Food and Nutrition

Where Food Comes From

All food must be grown, reared or caught
In the past food was grown, prepared and cooked at home or sold by small-scale producers or merchants.

Some people still grow food at home or on allotments. Food can also be bought from a wide range of sources, including:
- Cafes/coffee shops;
- Convenience stores;
- Farmers markets;
- Farm shops;
- Markets;
- On-line retailers;
- Restaurants;
- Supermarkets;
- Takeaway outlets.

Ingredients

- Mince meat
- Onion
- Garlic
- Tomato
- Coriander
- Lime
- Paprika
- Oregano
- Pepper
- Rice
- Pasta

Food provenance

Food provenance is about where food is grown, caught or reared, and how it was produced. Food certification and assurance schemes guarantee defined standards of food safety or animal welfare. There are many in the UK, including:

Seasonality

Fruit and vegetables naturally grow in cycles and ripen during a certain season each year. Some meat and fish can also be seasonal.
Advantages of buying food in season include:
it is fresh;
best flavour, colour and texture;
optimal nutritional value;
supports local growers;
lower cost;
reduced energy needed to transport.

Key words and Vocabulary

Caught, Grown, Reared, Bridge Hold, Claw Grip, Seasonality, Food Standards, Dice, Slice.

Pupils will need to articulate their process using key words and technical vocabulary.