# Food - What could be healthier?

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|---|---|
| Beef | Meat that comes from a cow. |
| Cross-contamination | Cross-contamination is how bacteria can spread. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready-to-eat foods. |
| Farm | Land or water used to produce crops or raise animals for food. |
| Method | Following a process or list of instructions. |
| Packaging | The packet which holds a product safe, ready to be sold and has information on about the product. |
| Research | The collecting of information about a subject. |
| Welfare | The health and happiness of a person or animal. |

## Key facts

A balanced diet consists of measured amounts of different foods to keep us healthy. Use the NHS Eatwell Guide to see how much you should eat from each food group.

The different food groups are dairy, fruits and vegetables, protein, carbohydrates, fats and sugars.

Eating the right mix of nutrients will help your body grow and develop, many foods have labels which tell you the amount of each nutrient it has.

It is important to know how to avoid cross-contamination to keep safe when preparing and cooking different foods.

In farming, it is important that the animals are cared for properly during their lifetime. There are ethical rules which ensure that the animals receive a good level of welfare.

# The Farm to Fork Process



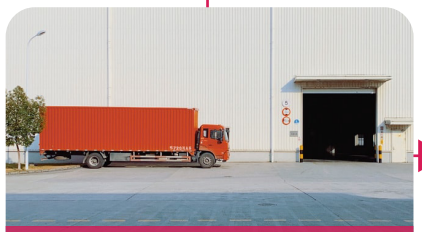
1. Food production (e.g. animals or plants)



2. Processing (e.g. factory)



3. Packaging



4. Transport to the shop (e.g. lorry)



5. Shop shelves



6. Customers purchase and consume



7. Waste

Always ask an adult's permission before cooking in the kitchen. Remember to wear an apron and wash your hands.