

# Year 8 Food and Nutrition – Knowledge Organiser

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

## How to Eat a Healthy Diet

### KEY PROCESSES:

#### Handling Raw Meat -

Always wash hands with warm water and soap for 20 seconds before and after handling raw *meat*

**Shortening**-is any fat that is a solid at room temperature and used to make crumbly pastry and other food products.

**Dextrinisation**- Occurs when starch is toasted or cooked by dry heat. It is a result of starch breakdown by dry heat to form dextrin's.

**Coagulation**-When it is heated the runny yolk and white (albumen – which is the major source of protein) turn solid.

**Whipping**- The process of beating an ingredient vigorously to incorporate air, which makes the ingredient frothy

#### ELECTRIC HAND MIXER.

- Can be used to make cakes mixes such as a Victoria Sandwich and whip creams for Cheesecake..
- Should be used with both beaters in the machine.
- Speeds the making process up and cheap to buy.
- More expensive than a hand whisk which does the same job. Requires electricity which costs.



### SPECIAL DIETS

**Coeliac disease** is a condition where your immune system attacks your own tissues when you eat gluten. It stops you from taking in nutrients.

**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.



#### How to Eat Less Salt:

- Don't add salt to cooking, let people add their own to taste.
- Use herbs and spices as an alternative to salt

#### Eat Less Sugar:

Sugar contains no other nutrients besides carbohydrate. We should cut down on the amount of sugar we eat to avoid obesity and tooth decay.



**Lactose intolerance** is where you cannot properly digest lactose, a type of sugar found in milk and dairy products.

#### Eat Less Fat:

By eating too much fat we build up store of surplus material in our bodies and just like an overstocked warehouse, the surplus begins to show, and we become overweight. Eating too much saturated fat (found mainly in animal foods) causes an increase in Cholesterol in the blood, which builds up inside the arteries. This can cause a blockage and lead to a heart attack. Cut down on foods containing saturated fats and substitute them with polyunsaturated fats (foods containing vegetable fats).

#### How to Eat Less Fat:

- Use low fat spread instead of butter or margarine
- Grill food instead of frying
- Cut fat off meat before cooking - trim fat off chops
- Buy low fat products such as cheese, yoghurts
- Use skimmed or semi-skimmed milk instead of full fat milk
- Eat more chicken and fish and less red meat
- Use polyunsaturated fat or oil in cooking - use corn oil
- Eat fewer cakes, biscuits, crisps, chips and pies

#### Eat More Fibre:

Fibre is the carbohydrate part of food which the normal human digestive enzymes cannot breakdown. Fibre helps to protect against diseases of the bowel. It gives you a feeling of fullness and so can help in diets.

#### How to Eat More Fibre:

- Eat lots of fresh fruit and vegetables
- Eat more wholemeal flour, bread, pasta, rice
- Use more canned beans, peas and lentils - eat more
- Try jacket potatoes with a variety of fillings
- Choose high fibre cereals but check packaging for sugar

#### Eat Less Salt:

Eating too much salt can lead to high blood pressure. This will increase the risk of suffering heart problems and strokes.

