

Year 8 Food – Knowledge Organiser

Water is not a nutrient but it is essential for life because it:
 Regulates body temperature.
 Transports nutrients in the blood.
 Removes waste from cells.
 Aids digestion.

We obtain water from all drinks and foods we eat. A lack of water causes dehydration, resulting in headaches, thirst, dizziness and poor concentration.

WHY DRINK WATER?

1. Helps to lose weight
2. Healthy Skin
3. Fights Infection
4. Get rid of Body Toxins
5. Healthy Heart
6. Prevent Joint Pains & Arthritis
7. Boost Energy
8. Prevent Constipation
9. Reduce risk of Cancer
10. Improves Productivity



Shortening: Shortcrust pastry rely on fat to give it their crumbly texture. The fat coats the flour particles and prevents them from absorbing water giving them a waterproof layer. This reduces the formation of gluten development, which would cause the dough to become elastic. When water is added, the gluten strands can only form short lengths because of the waterproofing of the fat. The texture of pastry is therefore 'short' and tender. When rolled, the pastry does not spring back like a bread dough does due to the short gluten molecules.



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.



There are **5** main groups of nutrients. These 5 groups can be divided into 2 groups
Macronutrients which are needed by the body in large amounts.
Micronutrients which are needed by the body in small amounts.



Rubbing-In method
 This is a method whereby you rub your finger tips together in the butter and flour to create a breadcrumb looking mixture. You do not get the palm of your hands 'dirty' with flour.

Rules when making Shortcrust Pastry

Used for tarts, quiches & pies.

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

How much fibre do we need?



How to make shortcrust pastry

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

Protein
Carbohydrate
Minerals

Nutrients

Proteins assist with growth and repair of cells in the body. Proteins are found in animal products like, meat, fish, cheese, milk and eggs. Vegetable sources include soya beans, pulses and nuts.

Carbohydrates are needed to give the body energy. There are two types of carbohydrate starch and sugar. Starch is found in cereals, potatoes, pasta and flour. Sugar is found in fruit, vegetables, honey and milk.

Fats help to provide concentrated source of energy and help to insulate the body in cold weather. There are two main types, saturated fats from animals sources, butter and lard and unsaturated from vegetable sources sunflower and olive oil.

Vitamins are needed in very small amounts for growth and health. The main ones are Vitamins A, B, C and D.

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|-------------------|---|
| Puff Pastry | A very light pastry made in layers that expand when cooked, leaving large air pockets inside. |
| Choux Pastry | Very light, twice-cooked pastry – eclairs, profiteroles |
| Filo Pastry | Paper-thin translucent sheets of pastry. |
| Shortcrust Pastry | Makes a crisp, short, golden pastry. |

| 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 |
| 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 |

