





Year 8 Food and Nutrition

Knowledge organiser: Staple foods and food assurance

Staple Foods are foods from plants (crops) which are grown and eaten in a particular country. The staple food crop will grow well in the climate of that country. Due to improved transportation, staple food are now available to us all.

Examples of staple foods	Origin				
Pasta (wheat)	 Italy Carbonara Spaghetti bolognaise				
Rice	 China/India Curry Chicken fried rice Sushi				
Potatoes	 Peru/England Sausage and mash Fish and chips				
Bread (wheat)	 Great Britain Pizza Bread roll				
Religion	Pork	Beef	Lamb	Chicken	Fish
Islam	x	Halal only	Halal only	Halal only	✓
Hinduism	x	x	✓	✓	✓
Judaism	x	Kosher only	Kosher only	Kosher only	✓
Sikhism	x	x	✓	✓	✓
Buddhism (strict)	x	x	x	x	x
Seventh-day Adventist Church	x	x	x	✓	✓
Rastafari Movement	x	x	x	x	x






Food and religious beliefs

Around the world, people choose to eat or avoid certain foods depending on their religious belief.



FARM ASSURANCE SCHEMES

Aim to give consumers guarantees that food has been produced safely and ethically, and can easily be recognised by a number of logos

Logo on packaging	Assurance scheme	Definition
	Farm assured	Aim to give consumers guarantees that food has been produced safely and ethically, and can easily be recognised by a number of logos
	Fairtrade	is when producers in developing countries are paid a fair price for their work, by companies in developed countries. It's when the price we pay for products gives enough to producers for them to afford life's essentials - like food, education and healthcare.
	Organic	Foods have been grown without the use of chemical fertilisers or pesticides. For example organic carrots or potatoes.
	Freedom foods	Is the RSPCA's farm assurance and food labelling scheme, which inspects farms to strict RSPCA welfare standards.
	Food miles	Means the distance that food travels from where it is grown to where it is bought. This is an environmental concern because of the CO2 emissions from transport.

