

## Year 7 Food – Knowledge Organiser

Clean hands. Hair tied back. Wear an apron. Wear blue plasters. Don't cough/sneeze over food. Use the bridge and claw methods for cutting/chopping.

### What are Nutrients?

Nutrients are the building blocks that make up food and have specific and important roles to play in the body. Some nutrients provide energy while others are essential for growth and maintenance of the body.

Macro Nutrient	Role in the body	Food Example
Carbohydrate	The main source of energy for the body.	Bread, rice, pasta, potatoes
Protein	Provides the body with growth and repair.	Meat, poultry, beans, eggs, lentils, tofu, fish
Fat	Provides the body with insulation and a small amount protects vital organs. Provides essential fatty acids for the body.	Butter, oil, cheese, cream, nuts, oily fish, crisps

Vitamin	Role in the body	Food examples
A	Helps to keep the eyes healthy and strengthen the immune system.	Dark green leafy vegetables, carrots, liver
B	Helps to release the energy from the food we eat.	Bread, milk, cereals, fish, meat
C	Help with skin healing and healthy skin. Help with the absorption of iron.	Fresh fruit, broccoli, tomatoes
D	Important for absorbing calcium and help with healthy bone structure.	Oily fish, eggs, butter, Sunshine

Vitamins - Help to keep our immune system up and help our body to stay healthy – they are important for body maintenance.

Mineral	Role in the body	Food Examples
Calcium	Important for strong teeth and bones. It also helps with blood clotting.	Milk, yoghurt, soya, dark green leafy vegetables
Iron	Needed for red blood cells which help to transport oxygen around the body.	Nuts, whole grains, dark green leafy vegetables, meat, liver

Minerals - Help to keep our immune system up and help our body to stay healthy. Vitamins and minerals are Micronutrients.

### Labelling – what is on

Name  
Description  
Cooking instructions  
Storage  
Nutritional information  
Ingredients  
Weight/Number

### 8 tips for healthy eating

- 1) Base your meals on starchy foods
- 2) Eat lots of fruit and veg
- 3) Eat more fish
- 4) Cut down on saturated fat and sugar
- 5) Eat less salt
- 6) Get active and be a healthy weight
- 7) Drink plenty of water
- 8) Don't skip breakfast

### Understand the 4 C's Concept

- C** – Good Hygiene practice prevents Cross Contamination
- C** – Effective Cleaning removes harmful bacteria and stops them spreading
- C** – Effective Chilling prevents harmful bacteria multiplying
- C** – Thorough Cooking kills bacteria

The heat from the stove transfers to the pan via conduction



The heat is transferred through the water via convection



The element transfers heat to the kitchen via radiation



**Equipment:** Weighing scales, knife, chopping board, saucepan, wooden spoon, tablespoon, teaspoon, dessert spoon, mixing bowl, grater, baking tray, cooling rack, peeler, saucepan

**Packaging** – Protects, preserves, contains, transportation, informs BUT .... Environmental Impact Resources, landfill, disposal



## Year 8 Food – Knowledge Organiser

Clean hands! Hair tied back! Wear an apron! Wear blue gloves! Don't cough/sneeze over food!

### KEY PROCESSES:

#### Knading-

to work dough, to develop the gluten that is found in flour, this gives baked goods their structure and texture. When making dough, the flour and other dry ingredients are combined with the wet ingredients, usually warm water, along with yeast.



#### Handling Raw Meat -

Always wash hands with warm water and soap for 20 seconds before and after handling raw meat.



#### Don't cross-contaminate!

Keep raw meat, poultry, fish, and their juices away from other food. Wash cutting board, utensils, and countertops with hot, soapy water after use.



#### Gelatinisation

When starch is heated with a liquid the starch granules swell and start to absorb (soak up) the liquid.



#### Coagulation

The setting that occurs when the protein in eggs is heated



### Multicultural Foods

Pizza and Bolognese- Italy

Curry and Naan Bread- India

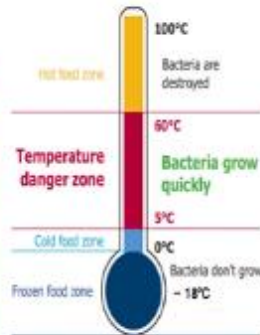


Mexico



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Each burger contains:

<b>ENERGY</b> 924KJ 220kcal 11%	<b>FAT</b> 13g MED 19%	<b>SATURATES</b> 5.9g HIGH 30%	<b>SUGARS</b> 0.8g LOW <1%	<b>SALT</b> 0.7g MED 12%
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% of an adults reference intake.  
Typical values per 100g: Energy 966kJ/ 230kcal

Cake Making Methods – main ingredients are fat, flour, eggs and sugar

Whisking



icing



Rubbed in



### Allergen Labelling

The allergen could be identified in **bold**, highlighted, underlined or in *italics*.

The example below is for a basic Victoria sponge:

**Eggs**, **wheat flour**, **butter**, sugar, vanilla essence, baking powder

Foods containing gluten, present in wheat, barley and rye 	Crustaceans 	Eggs 	Fish 	Lupin 
Peanuts 	Soybeans 	Milk 	Nuts 	Molluscs 
Celery 	Mustard 	Sesame seeds 	Sulphur dioxide 	

A staple food, food staple, or simply a staple, is a food that is eaten routinely and in such quantities that it constitutes a dominant portion of a standard diet for a given person, region or country



Social media and Food – recipe websites, influencers, diets, food trends, advertising  
Make sure you are a critical consumer

Wider thinking / further reading:  
[www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk)





