

‘Food Provenance’

- This term refers to where food comes from- where it is grown, raised or reared. This can also be known as its point of origin.
- When you buy food it is important to understand where food comes from and the ‘food chain’ involved in getting it there.
- For example, some foods are considered better quality if they are ‘locally’ produced. This is because people feel they can trust the product more and understand where it comes from.

British Strawberries



Spanish Strawberries

60 mins

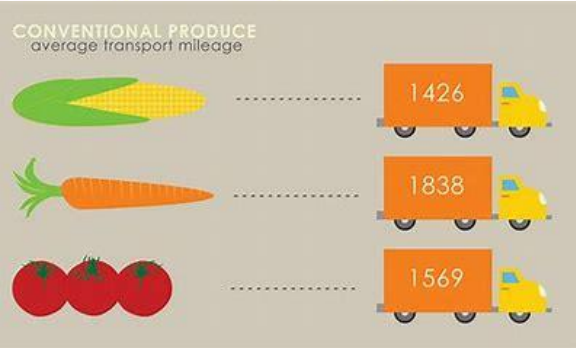
The link to Quality and Cost



- Some parts of the world have the right conditions to grow certain foods all year round. They can also pay people less.
- Because of this, the foods produced can be sold cheaply.
- Equally, in England we have constantly changing weather. This means some foods can only be produced part of the year.
- Due to this, ‘locally sourced’ foods can sometimes be more expensive.

The link to the Environment

- Assuming some food is not grown in this country, this means it needs to be transported here.
- This can be done by plane, ship, boat, trucks, cars, and all other manner of different modes of transport.
- We already know that different modes of transport can have an impact on the environment depending on how much pollution it creates.
- The distance the product has to travel before it ends up on your plate is called ‘Food Miles’.



Provenance

This literally means ‘place’ or ‘origin’.

Pollution

This is the presence or introduction of substances that can be poisonous or harmful.

'Food Footprint'

- Along with understanding how far your food has to travel to get on your plate, it is also important to understand the impact that food has on the planet while it is being produced.
- For example; in Thailand, rice grows in large staged fields called 'terraces'. These have a dramatic impact on the way the environment looks and what the land can be used for. See the picture below!
 - ◆ Although this example looks pretty nice, it is important to remember that not every impact is as positive. Watch the video (linked by the arrow) to learn a bit more about your 'Food Footprint'.



<https://www.youtube.com/watch?v=k7DQ0EEqxV4>

Personal Choices

- Due to how certain foods are produced, the distance they have to travel, the waste they produce and their impacts on the environment, a lot of people make choices about their food based on how they personally feel about these things.
- Some people might choose to only eat locally sourced or organic fruit and vegetables, others might only choose to eat meat reared and slaughtered in the UK. More, now than ever before, there is a growing quantity of people choosing to live a 'vegan' lifestyle, because of the impact meat and animal produce has on the environment, whereas others are trying a 'waste-free' lifestyle.
- These are very much personal choices, and should be respected. However, we also need to be open to trying different things and make sure that we have a good balanced diet.
- All in all, it's about making educated choices when selecting foods and understanding the impact of those choices.



Footprint

This refers to the impact you leave behind you.

Vegan

This is someone who does not consume food or drink that come from animals.

TASK 3

1. Which, out of the following products, would have the highest 'food miles'?
A) Apples
B) Bananas
C) Potatoes
D) Wheat
2. What would a Vegan choose to eat?
A) Milk, eggs, wheat
B) Beans, fruit, pork
C) Fish, tofu, vegetables
D) Pulses, vegetables, tofu
3. The production of beef (from cows) takes up a lot of what?
A) Sea water
B) Land
C) Ozone layers
D) Carbon dioxide
4. Why would a local store charge more for a punnet of strawberries than a punnet from Spain?
A) Because the produce is seasonal and grows for a short time.
B) Because they like their fruit better so charge more
C) Because Spain isn't very far away so they don't cost much.
D) Because they need more customers
5. What can 'Food provenance' also be known as?
A) Source
B) Origin
C) Field
D) Place
6. Why is it harder for England to produce the same product all year round?
A) Because we like a different variety of foods
B) Because we eat a lot and run out
C) Because we do not have greenhouses
D) Because our weather changes with the seasons
7. Which term describes how much of a product you can get from one area?
A) Yield
B) Harvest
C) Reap
D) Quantity
8. Fortification is adding extra nutrients to food
A) True
B) False
9. Organic foods are grown with the use of chemical pesticides
A) True
B) False
10. Which of the following best describes food provenance?
A) Foods grown with the use of artificial pesticides or chemicals
B) Where foods are originally from before getting to the consumer
C) Plants grown in less developed countries, farmers paid a fair price
D) Large numbers of plants or animals grown in one place
11. Which of the following is a reason why someone might buy organic foods?
A) Organic foods are more expensive than non-organic foods
B) Organic foods have a shorter shelf life
C) Organic farming requires more land
D) Organic food claims to be healthier
12. The production of meat, dairy foods and eggs have the lowest carbon footprint
A) True
B) False
13. Climate change is a term to describe the change in the Earth's temperature
A) True
B) False
14. Which of the following is not an environmental consideration when buying foods?
A) Carbon footprint
B) Carbon emissions
C) Free range
D) Food miles
15. Which of the following is a reason why food is wasted?
A) Not planning meals carefully
B) Serving portions too large
C) Storing food incorrectly
D) All of the above
16. Locally grown produce are least likely to be sold where?
A) Supermarkets
B) Farmers' market
C) Local food delivery box
D) Farm shops
17. Which of the following will put the supply of foods at risk?
A) Extreme weather causing floods or droughts
B) Crops failing due to pests, diseases or poor weather
C) Economic problems across the country
D) All of the above
18. Cocoa beans, bananas and coffee are examples of Fairtrade products
A) True
B) False
19. The distance that food travels from producer to consumer is called
A) Food travelled
B) Distance food
C) Locally produced food
D) Food miles
20. Which of these could be 'reared'?
A) Apples
B) Bananas
C) Pigs
D) Wheat