

Food & Nutrition Knowledge Organiser Year 9

St Ivo Academy



Eatwell Guide

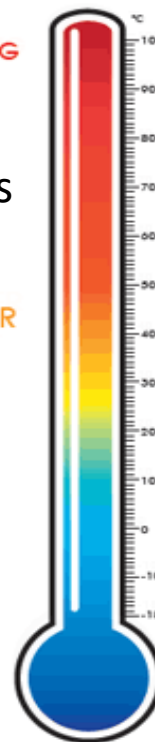


Keywords
Cross contamination
Food temperatures
Safe food handling
Pastry
Roux
Eatwell guide

COOKING ZONE

DANGER ZONE

COLD ZONE



100 °C **Boiling Water**
bacteria will be destroyed

75 °C **Cooking/Reheating**

63 °C **Minimum Hot Holding**

37 °C **Body Temperature**
ideal temperature for bacteria to grow

8 °C **Food Storage**
store food at this temperature or below

5 °C **Fridge Temperature**

-18 °C **Freezer Temperature**
bacteria won't grow but may not die

All the above temperatures are guidelines only

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	

Chopping board colour coding

Red - Raw meat

Blue - Raw fish

Yellow - Cooked meat

Green - Salad and fruit

Brown - Vegetables

White - Bakery and dairy

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

4 C's

