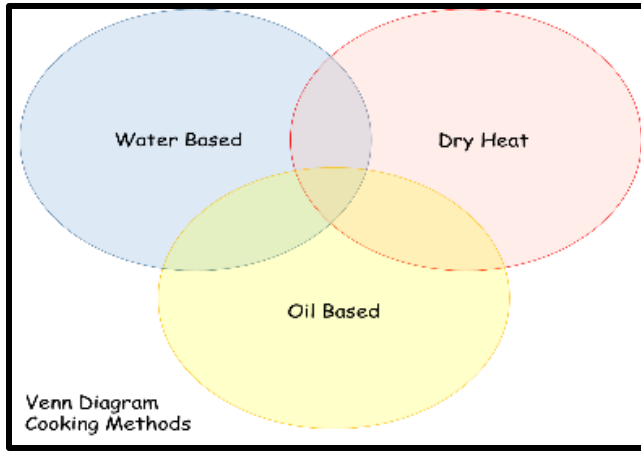


Year 9 Food and Nutrition – Knowledge Organiser

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.

Different cooking methods



Food Provenance and Factors affecting Food Choice



Knife Skills

Why do we need to cook food?

- It makes food safe to eat. Cooking food properly will **help make sure that any harmful bacteria are killed**. Eating food that isn't properly cooked could give you food poisoning.
- Makes the food taste better and palatable.
- It makes food easier to digest.
- Cooking makes food easier to eat.
- Some foods keep longer when cooked (extends the shelf life)
- Cooking improves the appearance of food.



KEY PROCESSES:

Knife skills-

To julienne vegetable is to **cut them into very slender little sticks, like very thin matchsticks**. (Stirfry)

Chopping and dicing-

The bridge and claw method to dice up fruit and vegetables safely (Stirfry and Fajitas)

Making a batter- The trick is to sieve the flour thoroughly and to add the milk gradually whisking with a balloon whisk for the perfect silky texture (Toad in the Hole)

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

Grating- Cheese (for fajitas)

Handling Raw Meat -

Always wash hands with warm water and soap for 20 seconds before and after handling raw *meat*. (Chicken fajitas)

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. (Stirfry)

How to handle filo pastry

(filo crackers or santa parcels)



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.



Vegetable cuts



batons – 5-6.5cm long x 1 cm square



dice – 1cm square



julienne/match stick – 5-6.5cm long x 3 mm square



fine julienne – 5-6.5cm long x 1.5mm square

Seasonal Food 1



Why choose seasonal foods?

Advantages

- Locally grown or in the UK
- Food miles will be low
- Supporting local farmers
- will have more nutrients as fresher
- in plentiful supply, which will make the food cheaper
- gluts of seasonal foods can be used to make chutneys, jams or pickles

Disadvantages

- Food can be repetitive
- If there is an excess and the food cannot be used or sold quickly enough there will be wastage

Religious factors can have a major influence on what foods we buy.

For example, Muslims will not eat meat such as beef or lamb that has not been slaughtered by the halal method, while those of the Jewish religion will only eat foods that are Kosher. Where we are from and our **culture** will also influence our food purchases.



Does cost affect your food choice?



PREVENT CROSS CONTAMINATION

USE CORRECT COLOUR CODED CHOPPING BOARDS & KNIVES

RAW MEAT

RAW FISH

COOKED MEATS

SALADS & FRUITS

VEGETABLES

DAIRY PRODUCTS

Key Words and Terms

Food provenance: knowing where food is grown, reared and caught and how it is produced and transported

Sustainable- meets the needs of the present, without making it difficult for future generations to meet their own needs

Food Miles- the distance food travels from farm to fork

Glut - an excess or oversupply (e.g. apples in the autumn)

Seasonal Foods - foods that are only available at certain times of the year