

## The Farm to Fork Process



1. Food production  
(e.g. animals or plants)



2. Processing  
(e.g. factory)



3. Packaging



4. Transport to the shop  
(e.g. lorry)



7. Waste



6. Customers purchase  
and consume



5. Shop shelves

### What I will know:

- I will understand that beef is the name of meat from cattle and how it is reared and processed.
- I will have an understanding of the ethical issues around the way in which cattle should be farmed.
- I will understand what foods make up a balanced diet.
- I will be able to use keywords to research for alternative ingredients for well-known dishes and use healthy substitutions for recipes.
- I will understand that the nutritional value of a recipe can change if you remove, substitute or add ingredients.
- I will be able to calculate and compare two recipes using a nutritional calculator and choose which one is healthier.
- I will be able to amend recipes and methods to incorporate changes to ingredients.

### What I already know:

- understand and apply the principles of a healthy and varied diet.
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

### Vocabulary

**Beef**—Meat that comes from a cow.

**Cross contamination**— Is how bacteria can spread. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready to eat foods.

**Farm**—Land or water used to produce crops or raise animals food.

**Method**—Following a process or list of instructions.

**Packaging**—The packet which holds a product safe, ready to be sold and has information on about the product.

**Research**—The collecting of information about a specific subject.

**Welfare**—The health and happiness of a person or animals.