Food Preparation & Nutrition Knowledge Organiser: Food Provenance

You must be able to demonstrate knowledge and understanding of the environment issues associated with food and its production. Demonstrate knowledge and understanding of where ingredients are grown, reared and caught. Have a clear understanding of different farming methods and their effect on the environment. Demonstrate knowledge and understanding of the impact that food has on local and global markets. Demonstrate a knowledge of primary and secondary processing. Know and understand how processing affects the sensory and nutritional properties of ingredients.

**Keywords**
1. Traceability
2. Field to fork
3. Barn reared animals
4. Organic
5. Genetically Modified (GM)
6. Free range
7. Fish Farms
8. Intensive farming

**Keywords**
1. Green house gases (GHG’s)
2. Crop rotation
3. Fairtrade
4. Red Tractor
5. Climate change
6. CFC’s
7. Sustainability of food
8. Deforestation

**Keywords**
1. Homogenised
2. Primary and Secondary processing
3. Pasteurised
4. Skimmed
5. Semi skimmed
6. Ultra heat treated (UHT)
7. Sterilised
8. Evaporated, Condensed

**Key Points**
1. Food and packaging waste contributes to greenhouse gases (GHG’s)
2. Seasonal and sustainable foods address many environmental issues.
3. MSC – Marine Stewardship Council = Seafood can be traced back to a certified sustainable fishery.
4. Food miles are the distance food travels from its point of origin to your table. Recycling and producing less waste can help reduce carbon emissions.
5. Nearly a third of all food produced ends up in landfill sites where it gives off methane gas as it decomposes.
6. Cheaper foods are ones that are GM/intensively farmed
7. Best quality protein foods are ones where the welfare of the animals has been considered.
8. Hydroponic farming is the production of food using specially developed nutrient rich liquids rather than soil.
9. Free range farming allows animals to access outdoor areas as part of their life. Increased demand for fish stocks has seen stocks diminishing in the wild due to over fishing.
10. Barn reared animals live in an environment similar to intensive farming
11. Under EU law, all foods need to be traceable from field to fork.
12. Carbon emissions and global climate change affect food and water supplies. Sustainable food production ensures less negative impact on the environment and the farmers.

**Quick Test**
1. Explain what food miles are.
2. Give two ways that fish stocks can be made more sustainable than intensive farming.
3. What are the benefits are free range farming?
4. Why is it important that the origins of food can be traced?
5. What does the flag on the Red Tractor logo mean?
6. How does Fairtrade support farmers in developing countries?
7. Which two gases contribute to global warming?
8. What is the outer skin on the wheat grain called?
9. What is homogenised milk?
10. What type of flour is used to make pasta?
11. Which vitamins may be lost during irradiation?
12. How does vacuum packaging differ to MAP?