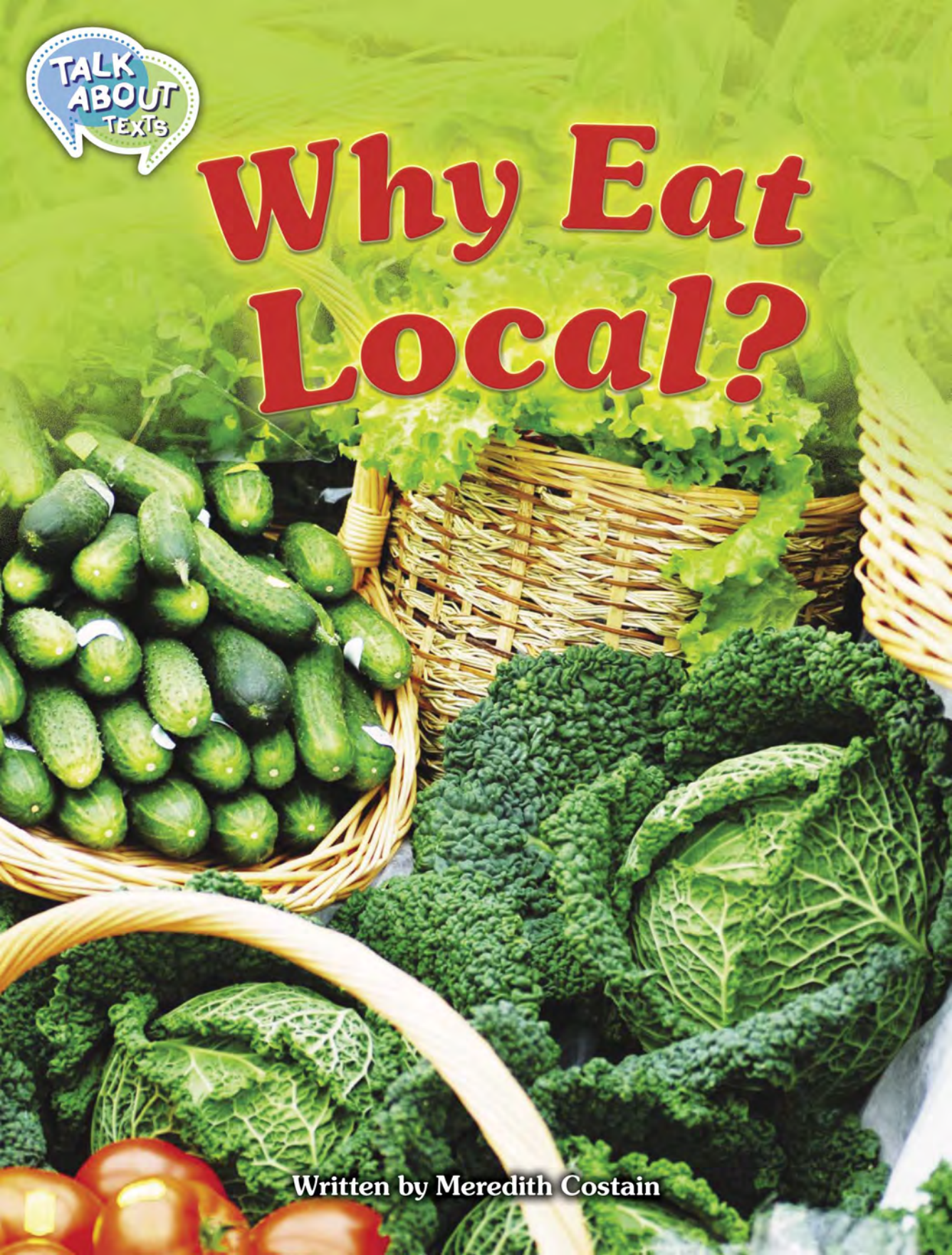

TALK ABOUT TEXTS
Why Eat Local?
Written by Meredith Costain

Why Eat Local?



For Review Only

Written by Meredith Costain

macmillan education

Contents

Why Eat Local? 3
Why Fresh Food? 4
Helping Our Environment 10
Building Communities 16
Buy and Eat Local! 20
Glossary 22
Index 23



For Review Only

Why Eat Local?

We should all eat local food when we can. Local food is food that is made or grown close to where we live.

Local food is good for us. It is fresher than food that has been transported from far away. Local food is better for the environment, too. It can also be much cheaper than food grown in other parts of the world.

For Review Only

Tasty local food can be bought from markets.



Why Fresh Food?

Most people shop at supermarkets because there is a lot of variety. Foods from all over the world are available at large supermarkets. However, food from far away is not always as fresh as local food. It can be weeks or even months older than local food.

Foods Grown Around the World



For Review Only



Some farmers sell their food straight to the public.

Local food includes fresh fruit, vegetables, meat and some processed foods. Locally processed foods, such as tea, rice and coffee, may use things that have been grown far away. However, they are processed locally. Local foods are usually better in quality and taste than foods from far away.

Locally grown food is fresh. In cities and towns, you can look for local food at both farmers' markets and in grocery stores. In rural areas, you can often find fresh food at stalls on farms.

For Review only