



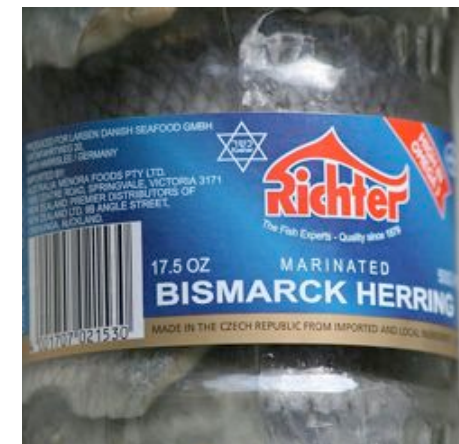
Resource 1: Information about and images of halal and kosher food

Halal food is the food which is permitted and lawful for Muslims to eat according to Islamic rules. For example in Islam it is not allowed to eat pork and its products, animals improperly slaughtered and alcoholic drinks. Consumers can often find special labels on halal food.

Kosher food is the food that is appropriate for consumption by Jews according to traditional Jewish law and suggests 'clean', 'intact', 'spotless' products. There are three categories of Kosher food, meat, dairy and parve (e.g. fish, fruits, vegetables). For example only meat from particular species is permissible. Meat from carnivores or birds of prey are considered as 'unclean' and they are not permitted to be eaten.



Frozen cabbage labeled as Halal.
By Vmenkov



Marinated herrings with
Kosher food label.
By Genista



Resource 2: : Images of food products produced from seeds



Chocolate bars.
By yum9me



Cocoa beans in a cocoa pod (*Theobroma cacao*).



Bread.
By Klaus Höpfner



Wheat (*Triticum* spp.).
By Bluemoose

Cornflakes.



Corn/Maize (*Zea Mays*).
By Pratheeps



Resource 3: : Meaning and images of Fairtrade and organic products

Fairtrade products: According to the Fairtrade foundation 'Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world' (www.fairtrade.org.uk). Conventional trade often discriminates against the poorest, weakest producers. Fairtrade requires companies to pay sustainable prices to the producers (which must never fall lower than the market price) and focuses in particular on exports from developing to developed countries (e.g. coffee, cocoa, sugar, tea, bananas, handicrafts, wine etc.). Fairtrade also supports higher social and environmental standards in the developing world. Fairtrade organisations which are backed by consumers, not only support the producers but they also raise awareness, and campaign for changes in the regulations and practice of international trade.

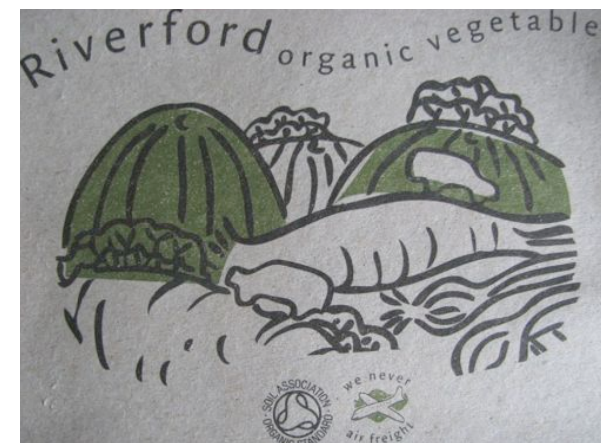
Consumers can identify the Fairtrade products by the special labelling on their packages. A certification organization is responsible for conducting independent auditing of Fairtrade producers and traders to ensure that the agreed standards are met.

Organic products: Organic food is produced by farming that follows strict regulations and emphasises the protection of wildlife and the environment. The Soil Association explains that in organic farming:

- 'pesticides are severely restricted – instead organic farmer develop nutrient-rich soil to grow strong healthy crops and encourage wildlife to help control pests and disease
- artificial chemical fertilisers are prohibited – instead organic farmers develop a healthy, fertile soil by growing and rotating a mixture of crops using clover to fix nitrogen from the atmosphere
- animal cruelty is prohibited and a truly free-range life for farm animals is guaranteed
- the routine use of drugs, antibiotics and wormers is disallowed – instead the farmer will use preventative methods, like moving animals to fresh pasture and keeping smaller herd size
- genetically modified (GM) crops and ingredients are banned under organic standards' (<http://www.soilassociation.org/>)



Ground coffee with Fairtrade label.



Organic vegetables certified by Soil Association (see certification label).



Organic farming recognises the connection between what we eat and our health. People choose to buy organic products for the benefit of their personal health and the environment. Consumers can recognise organic products by their special labelling. Any food products labelled as organic must meet a strict set of standards which define what farmers and food manufacturers can and cannot do in the production of organic food. Organisations which certify the organic products conduct audits to make sure that the regulations are being implemented.

The Soil Association, the UK leading organic organisation explains about the difference in prices between organic and non-organic food: 'As the costs of farming with oil-based fertilisers and chemicals increase, the price gap between organic and non-organic is closing. Where there is a price difference, you are paying for the special care organic farmers place on protecting the environment and improving animal welfare'.



Coffee beans being sorted and pulped by workers and volunteers, on an organic, fair-trade, shade-grown coffee plantation in Guatemala.

By rohsstreetcafe



Resource 4: Images of farmers' market and supermarket



Andover Farmers' Market, UK.
By Anguskirk

Supermarket, grocery section.
By John Oram





Resource 5: The journey of cocoa from the cocoa plant into a chocolate bar on the supermarket selves

Cut the images separately from their text and give them to each group of pupils (group of 4 or 5). The pupils will have to put them into the right order and then match the images with their description.



Cocoa (*Theobroma cacao*) is a perennial tree crop that grows in humid tropical areas under forest shade. The major producing countries of cocoa are: Brazil, Cameroon, Ivory Coast, Ecuador, Ghana, Indonesia, Malaysia, Nigeria. It takes about 5 months for the plant to develop its ripen fruits (pods) from flower and they are subject to a number of pests and diseases.

By Medicaster



Ripe fruits are harvested by farmers with long handled knives or machetes. The harvested pods are collected together, broken open and the wet beans, which are covered with sweet mucilage, are removed by hand.

By commoncourtesy



3

The pod husk is thrown away and the wet cocoa beans, with their sweet mucilage, are fermented for a number of days. This is a vital process for developing the chocolate flavour. For successful flavour development a fermentation heap is built up on plantain leaves and then covered with more plantain leaves; the heaps should be away from full sunlight and should be turned after about three days to ensure even conditions throughout the heap.

By casipphotos



4

On completion of fermentation, the cocoa is carried to the villages for drying under the sunlight. Drying can take around 7-10 days. The drying process needs constant monitoring otherwise the flavor of the beans may be too acidic or beans may get fungi.

By IITA



Private operators usually control the transport of the cocoa from farmers to the port. From the collection centres in the large towns, the cocoa beans will be moved to the exporters store in the port areas and then shipped abroad to USA or Europe.

By Corey Seeman



By David Monniaux

In a factory the beans are roasted to enhance their flavour and then cracked and de-shelled by a winnowing machine, which removes outer husks or shells and leaves behind the roasted beans which are now called nibs.

6



Bellyglad



7

The nibs are then ground into a thick liquid called chocolate liquor. Chocolate liquor may be used directly to produce chocolate or can be pressed to extract the cocoa butter while the remaining solid is made into cocoa powder. To make milk chocolate, milk and sugar is mixed together with the chocolate liquor using a chocolate melanger machine.

By Sanjay Acharya



By yum9me

8

Chocolate bars are packaged and transferred to supermarkets for sale to consumers.



By Mtaylor848



Resource 6: Images of different types of food



Fairtrade bananas.



Kosher ice cream. *By blipsman*



Halal food. By [MAC]



Organic cocoa. By Titanas



Packet of crisps.
By Mirka23



Web links to download the pictures included in the 'Food for thought' lesson resources:

Frozen cabbage labelled as Halal

<http://en.wikipedia.org/wiki/File: Baozi-Halal-label-2570.jpg>

Marinated herrings with Kosher food label

<http://www.flickr.com/photos/genista/4675865802/>

Chocolate bars

<http://www.flickr.com/photos/yum9me/2164770653/>

Cocoa beans in a cocoa pod (*Theobroma cacao*)

<http://en.wikipedia.org/wiki/File: Cacao-pod-k4636-14.jpg>

Bread

http://upload.wikimedia.org/wikipedia/commons/1/1f/FD_1.jpg

Wheat (*Triticum spp.*)

http://en.wikipedia.org/wiki/File: Wheat_close-up.JPG

Cornflakes

<http://en.wikipedia.org/wiki/File: CornFlakes.JPG>

Corn/Maize (*Zea Mays*)

<http://en.wikipedia.org/wiki/File: Cornheap.jpg>

Coffee beans being sorted and pulped by workers and volunteers

http://en.wikipedia.org/wiki/File: Coffee_beans_being_sorted_and_pulped.jpg

Andover farmers' market, UK

<http://www.flickr.com/photos/anguskirk/3937673122/lightbox/>

Supermarket grocery section

<http://www.flickr.com/photos/johnoram/4996265796/sizes/l/in/photostream/>

Cocoa plant (*Theobroma cacao*)

http://en.wikipedia.org/wiki/File: Cocoa_Pods.JPG

Ripe cocoa fruits harvested by farmers and getting seeds out of the pod

<http://www.flickr.com/photos/ashleyhodson/2177940081/sizes/z/in/photostream/>

Cocoa beans fermentation

<http://www.flickr.com/photos/casip/3467706729/sizes/l/in/photostream/>

Cocoa beans drying after fermentation

<http://www.flickr.com/photos/iita-media-library/4598613744/sizes/o/in/photostream/>

Transportation of cocoa from producer countries to consumer countries

<http://www.flickr.com/photos/cseeman/5172986129/sizes/l/in/photostream/>

Roasted cocoa beans

http://en.wikipedia.org/wiki/File: Cocoa_beans_P1410151.JPG

Cocoa winnowing machine

<http://www.flickr.com/photos/sparklenose/4162001344/sizes/l/in/photostream/>

Chocolate melanger for mixing chocolate ingredients

http://upload.wikimedia.org/wikipedia/commons/9/9d/Chocolate_melanger.jpg

Supermarket image

http://en.wikipedia.org/wiki/File: ASDA_in_Keighley.jpg

Kosher ice cream

<http://www.flickr.com/photos/blipsman/2727897659/sizes/o/in/photostream/>

Halal food

<http://www.flickr.com/photos/nichtgefunden/3661164743/sizes/z/in/photostream/>

Organic cocoa

<http://www.flickr.com/photos/titanas/576016419/sizes/l/in/photostream/>

Packet of crisps

<http://www.flickr.com/photos/mirka23/63012361/sizes/o/in/photostream/>

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