





# Year 7 Food and Nutrition Knowledge organiser

## Dietary guidelines

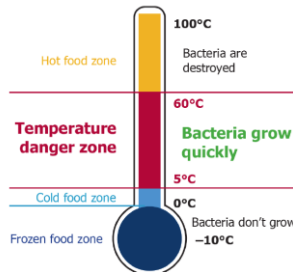
Health experts and the Government have worked together and produced a set of **Dietary Guidelines** and an **Eatwell Guide** to help people make informed choices when they are deciding what to eat. These are shown below. You will see that there are also guidelines about your lifestyle choices as well as what you eat.

1. Base your meals on **starchy** foods.
2. Eat lots of **fruit and vegetables**.
3. Eat more **fish** – including a portion of **oily fish** each week.
4. Cut down on saturated fat and sugar.
5. Eat less **salt** – no more than **6g** a day (1 level teaspoon) for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty – drink plenty of water.
8. Don't skip breakfast.

Name of the Nutrient	Sources	Function	
<b>Carbohydrates</b> (energy giving food)	Rice, potato, wheat, sugar	Provides energy	
<b>Fats</b> (energy giving food)	Butter, ghee, milk, cheese	Gives more energy compared to carbohydrates	
<b>Vitamins and Minerals</b> (protective food)	Fruits and vegetables	Required for normal growth and development	
<b>Proteins</b> (body building food)	Milk, eggs, meat, fish, soybean	Helps in building and repair of body	

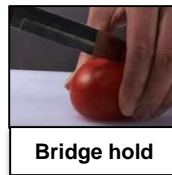
## Key abbreviations: Weights and Measurements

L	Litres	
g	Grams	
ml	millilitres	1000ml=1litre
Kg	kilograms	1000g
Tbsp	tablespoons	15ml
Tsp	teaspoon	5ml
1pt	1 pint	568ml

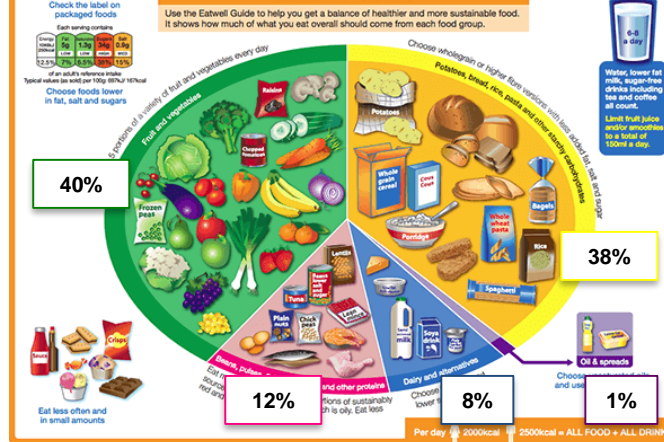


## Hygiene rules

Wash hands!  
Tie hair up  
Wear apron  
No false nails or nail varnish  
Antibacterial spray on surfaces before & after cooking



## Eatwell Guide



## Check how much fat, sugar and salt is in your food

## Food Shopping Card



Food skills	Techniques
<b>Knife skills - Chopping</b>	Bridge hold, claw grip, slice, dice, julienne, baton's, meat and vegetable preparation
<b>Organisation / tidying skills</b>	Being able to work hygienically and safely to produce recipes and ensure all equipment, utensils and work area is fully clear and tidy. Teamwork and communication. Following personal hygiene rules.
<b>Food safety</b>	Using food probes for meat to check for safe temperatures (75C)
<b>Weighing and measuring</b>	Demonstrating accurate measurement of liquids and solids. Being able to use both manual and digital scales.
<b>Use of equipment</b>	Oven, hob, chopping boards, knives, sieve, mixing bowl, measuring jug/spoons
<b>Making sauces</b>	Reduced sauce, roux sauce
<b>Working with ingredients</b>	Using a range of ingredients from the Eatwell Guide to create recipes.
<b>Test for readiness</b>	Using a knife/skewer, finger or poke test, bite or visual colour check to establish whether a recipe or ingredient is ready.
<b>Adapting recipes</b>	Using a nutritional analysis program to analyse recipes. Making adaptations to make the recipe better suit the Eatwell Guide / healthy eating requirements.
<b>Judge and manipulate sensory properties</b>	Demonstrate how to taste and season during cooking. Self-evaluation of practical dishes made.
<b>Food science</b>	Learning how foods react with heat and acid and adapt accordingly.
<b>Cooking methods</b>	Using a variety of cooking methods including conduction, convection and radiation.
<b>Food styling</b>	Quality and creative presentation techniques. Using garnishes and decorative techniques where possible.

## What happens when food is cooked:

### Changes to:

### Taste

### Colour

### Texture

### Smell

### Protein denaturation:

the process of altering a protein's molecular characteristics or properties



### Proteins: Coagulation

The process of turning a liquid into a solid

**Example:** Egg

### Carbohydrates: Gelatinization

When heated a mixture thickens as starch particles absorb water

**Example:** White sauce

### Carbohydrates: Caramelisation

Sugars change colour and flavour when heated

**Example:** Onions

### Carbohydrates: Dextrinization

the browning that happens when starches are cooked



**Example:** Toast

### Fats: Plasticity

the ability of fat to hold its shape

### Water: Evaporation

when water is heated it turns into a gas

## Why food is cooked:

1. To make it safe to eat
2. To improve the shelf life
3. To develop flavour
4. To improve texture
5. To give variety

## Methods of heat transfer

**Convection** - when the environment (air, water or oil) is heated up.  
e.g. - baking a cake  
- boiling an egg

**Conduction** - when heat is transferred directly.  
e.g. - frying an egg

**Radiation** - when heat radiates  
e.g. - toast