

Food and Nutrition Knowledge Organiser: Year 7— Term 3

Key words

- **Food Provenance:** knowing where food is grown, reared and caught and how it is produced and transported.
- **Intensive Farming**—a method of farming aimed at increasing the amount of food produced.
- **Free Range Farming**—a method of farming where animals have access to outdoor space.
- **Sustainable**—meets the needs of the present, without making it difficult for future generations to meet their own needs.
- **Food Miles**—the distance food travels from farm to fork.
- **Seasonal Foods**—foods that are only available at certain times of the year.

Food Provenance

Food can be:-

- **Grown**—wheat, barley, fruit, vegetables
- **Reared**—cows for meat and dairy, sheep, pigs, chicken for meat and eggs
- **Caught**—Fish and shellfish

Cheaper foods tend to be intensively farmed, this means keeping animals indoors in large numbers. Free range farming allows animals access to outdoor areas.

Under EU law, all food must be traceable from fork to farm. These logos can be found on food to indicate this.



Red Tractor—this confirms that the food has been born, grown, prepared and packed in the UK. Four key principles—Animal Welfare, Environmental Protection, Food Safety and Traceability.



RSPCA Assured—shows that the animal reared is covered by a range of welfare standards to ensure it has been well looked after.



Marine Stewardship Council—used for fish and confirms that it is from a sustainable source and can be traced back to the fishery.



Soil Association Logo—Indicates that the food is organic, which means that crops are produced without artificial pesticides and fertilisers and animals are free range and only minimal drugs have been used e.g. antibiotics for illness.

Food Processing

Foods are processed:-

- Extend shelf life e.g. making strawberries into jam
- Convenience e.g. frozen ready meals
- To provide consumers with more variety and choice

There are two main stages of food processing

- **Primary Processing**—foods are processed after harvest or slaughter
- **Secondary Processing**—Foods are made into edible products

APPLE		WHEAT 	
PRIMARY	SECONDARY	PRIMARY	SECONDARY
			
The apples are picked and washed	The apples are squeezed to release the juice and make a fruit juice.	The wheat is milled into flour	The flour is mixed with water, yeast and salt and baked to make bread

Food Miles

Much of our food travels from other countries this results in carbon emissions which result in global warming. Food Miles could be reduced by eating seasonal foods or using farmers markets.



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, shallots, swede, turnips	cauliflower, celeriac, chicory, Jerusalem artichoke, kale, leeks, kohlrabi, parsnips, potatoes, swede, turnips	cauliflower, kale, leeks, purple sprouting broccoli, shallots, spinach, spring onions, swede	asparagus, broccoli, Jersey royal new potatoes, lettuce, purple sprouting broccoli, radishes, rocket, samphire, spinach, spring onions	asparagus, broccoli, carrots, lettuce, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions	artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, courgettes, fennel, french beans, kohlrabi, lettuce, mange tout, new potatoes, pak choy, peas, radishes, rocket, runner beans, tomatoes, turnips
					
SEASONAL VEG IN THE UK					
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, french beans, kohlrabi, lettuce, mange tout, new potatoes, pak choy, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips	artichoke, aubergine, beetroot, broad beans, courgettes, cucumber, fennel, french beans, kohlrabi, lettuce, mange tout, marrow, mushrooms, pak choy, peas, peppers, potatoes, radishes, rocket, runner beans, sweetcorn, tomatoes, turnips	artichoke, aubergine, beetroot, broccoli, carrots, celeriac, celeris, courgettes, cucumber, fennel, french beans, kale, kohlrabi, leeks, lettuce, mange tout, marrow, mushrooms, pak choy, peppers, potatoes, pumpkin, radishes, rocket, runner beans, shallots, spring onions, squash, sweetcorn, tomatoes, turnips	artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, fennel, kale, kohlrabi, leeks, lettuce, marrow, mushrooms, pumpkin, radishes, rocket, runner beans, shallots, swede, sweetcorn, tomatoes, turnips	artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, pumpkin, shallots, shallots, swede, turnips	beetroot, brussels sprouts, cauliflower, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, shallots, swede, turnips
					