

Year 7 Food

Carbohydrates

Carbohydrates are a good source of slow burning energy and fibre. This is needed to keep the body working and to help with the digestive system. Examples of Carbohydrates include potatoes, bread, pasta and rice.

Vitamins & Minerals

Fruit and vegetables are excellent sources of vitamins and minerals. We need vitamins and minerals in order to keep our body healthy and to fit infection. We need to eat a wide variety of different fruit and vegetables to get a range of vitamins and minerals.

Protein

Protein is needed to heal wounds and repair muscles. Without Protein you would not be able to get over an illness or a cut would not heal. Good sources of Protein include meat, fish, eggs and pulses.

Dairy

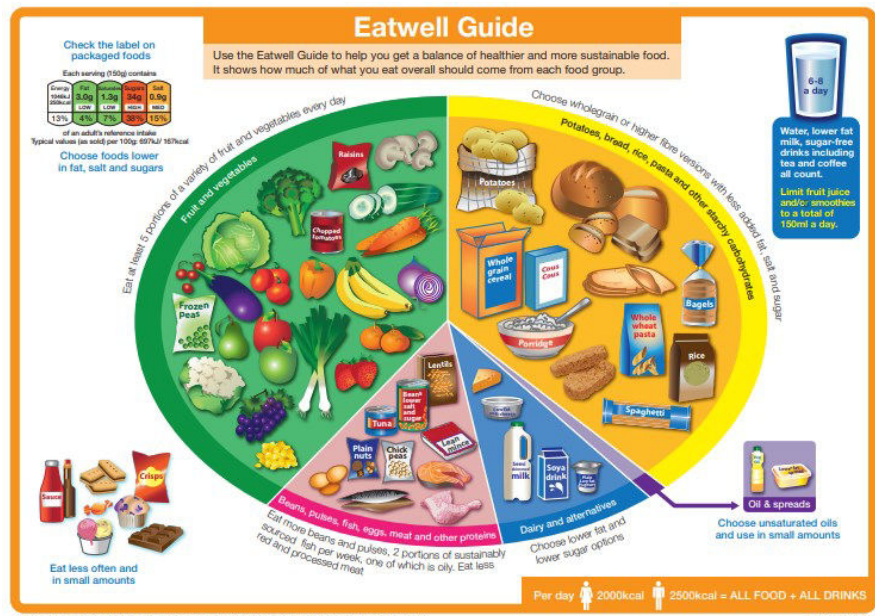
Examples of Dairy products include milk, cheese and yogurts. We need dairy to improve the strength of bones, teeth and hair. The important nutrient found in Dairy is Calcium.

Health and safety

To stay safe and avoid injury in the food room we must follow important H&S rules.

Some examples include:

- No stools during practical
- No running
- Do not enter the room without a teacher
- Use oven gloves when using the oven
- Tie up long hair
- Wear an apron
- No jewellery (it could fall into the food)



Fats & Oils

We only need a small amount of Fats and Oils. These can be bad for us but eaten in small amounts they can help protect internal organs and give us energy. Examples of Fats and Oils include butter, olive oil and margarine.

Food storage

Upper shelves:

Foods that don't need cooking

Middle shelves:

Dairy e.g. milk, cheese, yogurt, etc.

Bottom shelves:

Raw meat and fish

Drawer:

Fruit and vegetables



Seasonality

Fruits and vegetables need certain conditions to grow therefore will only grow at certain times of the year. To get foods that are out of season we need to import them. The distance food travels from farm to plate is called food miles. More food miles are bad for the environment.



Sensory Analysis

We use our senses to judge food items. The senses we use are:

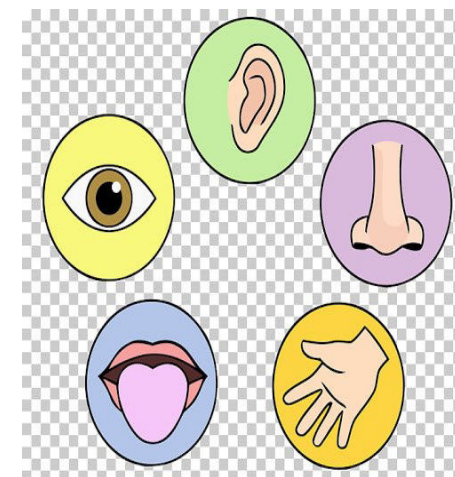
Sight (Appearance)

Smell (Aroma)

Feel (Texture)

Taste (Flavour)

Hearing (Sound)



Key Words

Keywords	Definition
Bacteria	Bacteria is the correct word for "germs". Bacteria is dangerous in the kitchen as it can cause food poisoning and cause food to go off. This is why, for example, it is so important to wash our hands with hot water and antibacterial soap before cooking.
Bridge hold and Claw grip	These are the most important knife skills you will use! Using the bridge and claw method will stop you from hurting yourself and will help you cut accurately.
Hygiene	Hygiene is the word for keep yourself and your work area clean. It stops the spread of bacteria and makes sure your food is safe to eat. E.G washing hands.
Safe working practice	This is how you work in the kitchen. It includes lots of different things such how safe you are and how clean your area is through the lesson.
Organisation	You need good organisation skills to complete the lesson. Do you know what you should be doing and what equipment to use?
Independence	This is the ability to work without support from the teacher and are you able to overcome problems by yourself?

Frying Pan



Electronic Scale



Mixing Bowl



Peeler



Sharp Knife



Baking Tray



Sauce Pan



Cutlery



Wooden Spoon



Bun Tin



Rolling Pin



Measuring Jug

