

Food Provenance Topic Map 1

The 6 R's of sustainability

Causes of food waste before and after the point of sale

Seasonal Foods / Locally Grown Foods

Ways to reduce waste food

Packaging and waste

Food Miles



Mark scheme for Q1

- Definition of seasonal
- Definition of locally grown
- Supports local economy and farmers
- Healthier because it's fresher
- Often more nutritious because eaten soon after harvesting
- More plentiful and therefore cheaper (supply and demand)
- Seasonal fruits can be bought in bulk and preserved
- Less Food Miles – benefit to the environment – reduced carbon footprint
- Buying locally saves on fuel costs

Mark scheme for Q3

- This is the red tractor food assurance logo
- It ensures that manufacturers adhere to a strict code of safety, hygiene, animal welfare and environmental protection
- Customers may want to support this as they can buy food with a clearer conscience.
- Customers may want the safety assurances this provides for their own benefit.
- Customers are able to trace their produce back to the farm

Mark scheme for Q4

Rethink: How much do we need to buy, how much energy do we use in cooking, how many food miles is the product

Refuse: say no to unnecessary produce and packaging

Reduce: cut down on packaging and conserve energy and water, reduce food waste

Reuse: use leftovers to create a new dish, reuse packaging

Recycle: recycle packaging rather than throw

Repair: fix equipment when it breaks don't throw away and buy new!

Mark scheme for Q2

- Around 1/3 of food made for human consumption is wasted
- The most wasted food is salad/fruit and veg.

Before point of sale:

- Farmers allow crops to rot in the field if harvest will not be profitable (market prices)
- Supermarket standards mean some less perfect product will not be harvested
- Supermarket's overbuy to 'pile high and watch fly'
- Out of date food is thrown even if it is still fit for consumption

After point of sale

- Customers over buy
- Customers do not meal plan
- Customers stick to expiry date
- Cooking more than you need and not using leftovers
- Routinely purchasing staple food without need