

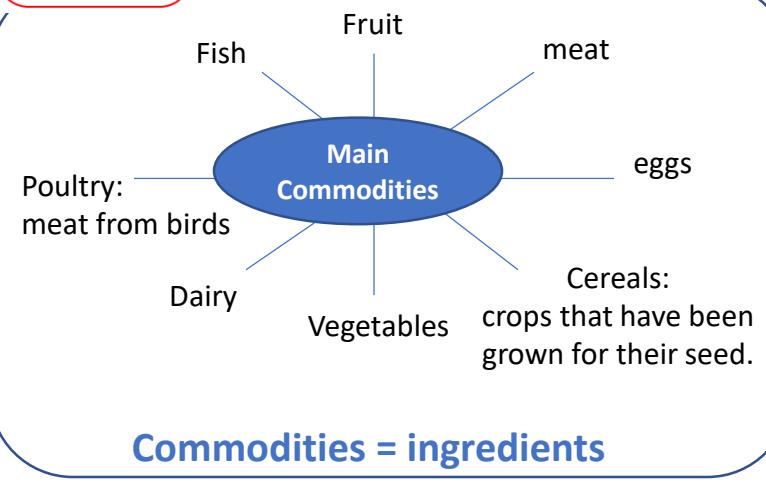


**Food Provenance** is where the food comes from.

# Year 8 knowledge organiser



<https://quizlet.com/341739330/year-8-food-provenance-flash-cards/?i=1nx6jx&x=1jqY>



Practical product	Skills
Vegetable fried rice	Chopping, slicing, frying
Cheese Pasta	All in one sauce, boiling
Salt and Pepper chicken	Handling raw meat, sautéing
Fish Pie	Mashing, roux

Food poisoning bacteria	Facts
<b>Campylobacter</b>	<p><b>What food sources can it be found in?</b> Raw or undercooked meat, particularly raw poultry Unpasteurised milk Untreated water</p> <p><b>What are the symptoms?</b> Nausea, Diarrhea, Vomiting, Abdominal pain, High fever</p>
<b>E. coli</b>	<p><b>What food sources can it be found in?</b> Raw or undercooked meat and poultry or related products (eg gravy) Raw seafood products Unpasteurised milk or products made from it (eg cheese)</p> <p><b>What are the symptoms?</b> Diarrhea (can be bloody), Vomiting, Abdominal pain, Fever, Kidney failure</p>
<b>Salmonella</b>	<p><b>What food sources can it be found in?</b> Raw or undercooked poultry or meat Eggs Unwashed fruit and vegetables Unpasteurised milk</p> <p><b>What are the symptoms?</b> Diarrhea, Fever, Abdominal pain, Vomiting</p>

- Health and safety when handling raw meat:**
1. **Don't use the same equipment after using it for raw meat.**
  2. **Always wash hands after handling raw meat.**
  3. **Make sure raw meat is stored in the fridge (0 – 5 degrees Celsius).**
  4. **Use a food probe to check the meat is cooked to 75 degrees Celsius.**

**Sustainability** is understanding the issues which surround the production of food and considering whether the method is sustainable towards our planets resources.

Issues include:

**Food Miles** – how far the food has travelled from where the food is produced to where it is eaten.

**Local foods** – food which has been produced in the local area for example 100 mile radius.

**Seasonal Foods** – foods which has become ripe to a specific season

**Organic foods** – foods that have been produced with no chemicals for example crops have no pesticides or herbicides and animals have natural food and no anti-biotics.

**Fair Trade** – a non profitable organisation which gets a fair price and better working conditions for farmers in developing countries.

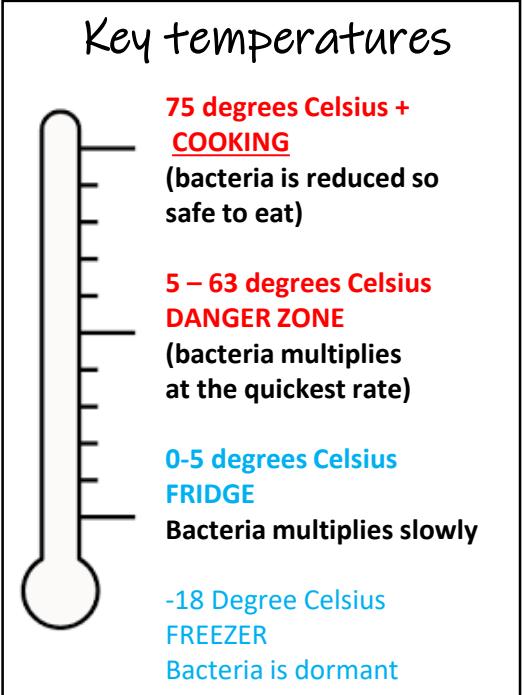
**Farm Assurance** – meat which has been produced in safe, hygienic farms and all produce is traceable.

**Sustainable Fishing**- Fish that has been fished within a fishery where the fishers have considered the amount of fish stock left in the ocean and not harmed other sealife



## Storage of foods:

- Should be covered
- Dated
- **High risks** food should be kept in the fridge (0-5 degrees Celsius or Freezer -18 degrees Celsius)



It is important to follow correct **personal food hygiene** when preparing and cooking food to stop the spread of bacteria.

**Don't cough into food**

**Wash hands**

**Remove all Jewellery**



**Tie hair up**

**Wear an apron**