

Where Food Comes From: Food Provenance Knowledge Organiser

Key Term

Food provenance: where food comes from – its origin.

| Ways to Reduce Food Miles | Description |
|---------------------------|---|
| Buy local | Read labels carefully – locally sourced products have fewer food miles. |
| Shop at farmers' markets | Local seasonal foods are widely available here. |
| Grow your own vegetables | Ensures that no miles have been travelled. |
| Eat seasonally | Seasonal foods do not have to travel long distances. |
| Pick your own | Some local farms allow you to pick seasonal produce. |
| Cook from scratch | Convenience foods are often not produced locally, whereas fresh ingredients are more likely to be. |
| Walk to the shop | Although the transportation of the food may still require high mileage, the environmental impact of purchasing it is reduced. |
| Shop less frequently | Reasonable stockpiling reduces the need to visit retailers frequently. |

| Key Term | Explanation |
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| food miles | The distance food travels from field to plate. |
| carbon footprint | Involves the entire food chain of the product: all processes in its production and transportation. |

| Origins of Foods | Meaning | Example |
|---|---|--|
| Protected geographical indication (PGI) | Food must be produced, processed and prepared in the geographical area it is associated with. | <ul style="list-style-type: none"> Wensleydale cheese Welsh lamb |
| Protected designation of origin (PDO) | Food must be produced, processed and prepared in one geographical area. It must also be made with local knowledge. | <ul style="list-style-type: none"> Blue Stilton cheese |
| Traditional specialty guaranteed (TSG) | Food must have a traditional name and characteristics which distinguish it from other products. Named products gain legal protection against imitation. | <ul style="list-style-type: none"> Gloucester old spot pigs |