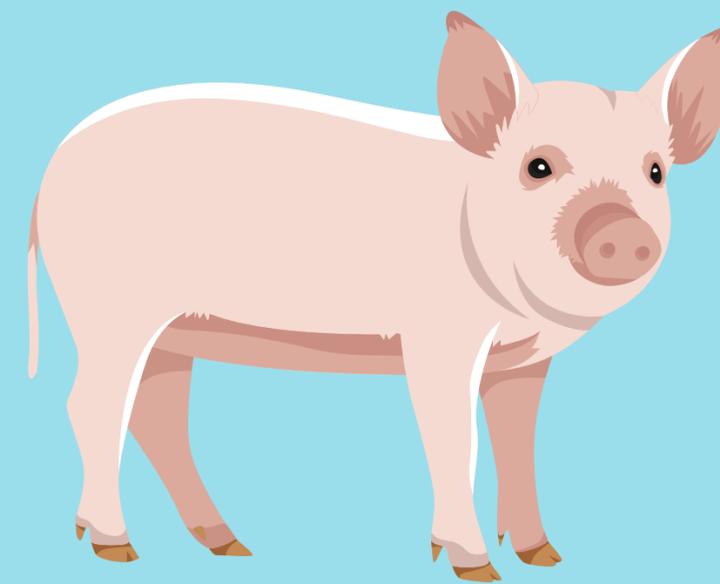


MEAT

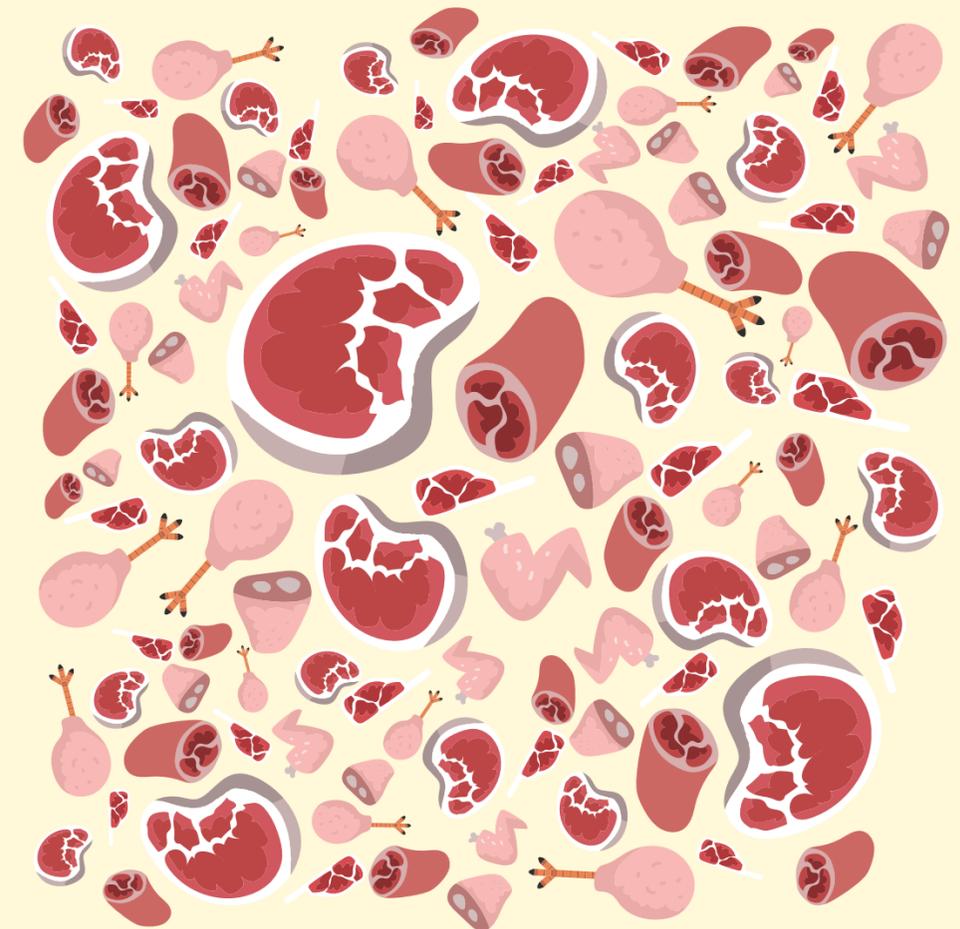
What it is and where does it come from?



CHRISTCHURCH FOOD FESTIVAL EDUCATION TRUST: CHARITY NUMBER 1127292
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Learning objectives

- To understand which meats are consumed in the UK
- To understand what countries our meat products come from
- Know how to tell where a meat product has come from
- Understand how meat production impacts our planet
- Learn about three nutrients found in meat



So what meat do we eat in the UK?

The most commonly eaten meats in the UK are poultry (such as chicken and turkey), beef, pork, and lamb. Each picture shows you how much of each we typically consume per person each year.



Which countries does our meat come from?



THE UNITED KINGDOM

76% of the meat we eat is produced right here in the United Kingdom.



NEW ZEALAND

Approximately one third of the sheep meat we eat in the UK is imported, with about 70% of this coming from New Zealand.



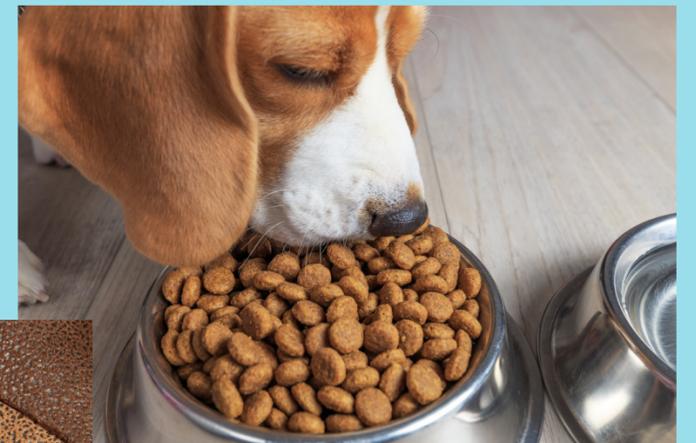
EUROPE

The rest of the meat we import mainly comes from European countries including Denmark and the Netherlands.

What happens to the parts of the meat we don't eat?

Some of the meat we produce is exported to other countries. This is mainly offal and by-products. Offal refers to parts such as internal organs and flesh. But not all of the meat that we don't want gets exported. These bits, known as by-products, can be used for many different things. Here's a list of a few of them:

- Pet food and animal feed
- Fuel
- Fertiliser
- Animal hides and leather
- Wool



Why do we import and export?

It may sound silly that we import some meat, and export others. Why don't we just eat what we produce? Although this sounds like a great idea, different countries like to eat different cuts of meat. For example in the UK we eat a lot of chicken breasts, with some legs and thighs. But that's not a whole chicken, so what do we do with the rest? As we often don't like certain parts of meat, we export those to other countries where people do like them. For example, we don't like to eat chicken feet. But in China, chicken breasts are less popular but chicken feet are. Importing and exporting helps make sure every country gets the bits they like, without wasting the bits they don't.



How do I know if the meat I'm eating is British?

By law, all meat sold in the UK must say what country it's from. This is usually found on the back of the packet. We also have an organisation called Red Tractor that makes sure that food labelled as British, really is from British farms. Look out for their label on your food if you want to make sure that you're eating meat was produced in the UK.

Fresh turkey lean thigh mince.
Made using British turkey.



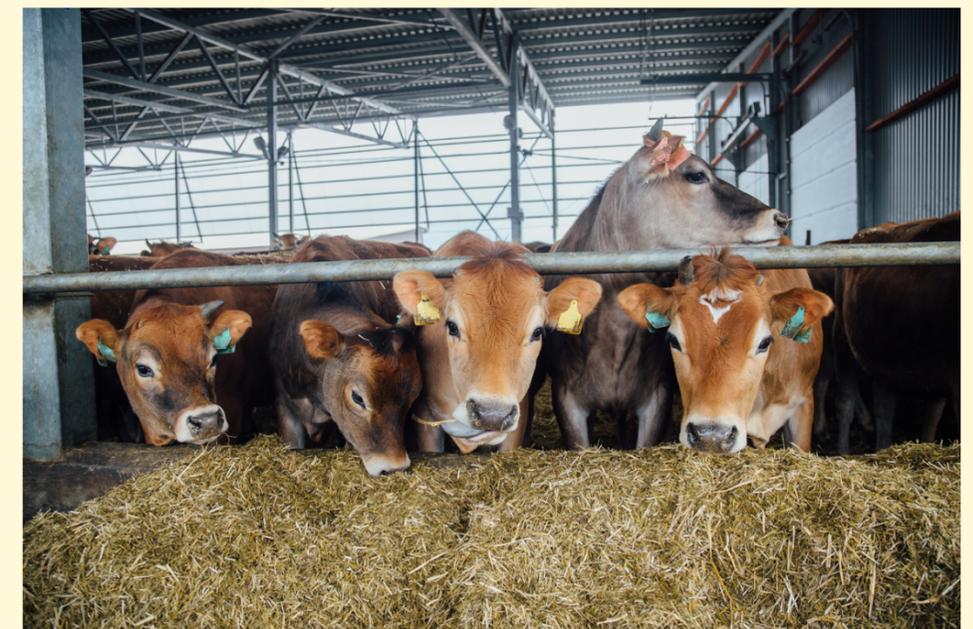
How are the animals looked after?

The UK has some of the highest animal welfare standards, joint with some other European countries such as the Netherlands, Austria, Denmark, and Sweden.

There are laws in place to help make sure that animals are looked after. Welfare standards include something called the 5 freedoms. There are:

- 1) Freedom from hunger and thirst
- 2) Freedom from discomfort
- 3) Freedom from pain, injury and disease
- 4) Freedom from distress and fear
- 5) Freedom to express natural behaviour

These make sure that animals have enough space to roam, and sleep, are fed properly, are seen by a vet if they need it, and are treated nicely.



Does eating meat impact the planet?

The animals we eat produce greenhouse gases which are bad for the planet. Although it is often said that eating plant foods is better for the planet than eating meat, in the UK we have one of the most sustainable meat and dairy industries in the world. This is partially due to our climate and landscape. Here's a couple of examples of how we keep our meat industry sustainable:

- Approximately 90% of the water that the farm animals eat comes from rain water
- Sheep and cattle often graze on land that can't be used for other types of farming, such as grassland, woodland, hills and even mountains! This land is often not suitable for growing crops due to other plants, soil that doesn't have nutrients in, or it's just too hilly.



How does eating meat affect my body?

Vitamin B12 is an important nutrient for our bodies as it helps our immune systems to work properly and helps make red blood cells. This vitamin is hard to source from plant products but is found naturally in red meat, dairy, eggs, and fish. If you don't eat animal products it's important to make sure you get your vitamin B12 from fortified foods such as milk alternatives, some breakfast cereals, and yeast extract, or from supplements.



Although meat is well known for its high protein content, this isn't the only nutrient they provide. Other nutrients commonly found in meat include potassium, zinc, phosphorus, and Vitamin B3. These nutrients have number of different functions including helping the muscles to grow and move.

Knowledge check. Can you answer these questions?

- 1) Which meat do we consume most in the UK?
- 2) What are two ways that animal products are used if they aren't eaten by humans?
- 3) Name one country that we either import from or export to?
- 4) What does the Red Tractor logo mean?
- 5) Can you name two nutrients we get from meat other than protein?