

# Year 7 Food Knowledge Organiser

## Personal hygiene



- Wash hands in hot soapy water.
- Wear an apron.
- Tie hair up.
- No jewellery.
- No nail varnish and have short nails.

Personal hygiene in the kitchen helps prevent food poisoning.

## Knife safety



- We must sign knives out.
- Never drop them into the sink as they can cause cuts.
- Always use the bridge and claw hold when using a knife to prevent cuts.
- Always walk with the blade pointing down to the floor.

## Eatwell Guide



Nutrient	Function
Carbohydrates	Slow releasing energy
Protein	Growth and repair
Fat	Warmth and energy
Calcium	Strong bones and teeth
Vitamins	Skin, immune health

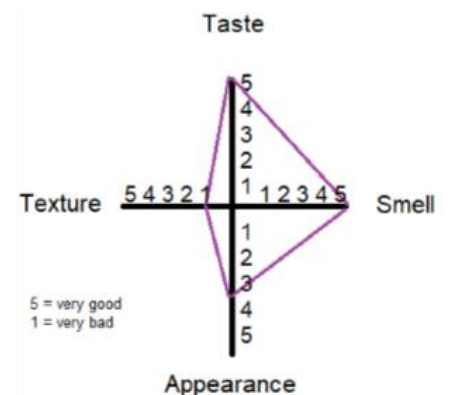
## 4 C's of food safety

- Cooking – heat the food so it kills bacteria.
- Chilling – chill food in the fridge so it slows bacteria.
- Cleaning – clean surfaces and pots to kill bacteria.
- Cross contamination – use different coloured chopping boards and separate foods so they don't cross.



## Sensory analysis

Sensory analysis is when we use our senses to analyse food. We identify strengths, weaknesses and improvements.



## Food provenance



Caught



Grown



Reared

## The 8 Healthy Eating Guidelines

1. Base your meals on starchy foods
2. Eat lots of fruit and vegetables
3. Eat more fish – including a portion of oily fish each week
4. Cut down on salt and sugar
5. Eat less salt – no more than 6g a day for adults
6. Get active and try to be a healthy weight
7. Don't get thirsty
8. Don't skip breakfast

# Year 8 Food Knowledge Organiser

## 4 C's of food safety

- Cooking – heat the food so it kills bacteria.
- Chilling – chill food in the fridge so it slows bacteria.
- Cleaning – clean surfaces and pots to kill bacteria.
- Cross contamination – use different coloured chopping boards and separate foods so they don't cross.



FoodDocs fooddocs.com Food safety made easy

## Chopping boards

### Prevent Cross Contamination

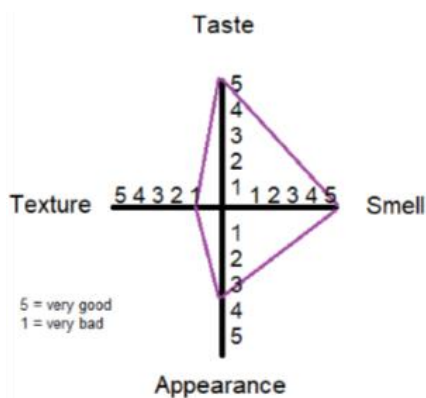
Use correct colour coded chopping boards and knives at all times

- RAW MEAT**
- RAW FISH**
- COOKED MEATS**
- SALADS & FRUITS**
- VEGETABLES**
- DAIRY PRODUCTS**

In industry, different coloured chopping boards are used. This can prevent reactions and cross-contamination.

## Sensory analysis

Sensory analysis is when we use our senses to analyse food. We identify strengths, weaknesses and improvements.



## Control measures

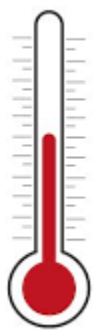
A control measure is something you put in place to prevent a hazard from happening.

Examples:

- Having a non-slip sign in case there is a spillage.
- Using oven gloves to prevent burns from the oven.



## Bacterial growth



- 75°C cooked temperature - bacteria destroyed.
- 5-63°C the danger zone – bacterial multiplies at its fastest.
- 0-5°C the fridge - bacteria multiplies slowly.
- -18°C the freezer – bacteria is unable to multiply.

## Special diets

### Pescatarian

Eats fish but not meat

### Vegetarian

Does not eat meat or fish.

### Vegan

Does not eat any food from an animal.

### Coeliac disease

Cannot eat gluten which is protein found in flour

### Lactose intolerant

Cannot eat dairy

## The environment and ratings



Fairtrade



Recycling



Michelin

## Nutrients and the Eatwell Guide

Nutrient	Function
Carbohydrates	Slow releasing energy
Protein	Growth and repair
Fat	Warmth and energy
Calcium	Strong bones and teeth
Vitamins	Skin, immune health



# Year 9 Food Knowledge Organiser

## Coeliac disease and lactose intolerance



LACTOSE FREE

### Symptoms

- Bloating
- Cramps
- Vomiting
- Wind

- Cannot digest lactose the sugar found naturally in milk.
- Milk is used to make cheese, yogurt, cream and butter.



GLUTEN FREE

### Symptoms

- Bloating
- Cramps
- Vomiting
- Wind

- Cannot digest the protein found in wheat, barley, oats and rye.
- Wheat is used to make flour.

## Chopping boards

### Prevent Cross Contamination

Use correct colour coded chopping boards and knives at all times

RAW MEAT

RAW FISH

COOKED MEATS

SALADS & FRUITS

VEGETABLES

DAIRY PRODUCTS

In industry, different coloured chopping boards are used. This can prevent reactions and cross-contamination.

## Eatwell Guide



## Diet related ill-health



### Type 2 diabetes

Can be cured, caused by excess sugar or pregnancy. Can cause problems with healing, vision and obesity.



### Tooth decay

Teeth start to rot and fall out, caused by excess sugar.



### Obesity

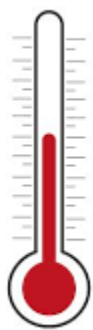
Leads to breathing and mobility issues. Caused by excess fat in the diet.



### Stroke

Blood to the brain is cut off. Can be caused by eating too much salt.

## Bacterial growth



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- -18°C the freezer – bacteria is unable to multiply.

## Vegan and vegetarian

### Vegan

Does not eat or use any product that originated from animals.

### Vegetarian

Does not eat meat or fish.



## The environment



Fairtrade



Lion stamp



Carbon footprint

## The 8 Healthy Eating Guidelines

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