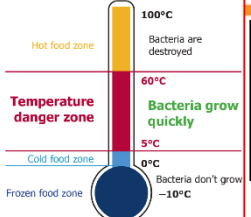


# Year 7 Food and Nutrition Knowledge organiser

## Eatwell Guide



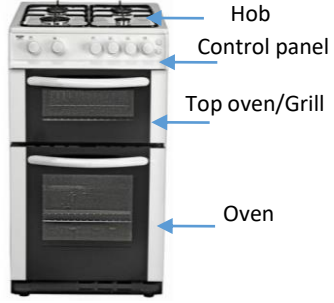
### Equipment

Weighing scales, knife, chopping board, saucepan, wooden spoon, tablespoon, teaspoon, mixing bowl, grater, baking tray, cooling rack, peeler, colander, blender, measuring jug



<https://www.youtube.com/watch?v=8aWqZd9RScQ>

<https://www.youtube.com/watch?v=pLJ703rOTq4>



Food skills	Techniques
Knife skills - Chopping	Bridge hold, claw grip, slice, dice, julienne, baton's, meat and vegetable preparation
Organisation / tidying skills	Being able to work hygienically and safely to produce recipes and ensure all equipment, utensils and work area is fully clear and tidy. Teamwork and communication. Following personal hygiene rules.
Food safety	Using food probes for meat to check for safe temperatures (75C)
Weighing and measuring	Demonstrating accurate measurement of liquids and solids. Being able to use both manual and digital scales.
Use of equipment	Oven, hob, chopping boards, knives, sieve, mixing bowl, measuring jug/spoons
Making sauces	Reduced sauce, roux sauce
Working with ingredients	Using a range of ingredients from the Eatwell Guide to create recipes.
Test for readiness	Using a knife/skewer, finger or poke test, bite or visual colour check to establish whether a recipe or ingredient is ready.
Adapting recipes	Using a nutritional analysis program to analyse recipes. Making adaptations to make the recipe better suit the Eatwell Guide / healthy eating requirements.
Judge and manipulate sensory properties	Demonstrate how to taste and season during cooking. Self-evaluation of practical dishes made.
Food science	Learning how foods react with heat and acid and adapt accordingly.
Cooking methods	Using a variety of cooking methods including conduction, convection and radiation.
Food styling	Quality and creative presentation techniques. Using garnishes and decorative techniques where possible.

### Why food is cooked:

- To make it safe to eat
- To improve the shelf life
- To develop flavour
- To improve texture
- To give variety

### Methods of heat transfer

- Convection** - when the environment (air, water or oil) is heated up.  
e.g. - baking a cake  
- boiling an egg
- Conduction** - when heat is transferred directly.  
e.g. - frying an egg
- Radiation** - when heat radiates  
e.g. - toast

### Dietary guidelines

Health experts and the Government have worked together and produced a set of Dietary Guidelines and an Eatwell Guide to help people make informed choices when they are deciding what to eat. These are shown below. You will see that there are also guidelines about your lifestyle choices as well as what you eat.

- Base your meals on starchy foods.
- Eat lots of fruit and vegetables.
- Eat more fish - including a portion of oily fish each week.
- Cut down on saturated fat and sugar.
- Eat less salt - no more than 6g a day (1 level teaspoon) for adults.
- Get active and be a healthy weight.
- Don't get thirsty - drink plenty of water.
- Don't skip breakfast.

### Weighing and measuring

For good results in most recipes, accurate weighing and measuring is essential. When you are baking with flour, sugar and liquids, you must measure accurately or your cooking will be spoiled. If you weigh out too much sugar or too little raising agent, your cakes would not rise or you could spoil the taste and/or texture.

Name of the Nutrient	Sources	Function
<b>Carbohydrates</b> (energy giving food)	Rice, potato, wheat, sugar	Provides energy
<b>Fats</b> (energy giving food)	Butter, ghee, milk, cheese	Gives more energy compared to carbohydrates
<b>Vitamins and Minerals</b> (protective food)	Fruits and vegetables	Required for normal growth and development
<b>Proteins</b> (body building food)	Milk, eggs, meat, fish, soybean	Helps in building and repair of body

### Hygiene rules

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



### Key abbreviations: Weights and Measurements

L	Litres	
g	Grams	
ml	millilitres	1000ml = 1 litre
Kg	kilograms	1000g
Tbsp	tablespoons	15ml
Tsp	teaspoon	5ml
1pt	1 pint	568ml

<https://www.food4life.org.uk/learning-areas/key-stage-3/food-safety-and-hygiene/the-4-c-s>



Bridge hold

Claw grip

### 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