

1. ASSESSMENT RECAP

Commodities—A raw material that can be bought or sold.

Seasonality: There are many advantages to eating seasonal foods. E.g. Reduce energy., support the local economy, reconnect with nature's cycles and the foods are fresher and more nutritious.

A **disadvantage** is that we are adding to the transportation on the roads, skies and seas which is polluting our planet.

Commodities—Examples of food commodities are meat, eggs and dairy and fruit and vegetables.

Special Diets—A person may choose to have a special diet for different reasons, such as: age, religious beliefs, personal ethics or medical reasons.

Examples of special diets are: Kosher, vegan, vegetarian and coeliac.

2. RECYCLING MATERIALS

Recycling—The action or process of converting waste into reusable materials.

- **Reduce**—Lowering the amount of waste produced.
- **Reuse**—Using materials repeatedly.
- **Recycle**—Using materials to make new products.

Materials that are commonly recycled are: plastic, metal and glass.

In the UK we have separate bins for recycling. For items that you are not allowed to put on the 'kerbside' supermarkets have specific recycling stations for us to dispose of our waste.

Plastics and glass bottles must be **cleaned** before being recycled.

Try to scrunch test! If you scrunch the material and it stays scrunched, it is recyclable. If it moves back to its natural shape, then it is not.

3. RECYCLING FOODS

Composting—Make foods such as vegetables into compost.

Food waste that is sent to landfill doesn't harmlessly breakdown. As it rots it releases **methane**, which is a harmful greenhouse gas into the atmosphere.

One third of the food created in the world is spoiled (rotten) or thrown away.

Composting is an aerobic method (meaning that it requires the presence of air) of decomposing organic solid waste, such as food.

Composting reduces the need for pesticides and chemical fertilisers. Composting is an **organic** (natural) way of fertilising plants.

Some households have 'food waste caddy's' in their kitchens, which are then collected to be composted by the **council**.

The process of composting can take from 3 months to 2 years depending on the amount of waste. You cannot compost meat and fish or dairy products.

In South Korea—You are charged on how much food you dispose of. You weigh your food waste, the more it weighs, the more you pay.

4. RECYCLING METHODS

Deposit—put or set down (something or someone) in a specific place.

- **Reduce**—Lowering the amount of waste produced.
- **Reuse**—Using materials repeatedly.
- **Recycle**—Using materials to make new products.

There are three main types of recycling: primary, secondary and tertiary.

Primary recycling—Is the process of turning one thing into more of the same thing.. E.g. *giving clothes to a charity shop*.

Secondary—Turning something into other things that are made of the same materials. E.g. *newspapers for collaging*.

Tertiary— Requires breaking down materials chemically. E.g. *rubber into car tyres*.

In Sweden they have a revolutionary recycling system. They recycle all their waste products into **different coloured bags**.

A **disadvantage** to this is that it is **time consuming**.

5. FAIRTRADE

Fairtrade—**Fair trade** is a way of buying and selling products that allows the farmers to be paid a fair price for their produce, and have better working conditions.

Fairtrade has many **advantages** such as ensuring consumers are receiving the highest **standard** of goods.

This also considers how we can produce foods without polluting or harming the planet.

A **disadvantage** to Fairtrade is that the cost of food products can be significantly higher.

This can effect **producers** as the cost of maintaining high standards can outweigh the profit made by selling the foods.

Examples of Fairtrade products are:

Bananas, coffee, chocolate, tea and sugar.

You can identify if foods are Fairtrade by looking for the logo on the packaging.



6. CHOPPING AND PREPERATION SKILLS

When using a knife it is important to use it safely to **prevent** accidents. When carrying a knife it should be pointed to the floor.

Using the **claw and bridge** technique for chopping can prevent accidents from happening.

A **chopping board** should always be used when preparing and chopping foods.

When washing up **equipment** it is important to use hot soapy water to destroy harmful **bacteria** on the equipment.

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.

Equipment should be dried thoroughly to prevent chemical hazards.