

Year 7 Food Studies – 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.

PREVENT CROSS CONTAMINATION
USE CORRECT COLOUR CODED CHOPPING BOARDS & KNIVES

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

- 8 tips for healthy eating**
- 1) Base your meals on starchy foods
 - 2) Eat lots of fruit and veg
 - 3) Eat more fish
 - 4) Cut down on saturated fat and sugar
 - 5) Eat less salt
 - 6) Get active and be a healthy weight
 - 7) Drink plenty of water
 - 8) Don't skip breakfast

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 |

| Vitamin | Role in the body | Food examples |
|----------|--|---|
| A | Helps to keep the eyes healthy and strengthen the immune system. | Dark green leafy vegetables, carrots, liver |
| B | Helps to release the energy from the food we eat. | Bread, milk, cereals, fish, meat |
| C | Help with skin healing and healthy skin. Help with the absorption of Iron. | Fresh fruit, broccoli, tomatoes |
| D | Important for absorbing calcium and help with healthy bone structure. | Oily fish, eggs, butter, Sunshine |

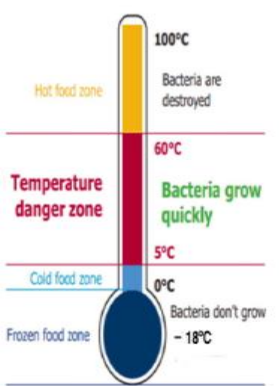
Vitamins - Help to keep our immune system up and help our body to stay healthy – they important for body maintenance.

| Mineral | Role in the body | Food Examples |
|----------------|--|--|
| Calcium | Important for strong teeth and bones. It also helps with blood clotting. | Milk, yoghurt, soya, dark green leafy vegetables |
| Iron | Needed for red blood cells which help to transport oxygen around the body. | Nuts, whole grains, dark green leafy vegetables, meat, liver |

Minerals- Help to keep our immune system up and help our body to stay healthy. Vitamins and minerals are Micronutrients.

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**



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**.

Wider thinking / further reading: www.foodfactoflife.org.uk www.grainchain.com

The Eatwell Guide

