

Knowledge Organiser – Year 4 – Autumn 2 – Where food comes from (Geography)

Some of the food we eat is **seasonal** in the UK. This means it only grows at certain times of the year.

Spring

(March, April, May)



Autumn

(September, October, November)



Summer

(June, July, August)



Winter

(December, January, February)



All the food we eat has to be grown, reared or caught.

Plants are grown.



Animals are reared.



Fish and shellfish are caught.



Where is my food from?

Once grown, reared or caught, food is processed to make it edible and safe. For example:

- milk is from a dairy cow;
- apple juice is from apples which grow on trees;
- a tomato is a fruit which grows on a plant;
- mashed potato is made from potatoes (a plant) which grows under the ground;
- ham and bacon are made from pork which is the meat from a pig;
- toast is made from bread, bread is made from flour, flour is made from the plant called wheat (it is milled).



Food is produced all around the world.

A lot of the food we eat is grown in the UK, but some food comes from other countries where the weather or seasons are different to ours.

UK food



World food



Some food has labels that tell us more about the animals welfare or how the food was grown.

The Red Tractor Logo shows that farmers look after their animals and produce food safely.



What is Fair Trade? The Fairtrade Foundation was established in 1992. Fairtrade is a way of buying and selling products that allows producers (farmers) to be paid a fair price for their produce and have better working conditions. Products include both food and non-food items such as bananas, tea, coffee, chocolate and cotton.

Fair Trade facts

1. Fairtrade means that farmers are paid a fair minimum price for their produce.
2. The Fairtrade Premium provides extra money to develop farmer's communities and protect their environment.
3. Having a minimum price means farmers can plan for the future because they have a regular income.
4. Fairtrade supports 1.65 million farmers and farm workers in 74 countries.
5. When we buy Fairtrade products, we are helping farmers in poorer countries live better lives.

Key Vocabulary

Food miles - The distance food travels from field to plate.

Globalisation is the process by which the world is becoming connected with each other.

Culture is a word for people's way of life. Many different things make up peoples' culture. These things include food, language, clothing, tools, music, arts, customs, beliefs, and religion.

Imports are goods brought into a country.

Exports are goods sent to another country. trade bloc A trade bloc is where countries group together to promote trade.

Borders are the official lines that separates two countries or areas.

Carbon footprint involves the entire food chain of the product: all processes and transportation

Consumer is a person who buys goods or services

Producer is a person or business that makes or grows goods for sale

Retailer is a person/business that sells goods or services

Trade is the buying or selling goods or services

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.