

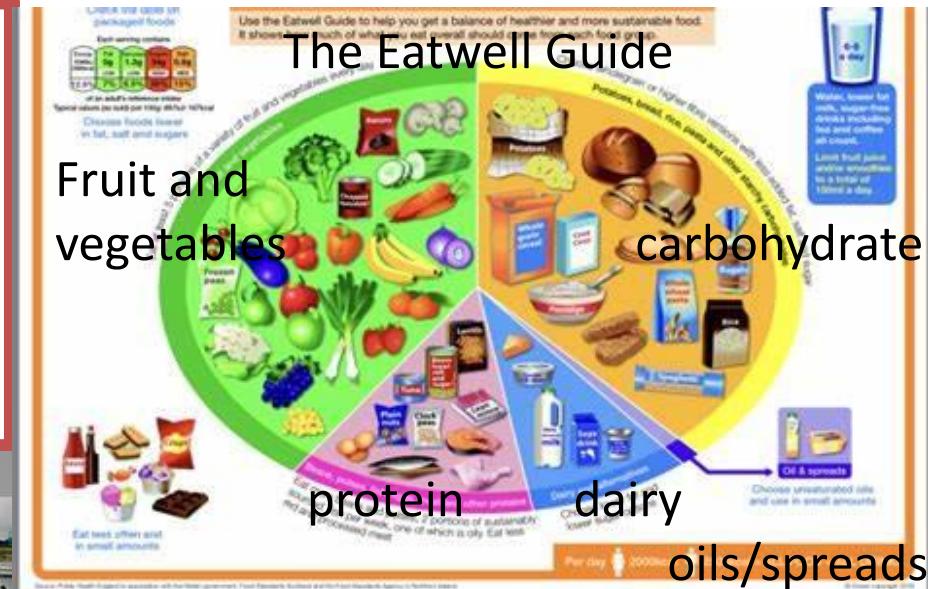
Year 10 FPN – Knowledge Organiser 1

Key words: Knife skills

1. Bridge hold
2. Claw grip
3. Jardinière
4. Julienne
5. Macedoioine
6. Chiffonade
7. Baton
8. Dicing
9. Chopping
10. Filleting

- Temperature danger zone: The danger zone is from 5 to 63°C. This is the temperature range in which bacteria grow rapidly.
- Core temperature: This is the internal temperature food must be heated to which to ensure it is cooked properly. A minimum core temperature of 70°C for 2 minutes (or an immediate reading of 75°C).

1. Food and packaging waste contributes to greenhouse gases (GHG's)
2. Food miles are the distance food travels from its point of origin to your table. Recycling and producing less waste can help reduce carbon emissions.
3. Nearly a third of all food produced ends up in landfill sites where it gives off methane gas as it decomposes.
4. Cheaper foods are ones that are GM/intensively farmed
5. Under EU law, all foods need to be traceable from field to fork.
6. Carbon emissions and global climate change affect food and water supplies. Sustainable food production ensures less negative impact on the environment and the farmers.



Points to look for when buying: Fresh Fruit and vegetables

- A good, bright colour
- A firm, crisp texture (not wilted or soft)
- An unblemished smooth skin
- No mould growth
- Not too much soil on the skin of root vegetables
- No damage
- Stored so air can circulate freely
- Buy only when you can see the quality of the fresh produce
- Buy food in season.

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'**.



MOST COMMON FOOD ALLERGENS



Nutrient	Why the Body Needs It	The Foods which are High in this Nutrient
VITAMINS	To help protect the body.	
A	Healthy eyesight ('Visual Purple').	All yellow, orange and red fruit and vegetables e.g. carrots, peppers, tomatoes. Oily fish, cheese, and added to (fortified) margarine.
B	Helps release energy. Keeps skin, digestive and nervous system healthy.	Wholegrain cereal foods, most fruit and vegetables, meat fish, dairy products, pulses, nuts and yeast extract (Marmite).
C	Healthy skin, and resistance to infection e.g. colds.	Most fruit and vegetables, especially citrus fruit (oranges, lemons, grapefruit and limes) and berries.
D	Helps calcium to make strong bones and teeth.	Sunshine, added to (fortified) some breakfast cereals and all margarines. Oily fish and liver.

Nutrient	Why the Body Needs It	The Foods which are High in this Nutrient
MINERALS	To maintain body processes.	
Calcium	Strong bones and teeth.	Dairy foods, dark green vegetables, fish with bones, almonds and brazil nuts, fortified (added to) white bread.
Iron	For healthy blood.	Added to (fortified) white and wholemeal bread and breakfast cereals. Dark green vegetables, red meats, offal, pulses (peas, beans and lentils).
Sodium	Balances the fluids in the body.	Meat, vegetables, salt.

A portion of Fruit or vegetable = 80g OR 3 tablespoons, or as much as you can fit onto the palm of your hand.

Main nutrients found in our food:
Protein Carbohydrates
Fats and Oils
Vitamins Minerals

Rules when making Shortcrust Pastry

Cold –when making pastry the fat content has to be cold. If possible wrap pastry in cling film and chill to “rest “

Breadcrumbs – Use your fingertips to make the even breadcrumbs with no large lumps of butter remaining. Try to work quickly so that it does not become greasy. Shake the bowl and the butter lumps come to the top.

Handling – pastry does not like to be handled or kneaded – it's the opposite of bread- you do not want the gluten to form.

Rolling pastry– using the rolling pin gently roll forwards, backwards and then turn the pastry 90 degrees. Do not over work the pastry – it will become hard

People with **food allergies** are unusually **sensitive to particular foods**.

An allergic reaction to a food can be mild such as **mouth irritation** or a more severe reaction known as **anaphylactic shock** which can potentially be life threatening. Although food allergies only affect a small number of people it is **vital that caterers provide necessary information and treat all allergy enquiries seriously**.

Food intolerance occurs when the body is **unable to digest a particular food** properly.

Intolerance to a food is not the same as a food allergy because the immune system is not involved. Symptoms can include nausea, bloating, abdominal pain, diarrhoea and headaches.