

**Food**



**Year 7**

**Knowledge Organiser**

# Year 7 Food Knowledge Organiser



**Bridge Hold** - Thumb and forefinger grip either side of the ingredient

## Grown, Caught & Reared food

Food provenance means:

- knowing where food was grown, caught or raised
- knowing how food was produced
- knowing how food was transported

**Food that is grown** lots of different food is grown in the UK, e.g. apples, carrots, potatoes, lettuce, sprouts, broccoli,

**Food that is caught:** in the UK it is mainly fish and shellfish that are caught, such as mackerel, haddock, scallops and tuna

**Food that is reared:** Reared food is where animals are brought up for the purpose of providing food, such as cows, sheep, pigs and chickens

- Some foods are **Seasonal**. This means they are only available at certain times of the year. Choosing seasonal food has many advantages:
  - ✓ They are more likely to have been **grown locally and organically**.
  - ✓ **Food miles will be low** to prevent carbon emissions.
  - ✓ They **support local farming**
  - ✓ They have **more nutrients** as they are fresher
  - ✓ They are plentiful which makes them **cheaper**
  - ✓ Gluts of seasonal fruits/veg **can be frozen**



**Claw Grip** - Tips of fingers and thumb tucked under towards the palm of your hand to hold the ingredient in a 'claw like' grip.



**ENZYMIC BROWNING** - the discolouration of fruits due to the reaction of enzymes with plant cell substances and the oxygen in the air.



## The Eatwell Guide

Comprises 5 main food groups.

Is suitable for most people over 2 years of age.

Shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.

Shows proportions representative of food eaten over a day or more.



## Key terms

**High risk foods** - High risk foods spoil if not stored properly, Meat, fish, shellfish, dairy and cooked food

**Cross contamination** - This occurs when the juices of raw meat come into contact with cooked food or food that isn't going to be cooked. Bacteria can then grow on the food

**Protein** - Needed for growth and repair. Sources are meat, fish, beans and pulses

**Carbohydrates** - Provides the body with energy. Sources are pasta, rice, bread, cereals.

**Fat** - also provides the energy, and is needed for insulation and protection of vital organs. Sources are oily fish, spreads oils

**Vitamins** - Essential in helping the immune system fight illness. Sources are fruit and vegetables

**Balanced diet** - A balanced diet provides all the nutrients a person requires, without going over the recommended daily calorie intake

**Seasonal foods** - foods that are only available at certain times of the year

**Personal hygiene** - Following rules to make sure that you do not contaminate food.

## Using equipment safely

- Do not use electrical equipment when your hands are wet.
- Do not put the electrical equipment in water to wash it up
- Always switch off at the socket when you have finished using the appliance
- Do not put hands or a spoon in the bowl while a mixer or food processor is being used
- Wash equipment carefully - if the equipment part is sharp do not place it in a bowl of soapy water where it cannot be seen
- Do not use metal spoons in a saucepan - they conduct heat.



## Bread

- Fruit salad
- Savoury rice
- Soup
- Fruit muffins
- Pasta salad



JOIN US AND HELP FIGHT **FOOD WASTE!**

