

1. FOOD MILES	2. CHOPPING AND PREPARATION SKILLS	3. SPECIAL DIETS
<p>Food miles are the distance food travels from where it is grown to where they are eaten.</p> <p>Some food are not grown in the UK and are imported from other countries.</p> <p>Imported – Bought in from another country usually overseas.</p> <p>Exported – Sent/Sold to another country usually overseas.</p> <p>Food that is imported by plane/train/trucks effects the environment by releasing CO2 into the atmosphere.</p> <p>In the UK we import a large percentage of our fruits and vegetables. For example watermelon, oranges and bananas cannot be grown in the UK.</p> <p>Fruits and vegetables are often imported because some need certain growing conditions that the UK cannot offer.</p>	<p>When using a knife it is important to use it safely to prevent accidents.</p> <p>When carrying a knife it should be pointed to the floor.</p> <p>Using the claw and bridge technique for chopping can prevent accidents from happening.</p> <p>A chopping board should always be used when preparing and chopping foods.</p> <p>When washing up equipment it is important to use hot soapy water to destroy harmful bacteria on the equipment.</p> <p>When washing up equipment, equipment should be placed upside down on the draining board of a sink to allow the excess water to drain away.</p> <p>Equipment should be dried thoroughly to prevent chemical hazards.</p> <p>Equipment can often be an object or tool we use to help us complete activities.</p>	<p>A special diet may include a person who choose to eat differently for a range of reasons or those forced to by food allergies.</p> <p>Some examples of special diets are:</p> <p>Vegetarian—A person who doesn't eat meat from an animal, including poultry (birds) or fish. E.g. A vegetarian wouldn't eat chicken but would eat eggs.</p> <p>Vegan - A person who doesn't eat meat from an animal and doesn't eat the by products from an animal either. E.g. A vegan wouldn't eat chicken or eggs.</p> <p>Vegans and vegetarians believe that eating these foods are contributing to animal cruelty.</p> <p>Lactose intolerance—A person who has problems digesting lactose which is a sugar found in diary products.</p> <p>Coeliac / Gluten free— A person who finds it difficult to digest gluten which is found in pastry, bread and food made from wheat.</p> <p>There are also many different special diets that are followed because of religious and cultural beliefs. Some examples are Halal, Kosher and lacto-vegetarianism.</p>
4. COMMODITIES (WHEAT)	5. COMMODITIES (EGGS)	6. THE ENVIRONMENT
<p>Commodity—A raw ingredient or agricultural product that can be bought and sold, such as wheat, eggs or coffee.</p> <p><i>E.g. We use a range of commodities when cooking and baking.</i></p> <p>Origin – Where something comes from.</p> <p>Wheat is a basic commodity used in many different dishes and meals across the world.</p> <p>Wheat based foods are a great source of energy.</p> <p>Wheat is the largest crop that is harvested in the world.</p> <p>Wheat originated from the Middle East and has been harvest for thousands of years.</p> <p>The harvesting of wheat has changed over the years and now machinery is used to speed up the process.</p>	<p>Rearing - bring up and caring for a child or animal until it is fully grown.</p> <p>Ethical sourcing is the process of making sure products are sourced are collected in a responsible way, that makes sure the workers involved are safe and treated fairly.</p> <p>Environmental issues are taken into consideration.</p> <p>Sourced— Where something comes from.</p> <p>Organic - Organic meat, poultry, eggs, and dairy products that come from animals are given no antibiotics or growth hormones.</p> <p>Organic food is produced without using harmful pesticides and fertilizers.</p> <p>Organic chickens are those that have access to outside areas, are not kept in cages and are provided with a higher quality diet.</p>	<p>Environment – The environment is the surroundings or conditions where a person, an animal, or a plant lives.</p> <p>Reduce - To lower the amount of waste produced.</p> <p>Reuse—To reuse materials more than once.</p> <p>Recycle—Recycling is when a product is broken down into materials that can be used to make something new. Something is recyclable if it is made up of materials that can be recycled.</p> <p>Catering companies should recycle as much as possible:</p> <ul style="list-style-type: none"> • Any steel/aluminium, plastic, glass, card and paper should be separated and recycled. • Food waste should can be composted and used to grow more good. • Some packaging (biodegradable) can be composted. <p>Catering companies should use recycled or recyclable products for their packaging. E.g. recycled cardboard for sandwiches.</p>