

Year 7 Food and Nutrition – 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

Safety, Skills and Snacks



- Eating breakfast can help you to have a great day. Our bodies cannot run on empty until lunch time.
- Our energy level. Breakfast gives our bodies nutrition and substance. This is where our energy comes from. People who do not eat breakfast have considerably less energy than people who do. Think about it. Breakfast is the meal after dinner.



KEY PROCESSES:

The rubbing in method- To use your fingertips to combine ingredients together (Fork biscuits)

Chopping and dicing- The bridge and claw method to dice up fruit and vegetables safely (Apple Crumble and Soup)

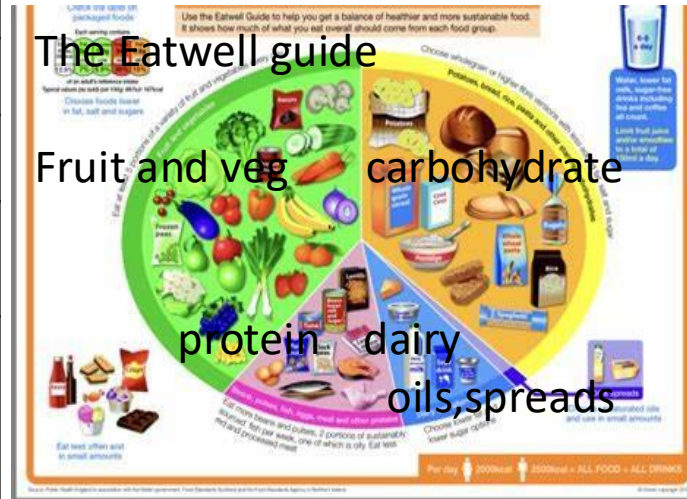
Simmering- Simmering is a food preparation technique by which foods are cooked in hot liquids kept just below the boiling point of water and above poaching temperature. To create a steady simmer, a liquid is brought to a boil, then its heat source is reduced to a lower, constant temperature (Potato and Leek soup)

The all in one method – the all in one method is simply where all the ingredients are mixed together at the same time (cheese and courgette muffins)

Grating- Cheese and courgette muffins

Grilling, frying, scrambling- stirred, whipped or beaten together while being gently heated, (English breakfast)

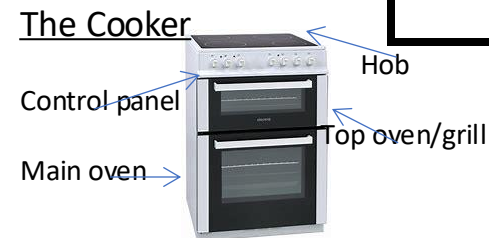
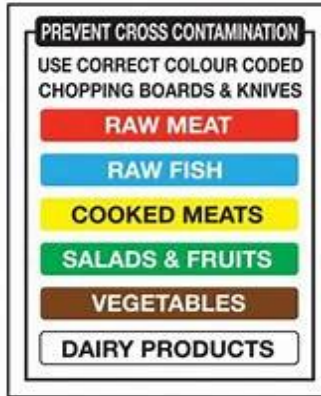
The melting method- In the melting method the fat and sugar are melted together, then allowed to cool before the dry ingredients are sifted together, then folded into the wet mixture (Flapjacks)



Equipment: Weighing scales, knife, chopping board, saucepan, wooden spoon, tablespoon, teaspoon, dessert spoon, mixing bowl, grater, pan-stand, baking tray, cooling rack, peeler, pastry brush, spatula.



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.
Food can be weighed in **Grams (g)** and there are **1000g** in a **Kilogram (kg)**. Liquid is measured in **Millilitres (ml)** or **litres**.



The importance of drinking 6-8 glasses of water a day

