

Year 7 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:
Kneading - Kneading is a process in the making of bread or dough, used to mix the ingredients and add strength to the final product.

Proving - This is a step in bread and viennoiserie baking that activates the yeast in the dough. During fermentation, the yeast cells in leavened doughs (such as bread dough or pasta dough) consume carbohydrates and expel the carbon dioxide gas that causes the dough to expand, or rise.

Grating - To reduce (food) to small shreds by rubbing it on a grater.

Dicing - A culinary knife cut in which the food item is cut into small blocks or dice.

Making a roux - 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

Creaming - Making a cupcake by whisking butter and sugar together then adding egg.

- All food comes from plants or animals

- Yogurt, cheese and butter are not directly from an animal, but products made with milk that comes from a cow.

- Bread, pasta and noodles are made from flour, which is from a plant (wheat) and breakfast cereals



Processing and Production



Milking

Cows are milked around 2 or 3 times a day.

Each cow produces around 22 litres of milk a day.

Milking is not painful or uncomfortable, it is like the cow feeding its baby calf.

After milking, the milk is chilled and stored, ready to be taken away to be processed.

Uses

Dairy cows produce milk, which can be made into cheese, yogurt, butter and cream.

Dairy products are used in a wide range of different drinks, dishes and meals.



Farming in the UK

Some parts of the United Kingdom have excellent soil for crops, while others are used for cattle, sheep, pigs and poultry.

In the north-west of England, Wales and Scotland, farmers keep cattle and sheep. Sheep can survive the cold winters on the hills and moors.

In the east of England (East Anglia), wheat, barley and vegetables grow in large fields.

Cattle, sheep, pigs and dairy are the largest commodity sectors in Northern Ireland.

In the south-east of England and the lowlands of Scotland, grain, potatoes and sugar beet are grown. Most UK cauliflowers are grown in the south-east.

In the south-west of England, the rich grass is ideal for feeding dairy cows.



Making bread



WEIGH



MEASURE



CUT, CHOP, SLICE, DICE & TRIM



PEEL



GRATE



MELT, SIMMER AND BOIL



FRY & SAUTÉ



DRAIN