

Year 9 Food and Nutrition Knowledge organiser

Hygiene rules

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



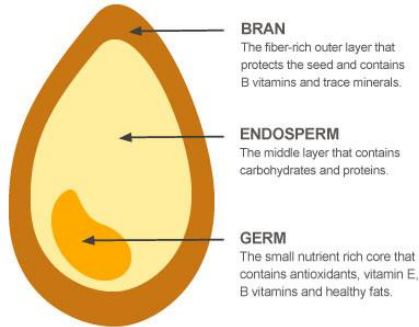
<https://www.bbc.co.uk/bitesize/episodes/zxchfg8>



<https://www.youtube.com/watch?v=tp5H87Su1jE>



<https://www.youtube.com/watch?v=1teUhznlYeU>



<https://www.bbc.co.uk/bitesize/clips/zp8fb9q>



Methods	Equipment	
Rub	Mixing bowl	Wooden spoon
Measure	Measuring jug	Rolling pin
Present	Table	Sauce
Knife	Table	Sauce
Prove	spoon	pan
Knead	Teaspoon	Wooden spoon
Shape	Table	spook
Bake	knife	Grater
Grill	Chopping board	Garlic crusher
Boil	Baking tray	Tin opener
Simmer	Baking tray	opener
Spread	Cooling rack	Test tubes
Drain	Scales	Balloons
Grate	Colander	Test tube rack
Combine	kettle	

Yeast

Needs 4 conditions to produce carbon dioxide called

FERMENTATION

Warmth - warm water, boiling will kill the yeast and cold will not activate it.

Moisture - warm water, but don't add too much or the dough will be too wet.

Time - to activate.

Food - to feed it.

Available in fresh or dried forms.

Flour

Grains of wheat are made into flour through the process of milling. The main types of flour include:

- **Wholemeal**
- **Brown**
- **White**
- **Self-raising** - has a chemical raising agent added to it.
- **Plain** - used for biscuit, cake and pastry making and has a lower gluten content.
- **Strong bread flour** - has a higher gluten content, which is needed in bread making. The gluten is able to stretch after it is mixed with water and developed.
- **Gluten-free flour** - made from flours which do not contain gluten i.e. rice, tapioca, potato flour.

Cooking methods

Hob - boiling, simmering, poaching, steaming and blanching.

Oven - roasting, braising and casserole

Frying - dry frying, shallow frying, stir-frying and deep frying

Grill

Microwave

Key processes:

Rubbing in method - this is when the fat is rubbed into the flour until it resembles breadcrumbs; it is used in pastry, cake and biscuit making.

Kneading - to work dough, 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.

Prove - when the yeast fills the dough with gas, causing it to rise and aerate.

Reducing - heating up a sauce based product to evaporate the water and making the sauce thicker in consistency.

Knife skills - using the bridge and claw grip to safely and accurately prepare ingredients.