Year 7 Food & Nutrition: Skills

Knowledge Organiser

The 5 nutrients

Nutrient	Function
Carbohydrate	Energy
Protein	Growth and repair of cells
Fat	Warmth
	Protects internal organs
Vitamins	Prevent illness and maintain good health
Minerals	Are needed for good health

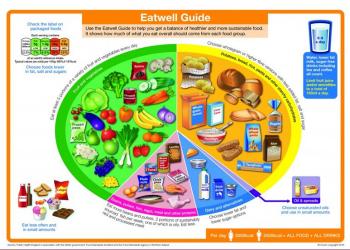
Convenience Foods

A convenience food is a food that has had some or all of the preparation done. For example grated cheese, sliced bread, a tin of soup, ready to roll pastry.





The Eatwell guide



Key vocabulary keeping clean to avoid the spread of bacteria Hygiene Safety to prevent accidents from happening Bacteria single celled micro-organisms the transfer of bacteria from one food to another Crosscontamination Bridge making an arch with the hand to hold food for cutting Claw a technique that involves tucking under the fingers and thumb to hold food for cutting Hob the flat, top part of the cooker e.g. for boiling Oven the enclosed part of the cooker used for e.g. baking Yeast a micro-organism used to make bread rise a technique used to mix fat into flour e.g. for crumble **Rubbing-in**

Sensory Descriptors—are adjectives used to describe the sensory properties of food

Appearance e.g. greasy, golden brown, shiny, pale, colourful

Aroma e.g. sweet, baked, spicy, toasted, fresh

Taste e.g. salty, sour, sweet, bland, peppery, buttery, cheesy

Texture e.g. dry, soft, chewy, smooth, lumpy, gritty, slimy

Knife Skills

Bridge





Never run with a knife. Hold them correctly by the handle. Leave them by the sink for washing up.

Temperature probe

The only way to destroy food poisoning bacteria in food is by cooking. The core temperature of the food should reach 75°C to make sure bacteria have been

destroyed. This can be checked using a temperature probe.



Skills used in practical
lessonsRubbing-inKnife techniques: bridge/clawSauce makingBread makingShaping a mixture

Hygiene and safety in the kitchen

Hygiene — wash hands, put on a clean apron, tie up

long hair



Safety — wipe up any water on the floor, use oven

gloves to remove trays from the oven