

Year 8 Food Studies – Knowledge Organiser

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.



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.



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



ESSENTIAL NUTRIENTS

- 1. Protein
- 2. Fat
- 3. Carbohydrate
- 4. Vitamins
- 5. Minerals

PLUS Water and Fibre
(neither are nutrients but are required for a healthy diet).

COOKING SKILLS

- Chop
- Fold
- Roll
- Knead
- Shape
- Simmer
- Boil
- Bake
- Fry

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



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

SPECIAL DIETS

Lactose intolerance. People must avoid milk, cheese butter, yogurt and processed foods that contain milk products.

Coeliac 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.

Nut allergy. People must avoid nuts, blended cooking oils and margarines that contains nut oils.

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.

TYPE OF PACKAGING	EXAMPLE USES	ADVANTAGES	DISADVANTAGES
Glass	Jam, pasta sauces,	Strong, see product through, sense of quality leakproof	Heavy, breaks easily
Aluminium Foil	Takeaway meals, pies,	Can hold heat, can be heated, can be shaped, rigid, leakproof, portion control	Cheap, not very strong
Cardboard & oven proof paperboard.	Ready meals, sandwiches, dry cereal.	Can be printed onto, greaseproof, lightweight, can be recycled, leakproof	Doesn't keep food fresh
Paper	Sugar, flour,	Cheap, lightweight, can be printed onto	Not water resistant or leakproof,
Cling film	Meat onto of plastic trays	Easy to shape, cheap	Not strong
Plastics	Milk bottles, yoghurt pots, margarine tubs,	Can be moulded into shapes, can be see through, cheap. can be recycled,	Not always easy to recycle, hygienic
Polystyrene	Takeaway meals, hot drinks	Keeps food hot	Can't be printed onto, difficult to recycle
Tin cans	Baked beans, meat sauces, fruit, vegetables	Strong, leakproof, portion control, product sealed so extends shelf life	Heavy, cannot be printed onto

Sources of Food

Ingredients can be grown, gathered, caught, reared or made / manufactured.



This aspect of food is known as **FOOD PROVENANCE**

Why do we need to know this?

How food is produced has an impact on it's quality, its nutritional properties, the environment, as well as its cost.

The general rule is **'the closer to its original form, the better the food is for us'**.



Multicultural Foods

Pizza and Bolognese- Italy

Curry and Naan Bread- India

Fajitas- Mexico



FOOD MILES
WHAT ARE THEY
AND HOW DO THEY AFFECT OUR WORLD?

Time + distance FROM THE POINT & TIME WHERE FOOD IS **grown** TO WHERE IT IS **consumed**. THE SMALLER THE BETTER!

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