





Year 7 Food and Nutrition Knowledge organiser

Dietary guidelines

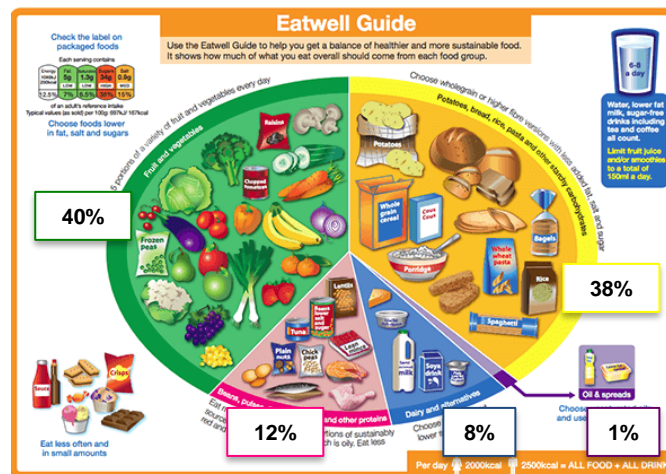
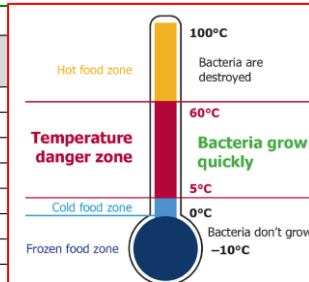
Health experts and the Government have worked together and produced a set of **Dietary Guidelines** and an **Eatwell Guide** to help people make informed choices when they are deciding what to eat. These are shown below. You will see that there are also guidelines about your lifestyle choices as well 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	
Carbohydrates (energy giving food)	Rice, potato, wheat, sugar	Provides energy	
Fats (energy giving food)	Butter, ghee, milk, cheese	Gives more energy compared to carbohydrates	
Vitamins and Minerals (protective food)	Fruits and vegetables	Required for normal growth and development	
Proteins (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	1pint	568ml



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



Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

Food Shopping Card

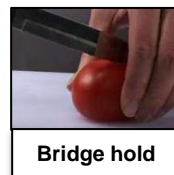
	Sugars	Fat	Saturates	Salt
What is HIGH per 100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is MEDIUM per 100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below

Hygiene rules

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



Claw grip



Bridge hold



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