

Year 11 knowledge organisers Moral and environmental issues in the food industry

Fair trade

What is Fairtrade?

- "Fairtrade" means that the producers of a food product get a **fair price** for their crop.
- They also get a **Fairtrade premium** [extra money] that is paid directly to growers.
- The farmers and growers can then spend their money on:-
 Fresh water
 Hospitals
 Schools
 More seed for crops & organic growing
 Transport
- Fairtrade is a more **sustainable** and **morally** better way to treat farmers & growers in **developing countries**.



Bananas: Some of the bananas in our shops are Fairtrade but not all.



Chocolate: Fairtrade makes sure cocoa beans are sold for a fair price.



Coffee beans: Coffee prices go up and down. Fairtrade makes sure farmers have enough money to plant more crops.

1. Fair trade helps farmers and workers in developing countries such as:
2. Argentina.
3. Belize.
4. Bolivia.
5. Colombia.
6. Costa Rica.
7. Dominican Republic.
8. Ethiopia.
9. Ghana.

Advantages of fair trade	Disadvantages of fair trade
Safe working conditions	More expensive to buy
No child labour	Some shops don't stock a large range, so may be more difficult to purchase
Fair market value for crops	High food miles
Money to go towards community projects	

Food Waste

Why should we care?

Wasted food has an Environmental effect.

Where does waste food go?

In landfill sites, waste food produces methane (a Greenhouse gas) as it rots down.

Why are greenhouse gases a problem?

"Food waste feeds climate change"



Which foods are wasted?

This is the order from the most to the least wasted

1. Fresh veg' and salad foods
2. Bread and bakery foods
3. Ready meals and home-cooked meals
4. Fresh fruit
5. Meat and fish

Supermarkets and Food Manufacturers are trying to help consumers by:-

1. Making **date labels clearer and larger**, so they are easy to see
2. Selling **smaller loaves** of bread
3. Giving **clear storage instructions** & putting storage advice on loose products like fruit
4. Making **single portion products** e.g. 600g bread loaves
5. Portion **measuring marks** to help us only make the correct amount needed. This stops us making too much & wasting it.
6. Having **re-closable packaging**.
7. Providing **seals to keep food fresh**.
8. Developing "**smart packaging**" that will change colour when the food is unsafe to eat

Why does food get wasted at home?

- **Too much** food is **bought** from the shop
- We do **not have a shopping list**.
- We have bought a BOGOF offer and not needed all the food, or buy 2 get 3
- Meals were **not planned** in advance
- **Too much food was cooked**, and not eaten
- **No knowledge** of how to **use up left-overs**
- **Not checking use-by dates** on foods
- **Not making use of the freezer and freezing left-overs**
- We over estimated portion sizes.
- **Food spoilage**



How we can help

1. Plan meals and correct portion sizes – only buy ingredients that you will use. Make a shopping list.
2. Correctly store food, pay attention to use by dates.
3. Use up content of your fridge before buying more
4. Use up left overs the day after or freeze for a later date.
5. Use the whole food. E.g bones can be used for stocks and peelings for compost.
6. Donate unwanted food to food banks.

Seasonal Foods

What is seasonal food?

Fruit and vegetables naturally ripen during a certain season each year. When they are ripe, they are at their best nutritionally and taste-wise. Cherries, for example, are ripe and juicy in July in the south of England; so cherries are 'in season' in July.

British asparagus starts showing in fields in the spring, tomatoes and gooseberries ripen in late summer, beetroot and pumpkins in the autumn, and sprouts and root vegetables are best in the winter months. If you eat 'seasonally', you are eating fruit and vegetables during the time of year they are naturally at their best.



What is seasonal food?

Modern technology means we can buy things like strawberries and apples in supermarkets all year round, but that's because they are either being grown in greenhouses, or flown in from warmer countries where they are picked before they are ripe and can fully develop their flavours.

Eating seasonally is a great way of eating more sustainably. Growing fruit and vegetables in season means lower levels of heating, lighting, pesticides and fertilisers than at other times of the year. So seasonal produce is better for the environment.



Advantages of seasonal foods

- It's more likely to be locally or grown in the UK, so the food miles will be low and it will support the local farmers and help the economy.

Your local growers and farmers are busy all year round. Just because you don't see their products on the shelves, doesn't mean they aren't working. When you shop for seasonal goods, you're buying locally and supporting your community. But when you buy foods that have to travel, all the profits the growers might have seen are swallowed up in the transportation costs.

- Tastes better

In order for out of season foods to be on our supermarket shelves all year round, they are imported from all over the world. All this travel time means they need to be picked early and left to mature in cargo holds and storage containers. The tomatoes you see in the supermarket might be red and ripe now, but when they were picked, [they were still green](#). They haven't had a chance to mature in the sunlight and develop succulent juicy flavours.

It's often healthier because its fresher – it has not travelled across the world spending time in transport and storage. [Older produce will start to lose nutrients like vitamin C.]

Studies have shown that vegetables such as [broccoli](#) and [spinach](#) contain different levels of vitamin C depending on the season they are grown in. When grown in their "natural" season, vegetables produce more vitamins.

- Food in season are often plentiful and therefore cheaper

When you buy out of season food, it has either had to travel a long way to be on your plate or been grown in controlled conditions. This can make it more expensive. Food grown locally grows best in local conditions. This can mean fewer production costs and a lower price for you.

Rearing Foods

Food provenance – rearing livestock

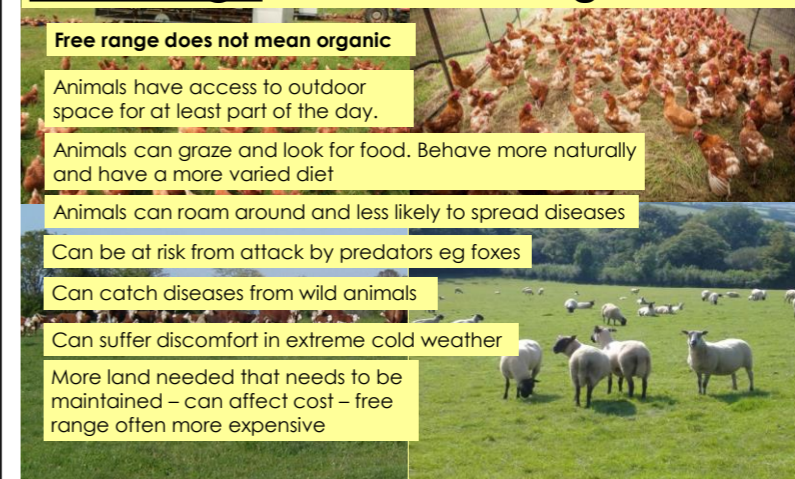
Intensive animal farming



- Livestock reared indoors in large sheds, cages, tanks (keeps costs down).
- Often fed on man made foods
- May pick up diseases so given drugs, antibiotics, growth hormones and other medicines
- May become stressed because not living in natural environment in large numbers

Food provenance – rearing livestock

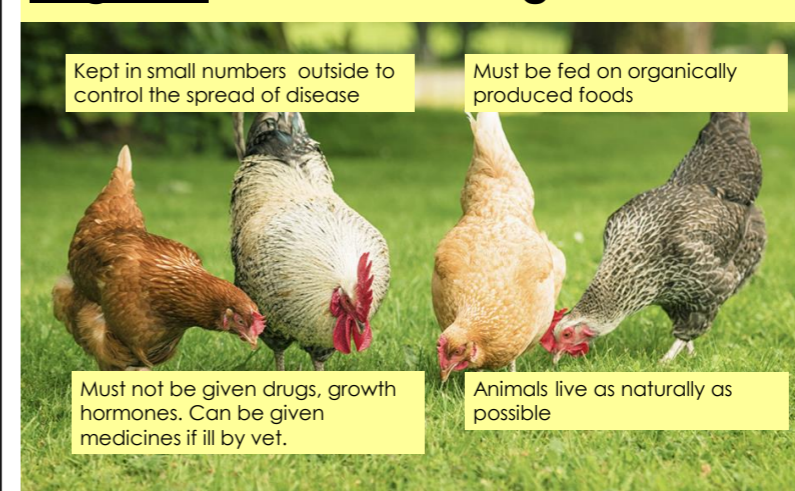
Free range animal farming



- Free range does not mean organic
- Animals have access to outdoor space for at least part of the day.
- Animals can graze and look for food. Behave more naturally and have a more varied diet
- Animals can roam around and less likely to spread diseases
- Can be at risk from attack by predators eg foxes
- Can catch diseases from wild animals
- Can suffer discomfort in extreme cold weather
- More land needed that needs to be maintained – can affect cost – free range often more expensive

Food provenance – rearing livestock

Organic animal farming



- Kept in small numbers outside to control the spread of disease
- Must be fed on organically produced foods
- Must not be given drugs, growth hormones. Can be given medicines if ill by vet.
- Animals live as naturally as possible

