

GLOBAL RESTAURANT

Purpose

Locating where the ingredients for common food staples come from will help you evaluate how humans have transformed the planet.

Process

1. Imagine you're at a restaurant in Michigan with your family. Choose a starter, main course, dessert, and a beverage from the options below.

Categories	Menu items (circle one in each category)	List of ingredients
Starter	Sushi roll	Sushi rice, salmon, avocado
	Tomato and feta cheese salad	Tomatoes, feta, lettuce
	Garlic Parmesan bread	Garlic, Parmesan cheese, bread (wheat)
Main course	Spaghetti and meat sauce	Pasta (durum wheat), tomatoes, onions, garlic, beef
	Shrimp tacos	Shrimp, tortillas (wheat), avocado, tomatoes
	Stuffed bell peppers	Bell peppers, beef, onions, garlic, jasmine rice
Dessert	Banana split	Bananas, chocolate, sugar, cherries,
	Lemon tart	Lemons, sugar, flour (wheat), vanilla
	Chocolate cake	Chocolate, sugar, flour (wheat), vanilla
Beverage	Lemonade	Lemons, sugar
	Pineapple banana juice	Pineapples, bananas

2. After you've made your selections, list the ingredients for each of your chosen dishes and use the [Global Restaurant Food Cards](#) to complete the table on the next page.

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Categories	Ingredients	Distance traveled	Total distance traveled
Starter			
Main course			
Dessert			
Beverage			

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3. Use your completed table to answer the following questions:

- Which of your dishes traveled the shortest and longest distances?

- What are the pros and cons of a global food system?

- How can we make our food systems more sustainable?