

Food



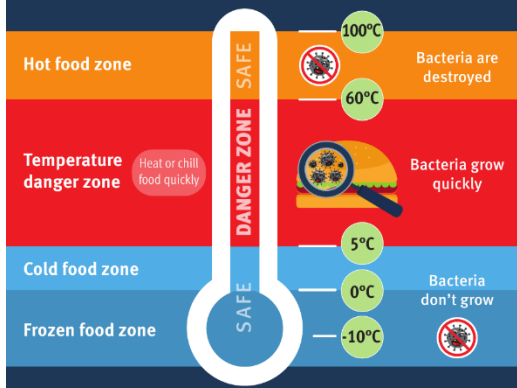
Year 9 Knowledge Organiser

YEAR 9 FOOD AND NUTRITION KNOWLEDGE ORGANISER

4 STEPS TO FOOD SAFETY



Keep heat out of the DANGER ZONE



Food spoilage When food deteriorates so that it can no longer be eaten.

Food poisoning an illness caused by eating contaminated food.

High risk foods these are moist foods that are high in protein – bacteria grow easily on them.

Pathogenic bacteria are bacteria that are harmful and can cause food poisoning.

Temperature danger zone the temperature range where bacteria multiply most rapidly (between 5 – 63 degrees centigrade)

Dormant when bacteria are inactive and cannot grow at all.

www.food.gov.uk

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal



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Nutritional needs at different life stages



Macronutrients are nutrients needed by the body in large amounts – **PROTEINS, FATS & CARBOHYDRATES.**

Micronutrients are nutrients needed by the body in smaller amounts (**VITAMINS & MINERALS**)

Healthy diet is a diet that is low in fat, salt and sugar and high in fibre.

Traffic light food label is a colour coded food label which helps you choose healthy foods.

Explore food – is an online nutritional analysis package that lets you work out how healthy recipes are.

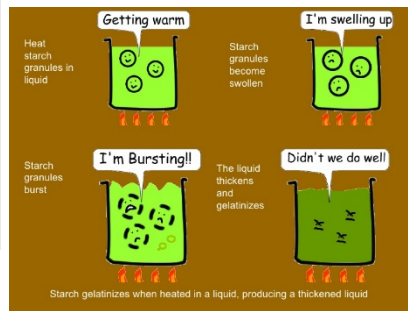
Target group – the age group that you are planning meals for.



GELATINISATION the process whereby starch thickens a sauce.

CAMELISATION the process of sugar melting and changing colour when heated.

COAGULATION happens when egg sets during the cooking process. We cook proteins to make them nicer



PREVENTING

- WASH HANDS AND SURFACES OFTEN
- SEPARATELY KEEP RAW AND FINISHED PRODUCTS
- THOROUGHLY WASH FRUITS AND VEGETABLES
- COOK TO THE RIGHT TEMPERATURE
- CHECK BEST BEFORE DATE
- IF IN DOUBT THROW IT OUT

SYMPTOMS

- NAUSEA
- VOMITING
- DIARRHEA
- HEADACHE
- FATIGUE
- FEVER
- CRAMPS
- ABDOMINAL PAIN

eatwell

- Base your meals on starchy foods
- Eat lots of fruit and veg
- Eat more fish – including a portion of oily fish each week
- Cut down on saturated fat and sugar
- Eat less salt – no more than 6g a day for adults
- Get active and try to be a healthy weight
- Drink plenty of water
- Don't skip breakfast

The Food Standards Agency's 8 tips for eating well



CARBOHYDRATES



PROTEINS



How to reduce your food waste at home

- plan your meals
- know how to store your food
- avoid serving too much
- know your moulds
- use what you have
- understand 'use by' vs 'best before' dates
- share extra food with others
- repurpose waste where possible

