

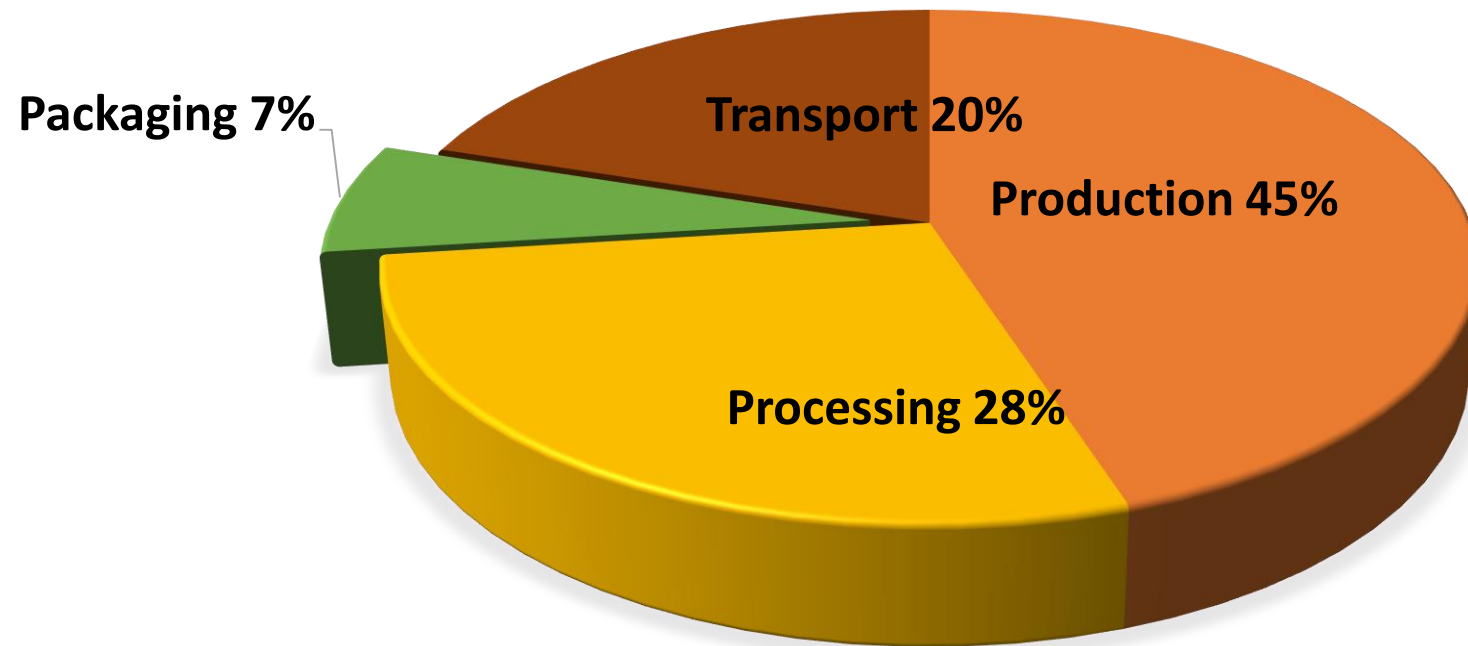
# Food = four components

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- Production – what is done to grow the food
- Processing – how the food is processed
- Transport – how the food is transported
- Packaging – the materials used to package the food



# Food = four components



# Food – four components

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## Production – (farming)

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**A** seasonal fruit and vegetables, nuts and pulses

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**B** grains, pasta, bread and vegetable oils

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**C** out of season fruit and vegetables

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**D** pork, chicken, eggs, fish, milk

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**E** beef, lamb, cheese, butter

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# Food – four components

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## Processing

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**A** items that have not been processed at all

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**B** food that has been processed very simply (pulses, grains, fresh meat, tinned fruit and vegetables)

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**C** items with 1–5 ingredients

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**D** items with more than 5 ingredients

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**E** anything frozen

# Food – four components

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## Packaging

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**A** food sold loose or with no packaging at all

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**B** lightweight paper, card or plastic

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**C** heavier paper, card or plastic

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**D** steel cans and glass

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**E** aluminium packaging of any kind

# Food – four components

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## Transport

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**A** anything home-grown or produced within 30 miles which you had delivered or walked or cycled to collect

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**B** anything else produced within 30 miles

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**C** items produced in the UK

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**D** food from overseas delivered by truck or boat

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**E** items that came by air

# Food Diary

<b>Food item</b>	<b>Production</b>	<b>Processing</b>	<b>Packaging</b>	<b>Transport</b>
Frozen peas	C	E	B	C
Kiwi fruit from New Zealand	C	A	B	E
Locally grown potatoes	A	A	A	A