

Year 7 Food – Knowledge Organiser

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

8 tips for healthy eating

- 1) Base your meals on starchy foods
- 2) Eat lots of fruit and vegetables
- 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

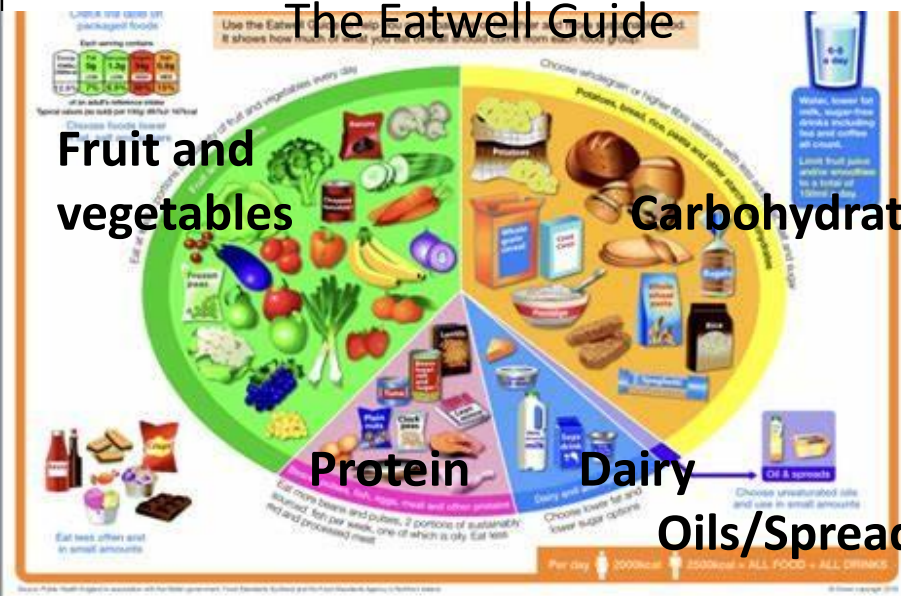
4C's in relation to Personal

Hygiene

- Clothing
- Clean Hands
- Cover Hair (or put in a bobble)
- Cover Cuts

Clean hands. Hair tied back. Wear an apron. Wear blue plasters. Don't cough/sneeze over food. Use the bridge and claw grip methods for cutting/chopping. Stack stools. Have a clean & tidy area.

The Eatwell Guide



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**.

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 its 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'**.



How do I use weighing scales?

1. Put bowl on scales.
2. Set to zero.
3. Carefully and slowly, add ingredients.



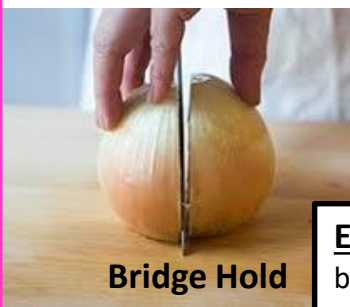
Claw Grip



Knife safety rules

- Store in the knife block (RED Tray).
- Carry by the handle, at your side pointing downwards.
- Never run with a knife.
- A sharp knife is a safe knife.
- Never leave in the washing up bowl.
- When cutting; eyes on your blade.
- Always cut away from yourself.
- Never grab a falling knife.
- Clean knives safely.
- Only cut on a chopping board.

Bridge Hold



Equipment: Weighing scales, knife, chopping board, saucepan, wooden spoon, tablespoon, teaspoon, mixing bowl, grater, muffin tray, cooling rack, peeler.

Cake Making methods:

Rubbing in = Scones.

Creaming – Traditional and All-in-one = Cupcakes.

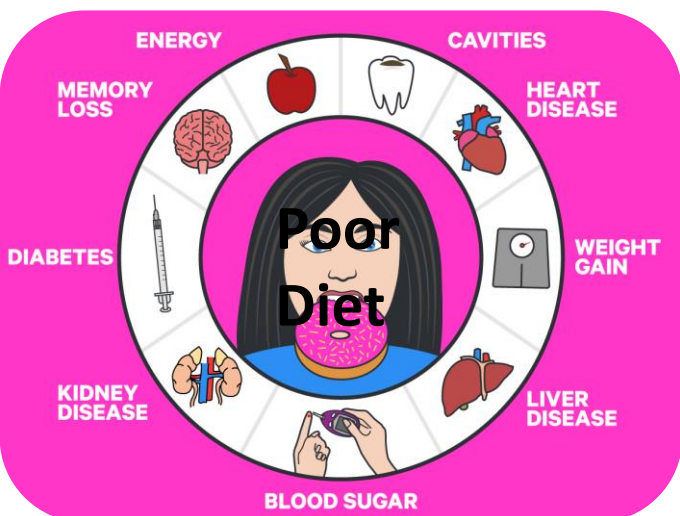
Melting = Flapjacks

Whisking = Swiss Roll

The main ingredients in cake making are fat, sugar, flour and eggs. All methods use a raising agent and often a liquid such as milk.

Good Practice for washing and drying up:

1. Use hot soapy water.
2. Use a dish cloth or washing up brush.
3. Rinse off bubbles.
4. Leave to drain.
5. Dry with a clean dry tea towel.
6. Check – make sure all food has been removed; ensure it is completely dry on top, bottom & inside.
7. Ask the teacher to check equipment before putting away.
8. Empty the bowl – rinse to remove the bubbles.
9. Use fingers to unblock any food from the plughole.
10. Use a dishcloth to clean the sink, bowl, area around the sink and work area.
11. Leave your work area dry.



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