**Cuisine** – A style of cooking of a particular country or region

Traditional British dishes include:

Shepherd’s pie, stews, Bakewell tart and Victoria sponge cake.

Traditional Indian dishes include curry, chapati and biriani

Traditional Italian dishes include gnocchi, lasagne and tiramisu

Traditional Chinese dishes include chop Suey, spring rolls and prawn toast

**Food miles** – the distance food has travelled to get to your plate. Food must travel from the farm it is grown on or the factory it is made in to a supermarket or shop to be sold.

**Carbon emissions** – harmful gases such as **carbon dioxide** are released into the earth’s atmosphere when we use **fossil fuels** (coal and oil) to provide energy. We need energy to grow, produce and transport food. Some food uses more energy than others.

**Local** – a place close to where you live. Fruit and vegetables that were grown near you would be considered local. A shop in your town would be a local shop as opposed to a shop you had to travel to.

**Transport** – moving people, animals, or items for sale like food from one place to another. Food can travel by car, bus, lorry, boat and plane. These methods of transport all need a lot of energy.

**Food provenance** means knowing where your food is grown, caught or reared.

**Grown food**: In the UK crops such as oats, wheat, potatoes, and apples are grown by farmers.

**Caught food**: around the seas of the UK fish and seafood such as macro, haddock, mussels and crabs are caught. Fish and seafood, I’ll caught using shoulders, nets and lines or pots.

**Reared food:** in the UK animals such as pigs, sheep, cows (for their milk and meat) and chicken (fully meat and eggs) are reared.

Diagram

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**Temperatures to remember**

To reduce the risk of food poisoning, good temperature control is vital:

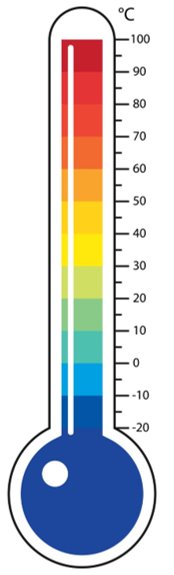


**Food provenance means knowing where food has been grown, caught or reared.**

**Grown food:** Crops such as wheat, barley or fruits including apples and vegetables such as carrots

**Caught food:** in the seas around the UK fish and shellfish such as mackerel, haddock, mussels scallops and salmon can be caught. Fish can be caught by lines, trawlers, or pots.

**Reared food:** animals that are reared for food in the UK include cows (meat and milk), sheep, pigs, chickens (for meat and eggs)

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Timeline

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