

Food Preparation and Nutrition

Year 7

'Practise makes a skilled cook'



Food Safety VS Food Hygiene

Food Safety Rule: Food safety is referring to the measures we use to control our own and others in the rooms safety.

Food Hygiene Rule: Food hygiene is to protect the food we use, cook and store safely from contamination of unwanted bacteria.

Food Measurements

Solids

g = Grams

Oz = Ounces

Liquids

ml = Millilitres

L = Litres

P = Pints

The 4 main hazards

Slip- spilt water from washing up can cause others to slip over

Trip- leaving bags/items around the working area can cause other to trip over

Cuts- knife skills are taught to keep you and others safe

Burn-oven gloves must be worn when using the oven

Keywords; Balanced diet, food groups, nutrients, composite meal.

What is a Macro Nutrient?

These are needed in large amounts:

Protein: Needed for growth and repair

Fats: Needed as a back up energy supply and for warmth and protection of vital organs. Also provide us with fat soluble vitamins.

Carbohydrates: Carbohydrates is needed as our main source of energy.

What is a Micro Nutrient? These are needed in smaller amounts. Example

Key Vitamins : Vitamin C & Vitamin A

Evaluating/Testing Food:

What are the 5 senses and descriptions we use to describe and evaluate our food?

Sense	Descriptive Examples
Appearance	Colourful, Attractive, Traditional.
Texture	Crunchy, Chewy, Bubbly and Runny.
Taste	Bitter; Salt; Sour; Sweet; Umami.
Sound	Crunch, Snap, Bubble, Fizz, Pop.
Aroma	Pungent, Spicy, Bland, Rancid, Savoury, Fishy, Cheesy.

What is the Eatwell Guide?

A guide that shows you the different types of nutrients and food we need to be healthy.

Why is it important?

The Eat Well Guide shows you what food groups and with what proportions you need for a healthy balanced diet.

Consequences of following a poor diet?

A poor diet can lead to diseases and can stop us fighting infections.

5 A Day

Fruit and Vegetables are part of a healthy balanced diet and can help us stay healthy. It's really important we eat enough of them.

The '5 A Day Campaign' was brought in from the World Health Organisation which recommends eating a minimum of 400g of fruit and veg a day to lower the risk of serious health problems. Remember when thinking about a portion it can be 'an apple' or a 'handful of raspberries' (Portion = 80g).

Practical Lessons

1. Knife skills; learning to cut using the claw grip & bridge hold: cut an apple into equal, accurate slices
2. Fruit Fusion: create an attractive display of cut fruit using your knife skills. Cover in a citric juice to prevent Enzymic Browning
3. Bread Pizza Base: learn how to knead & shape bread
4. Pizza toppings: cut & shape vegetable toppings to complete your pizza

Suggested reading: 1.

<https://www.bbc.co.uk/bitesize/guides/z8rqw6f>

2. The Food Book.
Jenny Ridgewell.



Food Diary

A food diary is the perfect way to record eating habits and the food groups and types you regularly eat. These food types can then be categorised into the 5 sections of the Eat Well Guide. This is pictured below and described in a little more detail above with %'s in the correct sections.

