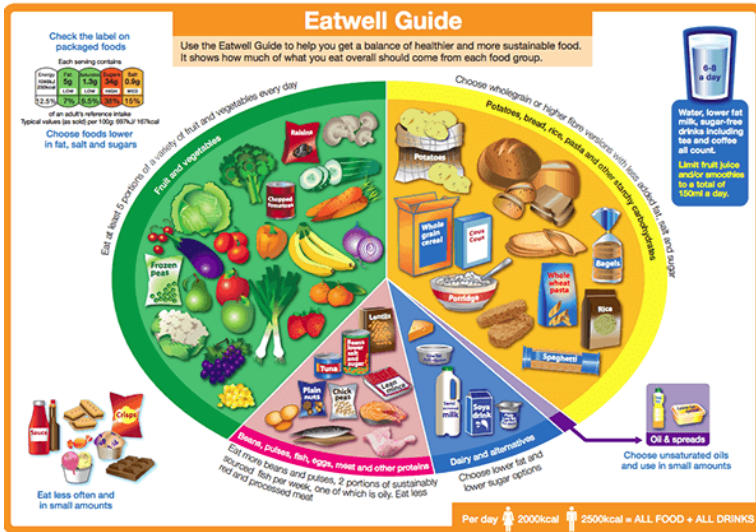
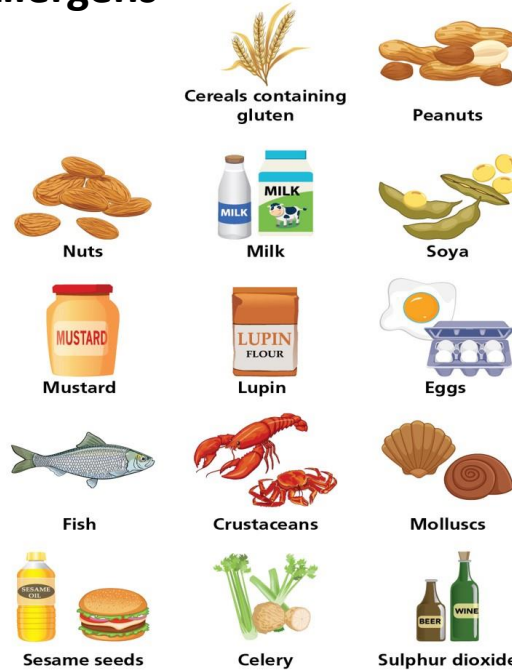


Food & Nutrition Knowledge Organiser Year 8



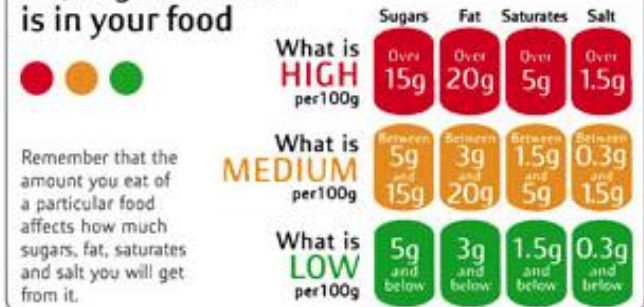
Allergens







Food labelling.

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

Food Shopping Card



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	



Why food is cooked: 4 C's

- To make it safe to eat
- To improve the shelf life
- To develop flavour
- To improve texture
- 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

Key abbreviations: Weights and Measurements		
L	Litres	
g	Grams	
ml	millilitres	1000ml = 1 litre
Kg	kilograms	1000g
Tbsp	tablespoons	15ml
Tsp	teaspoon	5ml
1pt	1 pint	568ml

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.

Keywords: H.A.T.T.I.E, Food allergens, Food labelling, Eatwell guide, Cross contamination, hygiene, safe food storage.