

Where Food Comes From: Food Provenance Knowledge Organiser

Key Term

Food provenance: where food comes from – its origin.

Ways to Reduce Food Miles	Description
Buy local	Read labels carefully – locally sourced products have fewer food miles.
Shop at farmers' markets	Local seasonal foods are widely available here.
Grow your own vegetables	Ensures that no miles have been travelled.
Eat seasonally	Seasonal foods do not have to travel long distances.
Pick your own	Some local farms allow you to pick seasonal produce.
Cook from scratch	Convenience foods are often not produced locally, whereas fresh ingredients are more likely to be.
Walk to the shop	Although the transportation of the food may still require high mileage, the environmental impact of purchasing it is reduced.
Shop less frequently	Reasonable stockpiling reduces the need to visit retailers frequently.

Key Term	Explanation
food miles	The distance food travels from field to plate.
carbon footprint	Involves the entire food chain of the product: all processes in its production and transportation.

Origins of Foods	Meaning	Example
Protected geographical indication (PGI)	Food must be produced, processed and prepared in the geographical area it is associated with.	<ul style="list-style-type: none"> Wensleydale cheese Welsh lamb
Protected designation of origin (PDO)	Food must be produced, processed and prepared in one geographical area. It must also be made with local knowledge.	<ul style="list-style-type: none"> Blue Stilton cheese
Traditional specialty guaranteed (TSG)	Food must have a traditional name and characteristics which distinguish it from other products. Named products gain legal protection against imitation.	<ul style="list-style-type: none"> Gloucester old spot pigs

