

Year 7 Food and Nutrition Knowledge organiser

Dietary guidelines

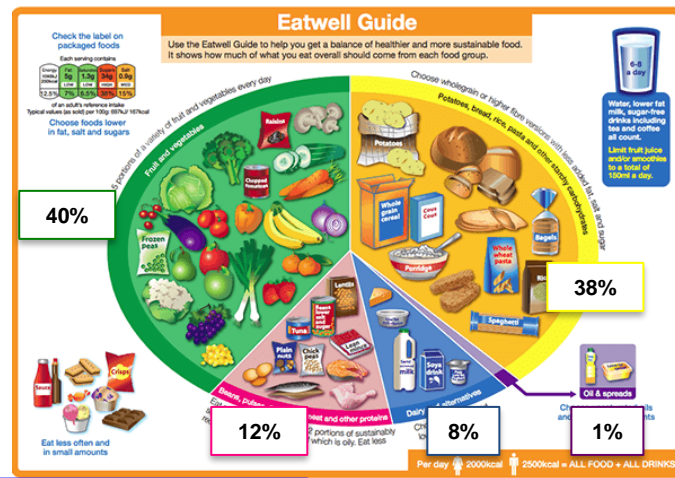
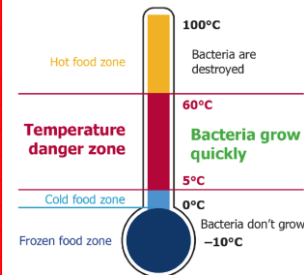
Health experts and the Government have worked together and produced a set of **Dietary Guidelines** and an **Eatwell Guide** to help people make informed choices when they are deciding what to eat. These are shown below. You will see that there are also guidelines about your lifestyle choices as well as what you eat.

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 saturated fat and sugar.
5. Eat less **salt** – no more than **6g** a day (1 level teaspoon) for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty – drink plenty of water.
8. Don't skip breakfast.

Name of the Nutrient	Sources	Function	
Carbohydrates (energy giving food)	Rice, potato, wheat, sugar	Provides energy	
Fats (energy giving food)	Butter, ghee, milk, cheese	Gives more energy compared to carbohydrates	
Vitamins and Minerals (protective food)	Fruits and vegetables	Required for normal growth and development	
Proteins (body building food)	Milk, eggs, meat, fish, soybean	Helps in building and repair of body	

Key abbreviations: Weights and Measurements

L	litres	
g	grams	
ml	millilitres	1000ml=1litre
Kg	kilograms	1000g
Tbsp	tablespoons	15ml
Tsp	teaspoon	5ml
1pt	1 pint	568ml



Hygiene rules

Wash hands!
Tie hair up
Wear apron
No false nails or nail varnish
Antibacterial spray on surfaces before & after cooking

Claw grip

Bridge hold

Food skills	Techniques
Knife skills - Chopping	Bridge hold, claw grip, slice, dice, julienne, baton's, meat and vegetable preparation
Organisation / tidying skills	Being able to work hygienically and safely to produce recipes and ensure all equipment, utensils and work area is fully clear and tidy. Teamwork and communication. Following personal hygiene rules.
Food safety	Using food probes for meat to check for safe temperatures (75C)
Weighing and measuring	Demonstrating accurate measurement of liquids and solids. Being able to use both manual and digital scales.
Use of equipment	Oven, hob, chopping boards, knives, sieve, mixing bowl, measuring jug/spoons
Making sauces	Reduced sauce, roux sauce
Working with ingredients	Using a range of ingredients from the Eatwell Guide to create recipes.
Test for readiness	Using a knife/skewer, finger or poke test, bite or visual colour check to establish whether a recipe or ingredient is ready.
Adapting recipes	Using a nutritional analysis program to analyse recipes. Making adaptations to make the recipe better suit the Eatwell Guide / healthy eating requirements.
Judge and manipulate sensory properties	Demonstrate how to taste and season during cooking. Self-evaluation of practical dishes made.
Food science	Learning how foods react with heat and acid and adapt accordingly.
Cooking methods	Using a variety of cooking methods including conduction, convection and radiation.
Food styling	Quality and creative presentation techniques. Using garnishes and decorative techniques where possible.

What happens when food is cooked:

Changes to:	Taste	Colour	Texture	Smell	
Protein denaturation: the process of altering a protein's molecular characteristics or properties	Proteins: Coagulation The process of turning a liquid into a solid Example: Egg	Carbohydrates: Gelatinization When heated a mixture thickens as starch particles absorb water Example: White sauce	Carbohydrates: Caramelisation Sugars change colour and flavour when heated Example: Onions	Carbohydrates: Dextrinization the browning that happens when starches are cooked Example: Toast	Fats: Plasticity the ability of fat to hold its shape
				Water: Evaporation when water is heated it turns into a gas	

Why food is cooked:

1. To make it safe to eat
2. To improve the shelf life
3. To develop flavour
4. To improve texture
5. To give variety

Methods of heat transfer

Convection - when the environment (air, water or oil) is heated up.
e.g. - baking a cake
- boiling an egg

Conduction - when heat is transferred directly.
e.g. - frying an egg

Radiation - when heat radiates
e.g. - toast

A lot of foods have nutritional labelling on them. It often shows the nutritional information per serving. It also shows the contribution it makes to the daily amounts required.

saturated fat, sugar and salt.
Red=high