

Week 1: Food Miles	Week 2: Chopping and Preparation Skills	Week 3: Special Diets
<p>Food miles are the distance food travels from where it is grown to where they are eaten. Some food are not grown in the UK and are imported from other countries. Imported - Bought in from another country usually overseas. Exported – Sent/sold to another country usually overseas. Food that is imported by plane/train/trucks effects the environment by releasing CO2 into the atmosphere. In the UK we import a large percentage of our fruits and vegetables. For example: watermelon, oranges and bananas cannot be grown in the UK. Fruits and vegetables are often imported because some need certain growing conditions that the UK cannot offer.</p>	<p>When using a knife it is important to use it safely to prevent accidents. When carrying a knife it should be pointed to the floor. Using the claw and bridge technique for chopping can prevent accidents from happening. A chopping board should always be used when preparing and chopping foods. When washing up equipment it is important to use hot soapy water to destroy harmful bacteria on the equipment. When washing up equipment, equipment should be placed upside down on the draining board of a sink to allow the excess water to drain away. Equipment should be dried thoroughly to prevent chemical hazards. Equipment can often be an object or tool we use to help us complete activities.</p>	<p>A special diet may include a person who chooses to eat differently for a range of reasons or those forced to by food allergies. Some examples of special diets are: Vegetarian: A person who doesn't eat meat from an animal, including poultry (birds) or fish. A vegetarian wouldn't eat chicken but would eat eggs. Vegan: A person who doesn't eat meat from an animal and doesn't eat the by-products from an animal either. A vegan wouldn't eat chicken or eggs. Vegans and vegetarians believe that eating these foods are contributing to animal cruelty. Lactose intolerance: A person who has problems digesting lactose which is a sugar found in dairy products. Coeliac/Gluten free: A person who finds it difficult to digest gluten which is found in pastry, bread and food made from wheat. There are also many different special diets that are followed because of religious and cultural beliefs. Some examples are Halal, Kosher and lactose-vegetarianism.</p>
Week 4: Commodities (Wheat)	Week 5: Commodities (Eggs)	Week 6: The Environment
<p>Commodity: A raw ingredient or agricultural product that can be bought and sold, such as wheat, eggs or coffee. E.g. We use a range of commodities when cooking and baking. Origin: Where something comes from. Wheat is a basic commodity used in many different dishes and meals across the world. Wheat based foods are a great source of energy. Wheat is the largest crop that is harvested in the world. Wheat originated from the Middle East has been harvested for thousands of years. The harvesting of wheat has changed over the years and now machinery is used to speed up the process.</p>	<p>Rearing: bring up and caring for a child or animal until it is fully grown. Ethical sourcing: the process of making sure products are sourced and collected in a responsible way, that makes sure the workers are involved are safe and treated fairly. Environmental issues are taken into consideration. Sourced: where something comes from. Organic: meat, poultry, eggs and dairy products that come from animals are given no antibiotics or growth hormones. Organic food is produced without using harmful pesticides and fertilizers. Organic chickens are those that have access to outside areas, are not kept in cages and are provided with a higher quality diet.</p>	<p>Environment: The environment is the surroundings or conditions where a person, or animal, or a plant lives. Reduce: To lower the amount of waste produced. Reuse: To reuse materials more than once. Recycle: is when a product is broken down into materials that can be used to make something new. Something is recyclable if it is made up of materials that can be recycled. Catering companies should recycle as much as possible: - Any steel/aluminium, plastic, glass, card and paper should be separated and recycled. - Food waste should can be composted and used to grow more good. - Some packaging (biodegradable) can be composted. Catering companies should use recycled or recyclable products for their packaging. EG recycled cardboard for sandwiches.</p>