High

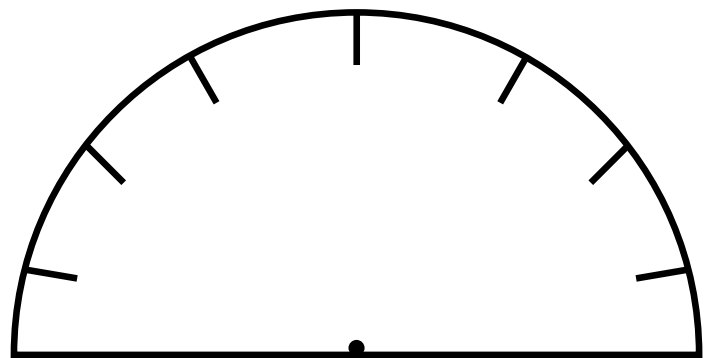
Food miles



Low

High

Nutritional Value



Low

High