

Year 8 Food and Nutrition – Knowledge Organiser 2

KEY PROCESSES:

Mashing - reduce to a soft mass by crushing it

Making pastry -

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

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

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.



WEIGH



MEASURE



PEEL



CUT, CHOP,
SLICE, DICE
& TRIM



MIX, STIR &
COMBINE



FRY & SAUTÉ



MELT,
SIMMER
AND BOIL



A staple food is a basic but nutritious food that forms the basis of a traditional diet. For example: wheat, barley, maize (c o r n) or rice.

Bread, noodles or pasta and porridge are prepared from them.



Foods from around the world



Can reheating rice cause food poisoning?

Yes, you can get food poisoning from eating reheated rice. It's not the reheating that causes the problem, but the way the rice has been stored before it's reheated.

How does reheated rice cause food poisoning?

Uncooked rice can contain spores of *bacillus cereus*, bacteria that can cause [food poisoning](#). The spores can survive when rice is cooked.

If rice is left standing at room temperature, the spores can grow into bacteria. These bacteria will multiply and may produce toxins (poisons) that cause vomiting or [diarrhoea](#).

The longer cooked rice is left at room temperature, the more likely it is that the bacteria or toxins could make the rice unsafe to eat.

Rice around the world

Rice is grown in every continent of the world except Antarctica and each country has developed its own recipes.

For example:

- paella in Spain;
- risotto in Italy;
- cajun and creole dishes from the US;
- sushi in Japan.

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

Rice in our diet

The recommendations from the Eatwell Guide is to base meals on starchy carbohydrates.

Around a third of what people eat should be potatoes, bread, rice, pasta and other starchy carbohydrates.

People should be choosing wholegrain versions of starchy carbohydrates where possible, and brown rice is a wholegrain.

Having more wholegrains is a good way to increase fibre intake, which is important for health.

Wholegrains also provide some essential vitamins and minerals that have a wide range of important functions in our body.



Potato Growing in Great Britain

Britain is one of the largest producers of potatoes in the world.

- 5.4 million tonnes produced each year
- Grown on 110,000 hectares
- 80% of potatoes eaten in Britain, grow in Britain



Raw and partially cooked eggs can contain *Salmonella* bacteria. Therefore it is advised that eggs should be fully cooked if they are to be eaten by babies, the elderly, pregnant women or frail people.

*Manufacturers often use dried or pasteurised egg to be on the safe side, like for mayonnaise.



Nutritional Properties of eggs:

Eggs are a valuable source of high biological value protein, B group vitamins, calcium and phosphorous.

Storage of eggs:

Eggs should be stored in a cold place like a fridge or pantry. When eggs are mixed with a food product they will freeze suc-

Key word	Definition
Coagulation	The change in the structure of protein brought about by heat, mechanical action or acids Used in: <ul style="list-style-type: none"> • Lemon tart • Quiche • Egg custard