Where Food Comes From

Food Provenance: the origins of our food, including where it has been grown, raised, or caught and how our food has been processed, produced, and transported

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Food Processing:

Food processing is necessary for; making products that have a longer shelf life by adding preservatives, making food safe to consume by killing harmful bacteria, and for making foods easier to prepare.

* **Primary processing:** the conversion of raw ingredients into food products, such as, milling wheat into flour
* **Secondary processing:** when the primary product is made into another product, such as, making flour into bread

Fishing:

**Trawling**: a method of fishing where boats go to sea and release nets which are pulsed along the sea bed, which catches fish

**Line caught**: in which a fishing rod is used, line and bait is used to catch the fish

**Pots**: this is used to catch lobster and crabs, the pots are placed on the seabed and collected later

Additionally, as fish numbers have depleted, fish have become intensively farmed. They are farmed in large pens, examples of this include, mussels and salmon

The food sectors:

* Food starts at the farm, known as the agricultural sector
* Food is transported to factories, and may then be primary or secondary processed
* Food may also be stored at the factories, if it is not yet required at the retail sector
* Following storage, food enters the distribution sector, where it is transported to supermarkets for sale
* The retail sector is then where we get the finished products

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Fruit and Vegetable Production:

Farmers must: prepare the soil to ensure the crops are ready to be grown, sow the seeds, keep the area watered and free from things that may damage the crop, once the crops are ready, they are harvested and inspected to ensure high standard.

Certain crops are more suited to the climate in the UK, such as, apples, potatoes, carrots, and lettuce. The UK has the correct soil and weather conditions for these crops, whereas crops that require hotter climates are often flown in from other countries.

Although the use of hot houses has allowed us to circumvent climate and seasonal issues this comes at a great cost to the environment.

Milk production:

1. Cows will be milked two to three times a day.
2. The milk will then be transported to the factories for processing
3. At the factory, the milk is pasteurised, which involves heating the milk to high temperatures to kill bacteria, followed by cooling
4. Following, the fat is separated from the milk, and then added back in depending on the type of milk
5. Finally, the milk is homogenised, ensuring the fat is evenly distributed in the milk to create a smooth consistency

Meat production:

There are two main types of animal farming, organic and intensive.

* **Intensive** is large scale farming, in which animals are usually reared indoors. For example, battery hen farming, in which chickens are reared in large numbers indoors with little room to live.
* **Organic** is usually done on a smaller scale, in which animals are primarily reared outdoors and animal welfare and the environment is the focus. For example, free range chickens can roam outside during daylight and are given more space indoors.
* Animals can be kept in terrible conditions in enclosed areas, keeping animals in these kind of environments produces high amounts of methane and CO2. Whereas grazing livestock outside is a good way to keep farming more sustainable as the land only supports so many animals.