

Year 8 Food and Nutrition – Knowledge Organiser

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

PREVENT CROSS CONTAMINATION
USE CORRECT COLOUR CODED CHOPPING BOARDS & KNIVES

- RAW MEAT
- RAW FISH
- COOKED MEATS
- SALADS & FRUITS
- VEGETABLES
- DAIRY PRODUCTS

KEY PROCESSES:
Kneading-
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. (Pizza)

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. (Chicken Curry)

Reducing – heating up a sauce based product to evaporate the water and making the sauce thicker in consistency. (Pizza)

Making a roux sauce-
A roux (pronounced 'roo) is the name given to the cooked mixture of butter and plain flour that thickens and forms the base of various sauces, particularly the white sauce. Its an essential ingredient in classic sauces. (Spaghetti Carbonara)

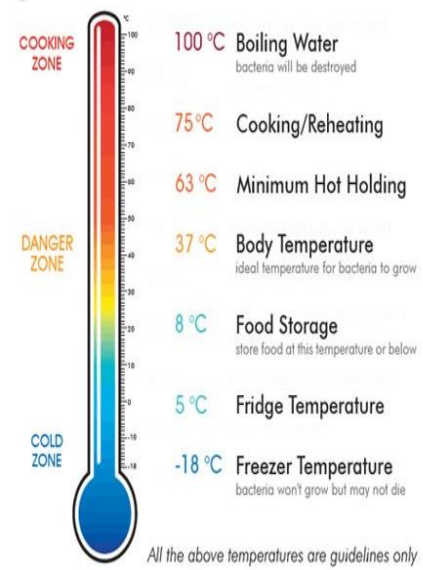
Whisking- Making a swiss roll. How to reduce sugar



1. Protein
 2. Fat
 3. Carbohydrate
 4. Vitamins
 5. Minerals
- PLUS** Water and Fibre
(neither are nutrients but are required for a healthy diet).



One Pot Meals



METHODS OF COOKING
Heat transfers in three ways:

Conduction
Metal is a **conductor** of heat and carries the heat from the heat source to the food

Convection
When heated, gas or air particles expand and rise, causing colder particles to sink, creating convection currents which distribute heat.

Radiation
Heat is transferred directly onto the surface

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

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.

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.



EHO- The Environmental Health Officer
Environmental Health Officers (EHOs) are employed to look after the safety and hygiene of food through all the stages of manufacture or production from distribution to storage and service.

FOOD HYGIENE RATING

0 1 2 3 4 **5**

VERY GOOD

Why do we need Vitamins and Minerals? Spaghetti Carbonara and Tomato Sauce (Pizza)

Why do we need Protein? High biological v low biological- Chicken Curry



Why do we need carbohydrates; Simple sugars and starchy carbohydrates

Why do we need fat? Saturated v unsaturated- spaghetti carbonara



How can we reduce sugar?