

# Year 8 Food and Nutrition Knowledge organiser

## Hygiene rules

- Wash hands!
- Tie hair up
- Wear apron
- No false nails or nail varnish
- No jewellery



PREVENT CROSS CONTAMINATION  
USE CORRECT COLOUR CODED  
CHOPPING BOARDS & KNIVES



## Food allergies

Our bodies have an immune system to protect us from harmful substances, but sometimes a person's body reacts too strongly to a particular substance. This is what happens when a person becomes allergic to a substance

In the UK, the most common food allergies are to eggs, milk, fish, soya, peanuts and tree nuts (such as walnuts, brazil nuts and almonds).



<https://www.youtube.com/watch?v=yPQzoLBWvOw>

## Nutrients

**Macronutrients** - (fats, proteins and carbohydrates) these are needed by the body in relatively large quantities and form the bulk of our diet.

**Micronutrients** - (vitamins and minerals) these are found in food and are vital to health, but are required in very small quantities.

## SPECIAL DIETS

**Lactose intolerance.** People must avoid milk, cheese butter, yogurt and processed foods that contain milk products.

**Celiac disease** (gluten intolerance). People must avoid wheat, wheat products, pasta, noodles, semolina, bread, pastry, sauces, rye, barley and oats (including breakfast cereals). They can eat rice, potatoes, corn and corn products.

**Nut allergy.** People must avoid nuts, blended cooking oils and margarines that contains nut oils.

**Diabetes.** Diabetics find it difficult to control their blood sugar levels, so they need to eat starchy foods at regular intervals. They avoid foods high in sugar.

**Vegans** do not eat the flesh of any animal or any animal product e.g. cheese.

**Lacto-vegetarians** do not eat the flesh of any animal but they will eat eggs, milk, cheese, honey etc.

**Muslims** do not eat pork. They eat Halal meat.

**Hindus** do not eat beef.

Some **Sikhs** avoid meat and fish.

Methods	Equipment	
Whisk	Mixing bowl	Wooden spoon
Bake	baking tray	Rolling pin
Roll	paper	Electric whisk
Combine	Baking tray	whisk
Cream	Cooling rack	Hand whisk
Divide	rack	whisk
Fold	Measuring jug	Scissors
Present	Table spoon	Knife
Coating	Table spoon	Food processor
Cut	Teaspoon	Fork
Spread	Table knife	Cookie cutter



<https://www.youtube.com/watch?v=IhJnwnjszHs>

## FATS

From animal, fish and plant sources. Different fats are used in food for their different properties including;

**Shortening** - used in rubbed in methods, eg. Pastry, biscuits it coats the grains of the flour.

**Aeration** - when fat and sugar are creamed together air is trapped, e.g cakes

## Pastry ingredients

- Flour – forms the structure of the shortcrust pastry. Soft plain flour (low gluten content) is used to give a short crumb.
- Fat – in shortcrust pastry the fat coats the flour granules resulting in a crumbly texture. Adds colour and flavour.
- Water – binds the dry ingredients together.

## Top tips when making shortcrust pastry

- Use the rubbing in method, make sure the butter, hands and water are all COLD.
- Add the cold water slowly, so that the dough is not too wet.
- When rolling out the pastry, dust the surface and rolling pin with flour.
- Do not over work the dough!

## Eggs

- Hold air when beaten
- Coagulate (sets) when heated
- Add colour to mixtures
- Thickens sauces, custards, etc.
- Glaze bread, scones and pastry
- Bind ingredients together
- Provide protein, fat, iron and Vitamins A, B, and E

## Sugar

- Provides sweetness
- Large amounts prevent microorganism growth (for example, jam/marmalade)
- Caramelises to produce a brown colour
- Retains moisture
- Helps to trap air in cake mixtures
- Provides carbohydrate

## Fats/Oils

- Provide flavour
- Keep products moist and extend shelf-life
- Add colour to foods
- Make pastry 'short' by coating the flour to stop gluten developing
- Hold air when creamed with sugar
- Oil forms an emulsion with liquids (for example, mayonnaise)
- Provide energy and Vitamins A & D

## Flour

There are many different types of flour, such as stone ground, whole meal and self-raising flour.

- Provides fibre (especially if wholemeal)
- If Self-Raising, makes mixtures rise
- Forms the bulk of bread, pastry and cake mixes
- Gluten in flour produces a stretchy dough
- Provides carbohydrate, Vitamin B, calcium and iron