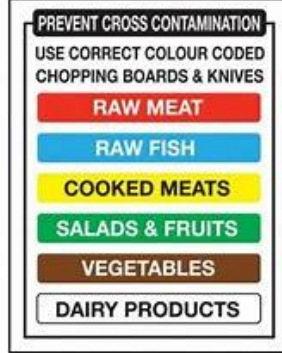


Year 8 Food and Nutrition – Knowledge Organiser

Clean hands. Hair tied back. Wear an apron. Wear blue plasters. Don't cough/sneeze over food.



How can we reduce sugar?

1. Protein
2. Fat
3. Carbohydrate
4. Vitamins
5. Minerals

PLUS Water and Fibre
(neither are nutrients but are required for a healthy diet).



One Pot Meals

METHODS OF COOKING

Heat transfers in three ways:

Conduction

Metal is a **conductor** of heat and carries the heat from the heat source to the food



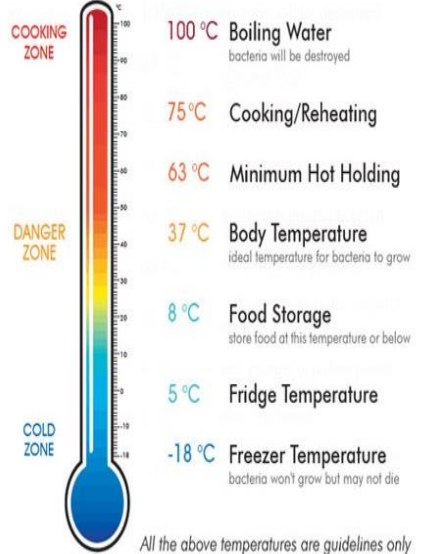
Convection

When heated, gas or air particles expand and rise, causing colder particles to sink, creating convection currents which distribute heat.



Radiation

Heat is transferred directly onto the surface



Understand the 4 C's Concept

- C** – Good Hygiene practice prevents Cross Contamination
- C** – Effective Cleaning removes harmful bacteria and stops them spreading
- C** – Effective Chilling prevents harmful bacteria multiplying
- C** – Thorough Cooking kills bacteria



Why do we need Vitamins and Minerals? Spaghetti Carbonara and Tomato Sauce (Pizza)

Why do we need Protein? High biological v low biological- Chicken Curry

Why do we need carbohydrates; Simple sugars and starchy carbohydrates

Why do we need fat? Saturated v unsaturated- spaghetti carbonara

KEY PROCESSES:

Kneading-
to work dough, to develop the gluten that is found in flour, this gives baked goods their structure and texture. When making dough, the flour and other dry ingredients are combined with the wet ingredients, usually warm water, along with yeast. (Pizza)

Handling Raw Meat -
Always wash hands with warm water and soap for 20 seconds before and after handling raw *meat*.

Don't cross-contaminate!
Keep *raw meat*, poultry, fish, and their juices away from other food. Wash cutting board, utensils, and countertops with hot, soapy water after use. (Chicken Curry)

Reducing – heating up a sauce based product to evaporate the water and making the sauce thicker in consistency. (Pizza)

Making a roux sauce-
A roux (pronounced 'roo') is the name given to the cooked mixture of butter and plain flour that thickens and forms the base of various sauces, particularly the white sauce. Its an essential ingredient in classic sauces. (Spaghetti Carbonara)

Whisking- Making a swiss roll. How to reduce sugar