

# 2 Food legislation and food provenance

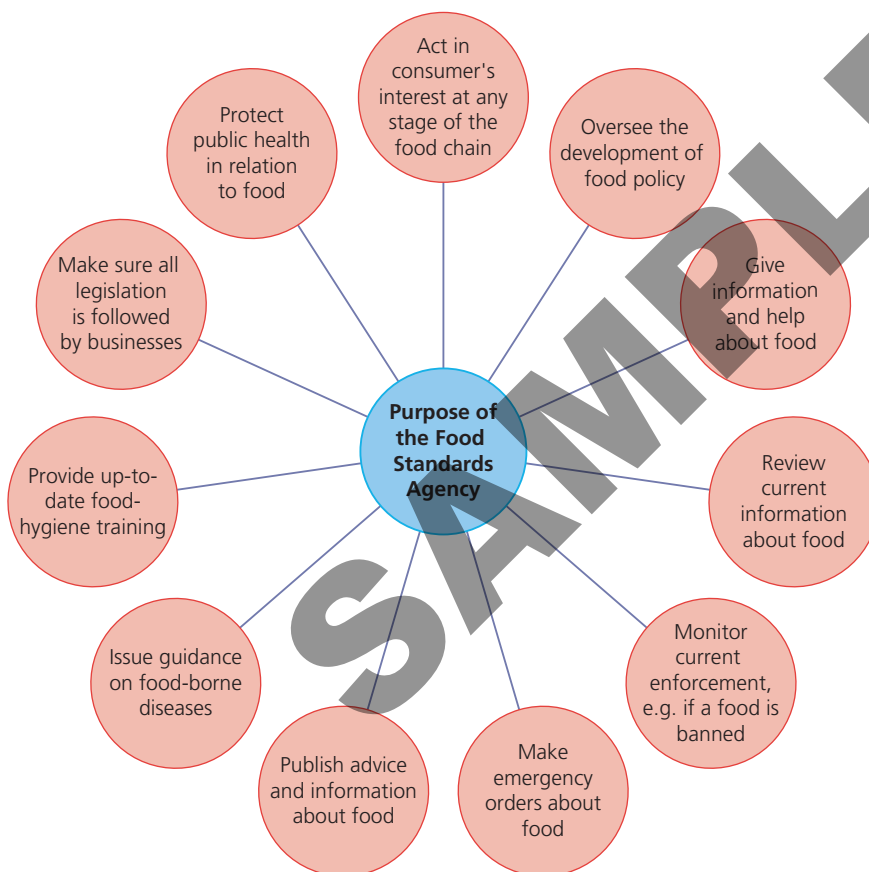
## 2.1 The Food Standards Agency and food safety legislation

### The Food Standards Agency

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In 1999, the Food Standards Act created the **Food Standards Agency (FSA)** as an independent UK government department to monitor the food industry and protect consumers from harm. Figure 2.1 summarises the purpose of the FSA.

**Food Standards Agency (FSA)** Independent UK government department set up in 1999 to monitor the food industry and protect consumers from harm.



**Figure 2.1** The purpose of the Food Standards Agency

There are laws in the UK to make sure all food handlers, producers and sellers follow correct procedures so that people who consume food are safe from harm.

### Food Safety Act 1990

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The Food Safety Act 1990 was introduced to provide a framework for all food legislation in England, Scotland and Wales. Northern Ireland has its own separate legislation.

## Main responsibilities under the Food Safety Act 1990

The main responsibilities under the Food Safety Act 1990 are summarised in Table 2.1.

**Table 2.1** Main responsibilities under the Food Safety Act 1990

Area of food safety	Responsibilities
Production and handling of food	<p>A food business cannot add anything to or remove anything from food that makes it harmful to the person eating the food.</p> <p>Correct food hygiene must be followed.</p> <p>All staff must be fully trained in food hygiene.</p>
Standard of food	<p>The standard of the food must meet the consumer's expectations in terms of:</p> <ul style="list-style-type: none"> <li>+ nature (food must be what it says it is)</li> <li>+ substance (food must not contain foreign bodies, or damaging residues, or fall below statutory standards of composition)</li> <li>+ quality (food must be of good quality).</li> </ul>
Labelling, advertising and presentation of food	<p>Food must be labelled, advertised and presented in a way that is not false or misleading.</p> <p>All labelling must show the correct information required by law.</p>



**Figure 2.2** A pie labelled '100% chicken pie' cannot contain turkey or any other meat

## Natasha's Law

Natasha's Law came into force in the UK in October 2021 and requires full labelling of all ingredients on food that is **pre-packed for direct sale (PPDS)**, including the 14 major allergens in bold. It is named after Natasha Ednan-Laperouse, who died from an allergic reaction after she ate a pre-packed sandwich.

The law protects consumers with food allergies who rely on accurate and complete food labelling to avoid potentially life-threatening allergic reactions.

PPDS food is any food that is packaged at the same place it is offered or sold to consumers and is in this packaging before it is ordered or selected. Examples include:

- + sandwiches
- + pasties
- + pies
- + bakery products
- + pizzas
- + burgers
- + salads and pasta pots.

**Pre-packed for direct sale (PPDS)** Food that is packaged at the same place it is offered or sold to consumers and is in this packaging before it is ordered or selected.

The term can apply to food that customers select themselves, for example from a display unit, as well as products from behind a counter, or food sold from a mobile or temporary outlet.

### Typical mistake

Make sure you refer to food laws and do not start to discuss personal hygiene, contamination, or anything else that is covered by the laws but will not be needed in the answer to the question. Just discuss the name of the relevant law and what it covers.

### Exam tip

A question on food legislation may give you a scenario and ask which laws have been broken. There are several different acts in current food law, so make sure you discuss the correct one.

### Check your understanding

- 1 State **two** things that the Food Standards Agency does to support businesses.
- 2 List **three** ways an organisation can break food safety legislation during production and handling of food.
- 3 Explain why it is important that all staff are fully trained in food hygiene.
- 4 Explain what the required standard of 'nature' means when complying with the Food Safety Act 1990.
- 5 Suggest **three** types of PPDS food that are covered by Natasha's Law.

### Revision activity

The following food alert was issued by the FSA on 27 June 2022:

*'Sainsbury's recalls its Sainsbury's Cooked and Peeled Frozen Large King Prawns because of possible presence of undercooked prawns.'*

List possible reasons why this food alert was sent out by the FSA and what could happen to people who ate this product.

Afterwards, read more here: [www.food.gov.uk/news-alerts/alert/fsa-prin-42-2022](https://www.food.gov.uk/news-alerts/alert/fsa-prin-42-2022)

## 2.2 Food provenance

All the food we eat is either:

- + grown (fruit, vegetables and cereal crops)
- + reared (animals and sometimes fish)
- + caught (fish caught from the sea or rivers, or reared in fish farms).

### How food is grown

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We cannot grow all the food we need in the UK, so we import some from abroad.

Many of the vegetables we eat are grown in fields, but some fruits such as strawberries and raspberries are grown in greenhouses or polytunnels in the UK and abroad. Fruits such as apples and pears are grown in orchards in the UK.

**Arable farms** are those that grow crops such as corn and wheat (see Figure 2.3), which are harvested to make food such as bread and breakfast cereal.

**Arable farms** Farms that grow crops such as corn and wheat.



**Figure 2.3** Arable farms grow crops such as wheat

## Organic farms

In the UK, some farms are certified as **organic farms**. To get this certification, they must:

- + use less pesticides and herbicides
- + not use artificial fertilisers
- + have higher animal welfare standards
- + not use medicines or antibiotics regularly
- + not use genetic modification
- + not use artificial colours or preservatives.

**Organic farms** Farms where crops are grown without using artificial fertilisers, pesticides or herbicides, and animals are well treated according to strict welfare standards.

## How animals are reared for food

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Pastoral farming involves raising animals, such as cows, sheep and chickens. Meat is an example of food that is reared.

Large-scale or factory farms maximise the number of animals that can be reared. These farms:

- + focus on profit, and the conditions the animals are kept in can be basic where they are caged or have little room to move around
- + sometimes give hormones to livestock such as poultry so they grow faster.

This is called **intensive farming**.

Smaller farms (which may be family owned) can be regular or organic farms. Animals raised on an organic farm will have better welfare and be allowed to roam freely.

Free-range farms also allow animals to roam outside for part of the day (for example we can buy free-range poultry and eggs).

**Intensive farming** Type of farming where crops or animals are grown or reared in large quantities but growing and welfare standards may be basic.

## How food is caught

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Fish are mostly caught in the sea but can come from rivers and lakes. Fish can also be reared and caught in fish farms (see Figure 2.4). These are then labelled as **farmed fish**.

There are different ways of fishing, but the main ones are:

- + trawling
- + dredging
- + line fishing.

**Farmed fish** Fish raised in large tanks or nets.



Shellfish such as lobsters and crabs are caught in pots which are baited with fish and sit on the seabed.

The catching method used depends on the species of fish, the area where it is fished, whether the fishing is small or large scale and the technology available to the fishers.



**Figure 2.4** A fish farm

#### Check your understanding

- 1 List **three** different fruits that are grown in the UK.
- 2 Explain the term 'arable farming'.
- 3 State **two** things a farmer must do to allow their farm to be called organic.
- 4 Explain what the term 'intensive farming' means.
- 5 List **two** ways fish are caught.

#### Revision activity

Investigate which fruits are grown in the UK and which seasons they belong to. Visit your local supermarket in person or online and see how many of the fruits for sale are British and how many are imported.

#### Exam tip

Intensive farming is farming on a large-scale farming. Having hundreds of cattle, chicken or pigs in a small area is an example of this. These animals are often never allowed outside. Do not confuse this with smaller farms, where fewer animals are kept.

#### Typical mistake

Make sure you understand the difference between an organic farm and a regular farm. Regular farms can still have free-range products where animals are allowed outside for part of the day, such as chickens that lay free-range eggs. These farms do not have to be organic.

## 2.3 Food transportation

Food needs to be transported from one place to another, for example:

- + from the farm, orchard or fishing vessel to the factory to be processed
- + from the factory to the shop to be sold
- + directly from the farm, orchard or fishing vessel to the shop to be sold.

Food can be transported by lorry, aeroplane or boat/ship, depending on where it is coming from. Factories and food producers need to be sure that the food is safe to eat, in good condition and not contaminated by anything during transportation. Transportation systems must therefore observe strict health and safety rules (see Figure 2.5).