

YR9 Knowledge Organiser: Topic 2-Food Provenance

Where Food Comes From

- Growing Crops: Food is grown in soil or controlled environments (e.g. greenhouses). Examples: wheat, carrots, apples.
- Rearing Livestock: Animals are raised for food. Examples: cows for beef and milk, chickens for meat and eggs.
- Gathering Wild Foods: Collecting food from the natural environment. Examples: berries, mushrooms, seaweed.
- Hunting Wild Animals: Capturing wild animals for food. Examples: venison, rabbit, wild fish.

Issues: Environmental damage (overfarming or overfishing), loss of biodiversity, animal welfare concerns, deforestation.

Types of Farming

- Intensive Farming: High yields from large-scale operations using chemicals, hormones and machinery. Efficient but can harm the environment.
- Free Range Farming: Animals have access to outdoor areas. More ethical and natural but more expensive.
- Organic Farming: Avoids synthetic chemicals and hormones. Uses natural fertilisers and animal welfare is a priority. Lower yields, higher prices.

Chicken Farming Methods

- Intensive Chicken Farming: Chickens raised in crowded indoor spaces, rapid growth, low cost.
 - Pros: Cheap, high supply.
 - Cons: Animal welfare concerns, environmental impact.
- Free Range Chicken Farming: Chickens roam outside during the day.
 - Pros: Better animal welfare, higher quality.
 - Cons: More expensive, higher risk of disease from outdoors.
- Organic Chicken Farming: Fed organic food, access to outdoors, no antibiotics.
 - Pros: Ethical, environmentally friendly.
 - Cons: Very expensive, slower growth rate.

Food Waste

- Food waste is when food is thrown away instead of eaten. It's a major issue because it wastes resources and contributes to climate change.

Reasons for waste:

1. Cooking too much.
2. Not using food before it spoils.

Top 5 wasted foods in the UK:

- Potatoes: Often peeled or forgotten and not used before spoilage..
- Bread: Goes stale quickly if not used in time
- Milk: Spoils if not used.
- Bananas: Overripe quickly.
- Salad: Goes slimy quickly if not eaten.

Solutions:

- Use leftovers: Make soups, stews, bubble and squeak.
- Use all parts: Roast potato skins; use chicken carcasses for stock.
- Freeze extras to use later.
- Use By: Food must be eaten by this date (safety).
- Best Before: Food is safe after this date but may not be at its best quality.

Seasonal Food and Sustainability

- Food Miles: Distance food travels from farm to plate. Fewer miles = less environmental impact.
- Local Food: Grown close to where it is eaten.
- Imported Food: Brought from other countries; adds variety but increases food miles.
- Sustainability: Using resources in a way that protects the environment for the future.

UK Seasons:

- Spring: Asparagus, rhubarb, spinach
- Summer: Strawberries, courgettes, tomatoes
- Autumn: Apples, squash, beetroot
- Winter: Cabbage, leeks, parsnips

Advantages of seasonal food:

- Fresher, tastier, supports local farmers, lower food miles.

Disadvantages:

- Limited variety, seasonal availability, can be expensive.

People expect a wide range of foods all year, making seasonal eating more challenging (e.g., berries in winter).

Cooks

**Caribbean Chicken:
Food skills**

- Creaming.
- Folding in
- Using the oven.

**Seasonal Cheese cake:
Food skills**

-

Risotto: Food skills

- Weighing
- Steaming
- chopping

**IMPORTANT!!- Always check the
classroom for your set ingredients
and what practical you have.**

**Fish en croute: Food
skills**

- Weighing
- Steaming
- chopping

Revision Questions

Key words

Food Provenance

Food Producer

Consumer

Food Production

Farming

Leftovers

Food waste

Seasonal Food

Food Miles

Imported