

Year 9 knowledge organiser

Nutrients



Nutrient	Function	Sources
Carbohydrate	Give us energy	Bread, rice, pasta, potatoes
Protein	Helps us to grow and helps our muscles to repair	Meat (e.g. beef), poultry (e.g. chicken), fish, soya, beans
Fat	Helps to protect our organs and keep us warm	Oil, butter, cheese
Vitamins	Needed for good health	Fruit and vegetables are the main source
Minerals	Needed to help the body work properly	Fruits and vegetables are the main source

Bread

Equipment

- Mixing bowl
- Wooden spoon
- Tablespoon
- Teaspoon
- Measuring jug
- Scales (1 between 2)

Ingredients

- 225g strong flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp sugar
- 1 tsp dried yeast
- 1 tbsp oil
- 150 mls warm water
- Milk to glaze

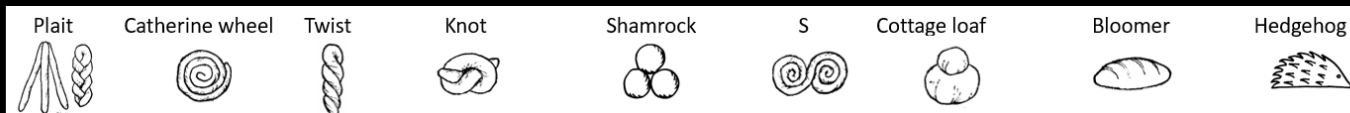
MISE EN PLACE - Preparation

- ✓ Put your bags and blazers away
- ✓ Wash your hands, put on an apron, roll up long sleeves and tie up long hair
- ✓ Clean down your table
- ✓ Get out your equipment:

Biological raising agent

Method

- Preheat the oven to Gas 7, Electric 210°C.
- Add flour, salt, sugar and dried yeast to mixing bowl. Stir in the oil.
- Measure out WARM water. Test with little finger.
- Make a well in the centre. Pour in the tepid (warm) water, and beat with a wooden spoon until very soft.
- Knead on the work surface for 10 minutes; until smooth and shiny and elastic.
- Cut into 8 and shape (see below for shapes).
- Place on a greased baking tray, cover loosely with teatowel, and leave to prove on the top of the cooker for 30 minutes.
- Glaze with milk.
- Place in the oven for 10 minutes (near the top if gas/non fan).
- Tap the base with your knuckles, if they sound hollow they are cooked.



Function of ingredients in bread

Ingredient	Function (job)
Strong flour	High gluten content forms the structure of the bread
Salt	Adds flavour and inhibits the yeast
Sugar	Feeds the yeast
Yeast	Helps the bread to rise (raising agent)
Oil	Adds flavour
Warm water	Provides moisture and warmth for the yeast to react
Milk	Helps the top of the bread turn golden



Food poisoning key words



Food poisoning type	Symptoms	Sources
Salmonella	Fever, vomiting, abdominal pain, diarrhoea and can be fatal	Found in unwashed vegetables, eggs, poultry (birds) and meat (animals)
Listeria	Flu like symptoms	Soil, vegetation, meat, poultry, soft cheese and salad vegetables
E-Coli	Diarrhoea and can be fatal	Found in raw and undercooked meats
Campylobacter	Fever, headache, abdominal pain, diarrhoea	Found in poultry (birds) and meat (animals)

Key Words

Keywords	Definition
Cross contamination	When harmful bacteria transfers from one place to another e.g. using a chopping board for raw meat transfers bacteria onto the chopping board, if you then use the chopping board to cut cooked meat the bacteria on the board will transfer onto the cooked meat
Direct contamination	When one type of food touches or drips onto another type of food which may be raw or cooked
Prevention	An active action to stop something from happening
Symptom	A physical or mental feature indicating a problem e.g. a headache is a symptom of food poisoning
Cause	Something that makes something else happen e.g. the CAUSE of food poisoning would be the contaminated food

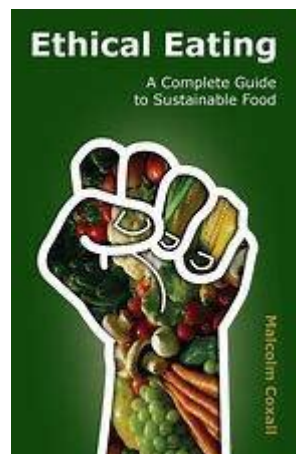
Year 8 knowledge organiser

Religious diets



Religion	Influence on food choice
Sikh	Will not eat beef
Hindu	Will not eat beef
Muslim	Will not eat pork
Jewish	Will only eat kosher food
Christian	Often eat fish on Friday

Moral diets



Moral diet	Influence on food choice
Pescatarian	Will not eat animals that live on land, will eat fish
Vegetarian	Will not eat any living creature
Vegan	Will not eat any living creature or any product of a living creature

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—avoid a trip hazard
- No running
- Do not enter the room without a teacher
- Use oven gloves when using the oven—to prevent burning hands
- Tie up long hair—to stop hair falling into food and to prevent it getting caught in equipment
- Wear an apron—to protect food from bacteria on clothes
- No jewellery (it could fall into the food)



Food waste

- How much food is wasted globally each year? **1.3 billion tonnes**
- Of all the food we produce, what proportion is this? **30%**
- How much of the food we waste could feed the 800million undernourished people in the world? **1/4**
- How much of the food we waste can be eaten? **3/4**

Why do you think we could not eat all of the food we throw away?

Because some of it will be past its use by date which means it could make us ill if we were to eat it.

- What does Wheat and Earth do? **Deliver fresh, rescued bread. Bread that would have been wasted due to appearance or over production. They package it at the factory and send it out. The bread is delivered every Wednesday. For every box ordered they donate a meal to charity.**
- What other companies do similar things to try and help with food waste? **Morrisons – wonky veg box, Too Good To go – companies sell left over food at a reduced price e.g. greggs, costa, carvery**

High risk food



High risk foods are foods that contain a lot of protein and moisture. These include:

- Meat, fish, poultry (e.g. chicken)
- Meat products e.g. gravy
- Dairy e.g. cheese, milk, yogurt

High risk foods should be stored in the fridge or the freezer. It is important that when they are cooked they reach an internal temperature of at least 75oC. To check the temperature has reached the correct temperature a food probe is used.

Alternative ingredients



- Swap beef mince for Quorn mince to remove beef
- Swap pork sausages for beef sausages to remove pork
- Swap chicken pieces for Quorn pieces to remove chicken
- Swap tofu for chicken to remove chicken
- Swap ordinary Quorn for vegan Quorn to remove animal

Why don't all countries and parts of countries eat the same food?

- Some parts of the world have different religions and therefore will not eat things that other people will eat e.g. muslims will not eat pork so a muslim country would not eat pork dishes
- Traditionally, when you could not transport food, you could only eat the food that grew in the place you lived. In some poor countries this is still the case because they can't afford to transport food.



Key Words

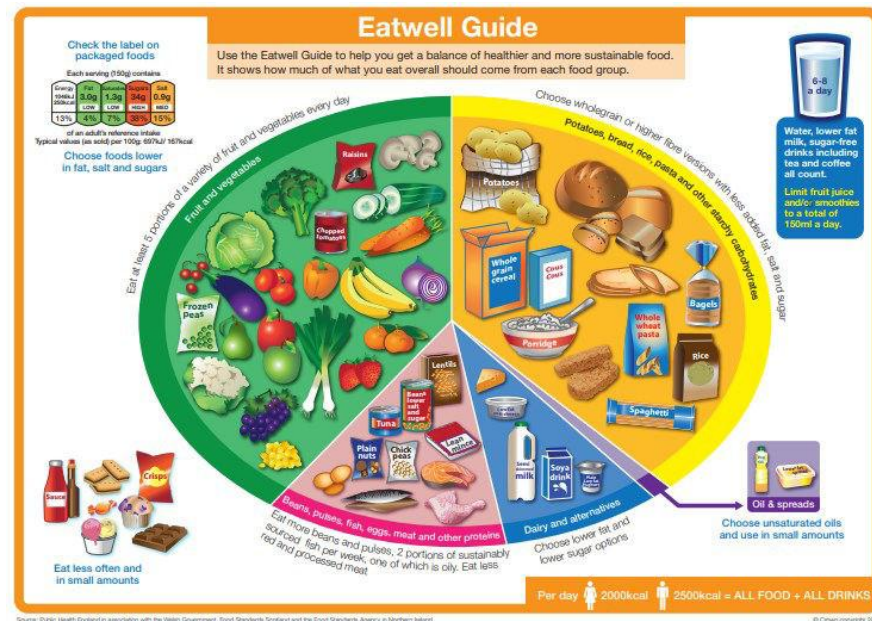
Keywords	Definition/explanation of importance in food
Religion	Our religious beliefs can affect what we will and won't eat
Culture	If something is a habit it becomes our culture
Nutrients	Needed for good health and include macro-nutrients and micro nutrients
Macro nutrients	Carbohydrates, proteins and fats
Micro nutrients	Vitamins and minerals

Wash up



- Run tap to as hot as you can manage without burning your hands.
- Half fill the washing up bowl with hot soapy water.
- Put rubbish into the bin and left over ingredients onto tray.
- Place dirty dishes into a pile on the draining board.
- Wipe down benches with a damp dish cloth (use hot soapy water).
- Lay clean dry towel on bench.
- 1 person wash items thoroughly, glass first and leaving dirty objects until last. Use your cloth.
- Place clean items onto dry towel.
- Second person dry dishes and place at the clean, dry workplace.
- Ask for your equipment and bowl to be checked and put away.
- Empty washing up bowl, clean sink and bowl.
- Have teacher check cupboards and sink area.

Year 7 knowledge organiser



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.

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

Frying Pan
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:

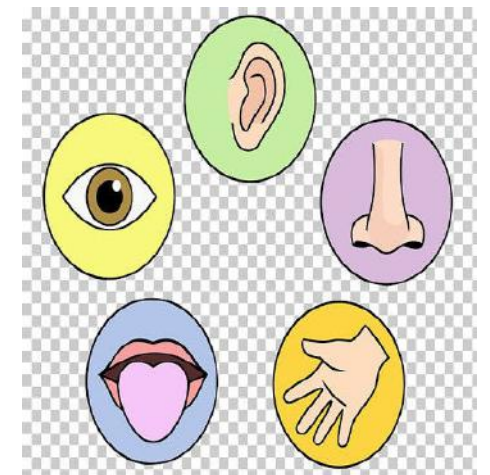
Sight (Appearance)

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?

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- Wear an apron
- No jewellery (it could fall into the food)



Sauce Pan



Cutlery



Wooden Spoon



Bun Tin



Rolling Pin



Measuring Jug



Baking Tray



Sharp Knife



Peeler



Mixing Bowl



Electronic Scale

