

Year 9 Food and Nutrition – Knowledge Organiser 2

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

KEY PROCESSES:

Gluten Formation

Formed from the two wheat proteins gliadin and glutenin, in presence of water. Gluten is developed by kneading.

Gluten Free

Food which does not contain gluten (crucial for those with Coeliac disease).

Emulsification

Refers to the tiny drops of one liquid spread evenly through a second liquid. An emulsifier (such as egg yolk) is used to stabilise an insoluble mixture.

Reduction

The process of simmering a liquid over heat until it thickens. It is also the name of the concentrated liquid that forms during this process.

Water in Oil Emulsion

Where liquid is suspended in oil or fat and prevents them from separating out, for example mayonnaise.

Raising Agents

An ingredient or process that introduces a gas into a mixture so that it rises when cooked.

The Maillard Reaction

Creates flavour and changes the colour of food. Both caramelization and the maillard reaction produce a noticeable brown colour. The maillard reaction is a chemical reaction between an amino acid and a reducing sugar, usually requiring the addition of heat.



The Burger Project

12%
getting 5-A-Day

4%
getting enough fibre

2g
avg. oily fish eaten per day

- Overall dietary quality in UK adolescents is poor
- This suggests that adolescence is a key time to make targeted changes

Rating and Ranking tests

	Sample	Like very much	Like	Neither like or dislike	Dislike	Dislike very much
Rate it						
Rank it	1 (the best)	2	3	4	5 (the worst)	

Temperature Control

What is this?



How do we know our burgers are cooked properly?

You need to place the temperature probe into the centre or thickest part of the burger (make sure it does not touch the baking tray) It must be above 75C to be safe to eat.

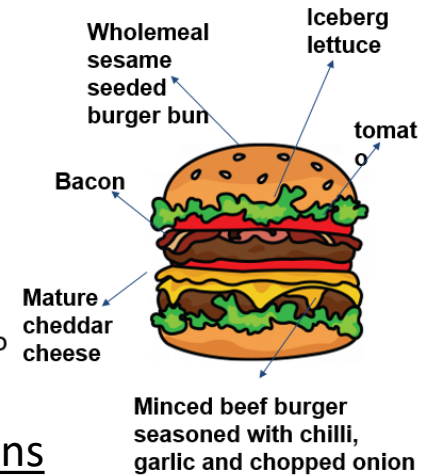
Design your own burger

What minced meat are you going to make your burger?

What seasoning are you going to use on your burger?

What salad and sauce are you going to add to your burger?

What side are you going to cook to accompany your burger?



Types of vegetarians

Lacto-ovo vegetarian – Will not eat meat, meat products, fish, poultry, lard, suet, fish oils or gelatine

Lacto vegetarian – Will not eat meat, meat products, fish, poultry, lard, suet, fish oils, gelatine or eggs

Ovo vegetarian – Will eat eggs but not dairy foods, meat, poultry or seafood

Vegan - Will not consume, buy, use or wear any animal related products