

Keywords		
1	Food Miles	The distance our food has travelled from its origin until it reaches your plate.
2	Sustainable Fish	Fish that is fished or farmed in a manner that can maintain or increase production in the long term, without jeopardizing the health or function of the web of life in our oceans.
3	Discarded	Throw something away.
4	Jeopardizing	Putting something at risk.
5	Marine Stewardship Council	Certification used for wild fish. Their blue tick label indicates that a fish comes from sustainable waters, is not over-exploited and is not endangered.
6	RSPCA Freedom Food Certification	Ensures a good standard of welfare, and organic certification for salmon and prawns. Verifies that certain environmental - as well as welfare - issues are covered.
7	Omega 3	A fatty acid which has anti-inflammatory properties (good for achy joints), helps reduce the risk of heart disease, helps the development of brain tissue and nerve growth.
8	Gutting	Removing the insides of an animal we eat such as fish.

Seasonality	
1	Helps to reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat to avoid paying a premium for food that is scarcer or has travelled a longer way [Food Miles].
2	Helps to support the local economy.
3	Allows us to reconnect with nature's cycles and the passing of time.
4	Seasonal food is fresher and so tends to be tastier and more nutritious.
Sustainability	
1	Takes the pressure off fish like cod and make the most of 'bycatch' fish that often gets discarded.
2	Choosing sustainable fish helps protect fish stocks from over-fishing and guards the marine environment, but it can be confusing and the detail difficult to remember.
3	There are three fish groups: white, oily and shellfish.

Fairtrade	
1	About better prices, decent working conditions and fair terms of trade for farmers and workers.
2	About supporting the development of thriving farming and worker communities that have more control over their futures and protecting the environment in which they live and work.
3	Advantages include: more access to exotic fruit and vegetables/foods, wider range of vitamins & minerals in diet, new, exciting tastes, creates a lot of jobs, and cheaper products.
4	Disadvantages include: not eco-friendly, pollution and packaging, low wages, poor working conditions for fruit & vegetable pickers, damaged products through transport, not very fresh, perhaps 3 weeks old if not tinned, pureed or dried, can put British farmers out of work.

1. Command Words

1	Define	State or describe exactly the nature, scope, or meaning of something / establish the character of something; mark out the boundary or limits of something
2	Summarise	Give a brief statement of the main points of something.
3	Suggest	Used with another command word, e.g. Suggest an explanation. Suggest tells you that you need to apply your knowledge to a new situation, and in this case to give a possible explanation
4	Which	Asking for information specifying one or more people or things from a definite set.
5	Why	Giving a reason or explanation to support the answer of the question.
6	Interpret	Ascribe meaning.
7	Evaluate	Look at the information in the question and bring it together to make a decision and come to a conclusion with evidence from the question. You may be asked to give a personal response.