

Equipment

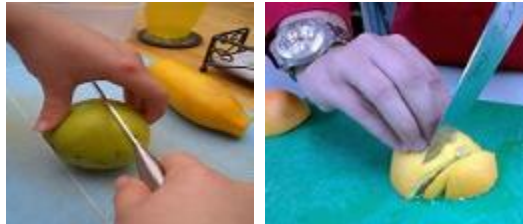


1. Measuring jug 2. Frying pan 3. Peeler 4. Measuring spoons 5. Casserole dish
 6. Digital measuring scales 7. Teaspoon 8. Dinner Plate 9. Chopping board 10. Measuring scales

Keyword	Meaning
Bridge hold Claw grip	Safe methods for using a knife to prepare food. The name describes the hand grip.
Glazing	Brushing with egg or milk before baking to give a shine. E.g. scones, pastry.
Rubbing In Technique	Combining fat and flour together using your fingertips. E.g. crumbles, scones.
Vegetable Knife	A small sharp knife used for preparing fruits and vegetables.
Al dente'	Pasta cooked to the bite; not too hard or too soft
Creaming	Mixing butter & sugar together until light & fluffy; adding air- aeration.

Skills & Processes

Bridge & Claw Knife Grips



Used in: Pasta salad, wraps, omelettes and most other recipes.

Weighing & Measuring



Used in:
Yummy cookies, scones, omelettes and most other recipes.

Knife Skills – Peeling, chopping, dicing, slicing.



Used in: Pasta salad, wraps, omelettes and lots of other recipes.

Rubbing In Technique



Used in:
Fruit crumble, scones, shortcrust pastry.

Independent skills I need to learn in year 7

- Use the **bridge hold and claw grip** to cut food safely and accurately.
- Use a range of other **preparation techniques**, e.g. peeling, chopping, slicing, grating etc.
- Weigh and measure** ingredients accurately.
- Organise** all my ingredients and follow a recipe.
- Use the **oven & hob**, select and adapt cooking times. Be able to check if food is cooked properly.
- Add garnishes** and decoration to my food.



Hob

Used for boiling pasta.

Grill

Used for grilling sausages

Parts of the Cooker



Top oven

Used for baking tray bakes

Main oven

Used for baking cakes.

Using the oven

Cooker dials
Used to turn on hob & oven & set temperature

The Eatwell Guide

A healthy diet is a balanced diet.

The **Eatwell guide** shows what kind of foods you should eat, and in what proportions, to have a healthy and balanced diet. Your diet includes everything you eat and drink each day.

Stay hydrated.
Aim for 6 – 8 glasses a day.



Food Groups and Nutrients

- Fruit & Vegetables**
Vitamins and Minerals
- Potatoes, bread, pasta, cereals, rice.**
(choose wholegrain versions to get more fibre)
Starchy Carbohydrates
- Oils & Spreads**
Fat
- Dairy & Alternatives**
Calcium
- Beans, pulses, eggs, meat, fish**
Protein



Processed foods high in sugar, fat and salt

Eat less often and in small amounts

Keyword	Meaning
Bacteria	Micro-organism. Can cause food poisoning.
Calcium	A mineral needed for strong teeth and bones.
Carbohydrate	Starchy versions give slow release energy.
Fat	Keeps us warm. Gives energy.
Fibre (NSP)	Helps our digestive system remove waste.
Minerals	A group of nutrients (calcium, iron, sodium etc).
Nutrient	A substance from food essential for life & growth.
Obesity	Having too much body fat/being overweight.
Protein	Needed for muscle growth strength and repair.
Salt	Added to food for taste. Too much is bad for us.
Saturated Fat	Raises cholesterol and can be harmful.
Sugar	Makes food sweet (a type of carbohydrate).
Vitamins	Help our immune system fight illness.
Water	Essential for life. Keeps us hydrated.

Nutritional information on Food labels

- Food labelling on food often gives us nutritional information about the food via the Traffic Light labels.
- Green means it is LOW in that nutrient & it is healthy. Can be eaten a lot.
- Amber means it is moderately high in that nutrient .
- Red means it is high in the nutrient & it's less healthy so should eat less often or in small amounts.

Eat **at least 5 portions** of a **variety of fruit vegetables** every day. An adult portion is 80g but children need smaller portion sizes. 1 portion is roughly the amount you can fit in the palm of your hand.



Eat as many **different colours** as possible because they all contain different combinations of fibre, vitamins, minerals and other nutrients.



Find out more: www.nhs.uk/live-well/eat-well/why-5-a-day

Basic Safety and Hygiene Rules

- Wash hands before handling food.
- Store food in the correct place.
- Use the correct colour chopping boards to avoid cross contamination.
- Cover cuts with a blue plaster.
- Tie back hair and wear a clean apron.

Help Prevent Food Poisoning

Wash hands before and after preparing food.

Cook meat, poultry, fish, and eggs thoroughly.

Wash fruits and vegetables well before eating.

Signs of Food Spoilage



Fruit – Should be stored in a fruit bowl to ripen.

Fridge (perishable) foods Eg. dairy foods, meat, fish, salad) – A fridge temperature should be between 0 and 5°C

Food Storage
Different foods need to be stored in different places to slow down the growth of bacteria.

Cupboard (ambient) foods Eg. bread, cereals, pasta etc – should be stored in a cool, dry, dark place (cupboard or bread bin) at room temperature.



Freezer – A freezer should be -18°C or below.



What happens if food isn't stored correctly?

It is so important that food is stored in the correct place. If food is not stored correctly, **bacteria** like E.Coli or Salmonella **will grow and cause food poisoning.** Food poisoning can cause cramps, fever, vomiting, diarrhoea, & even death.



Washing up properly

It is important when washing up to do the following things:

- Stack dishes, wipe work surfaces, wash in hot soapy water.
- Wash glassware first
- Then wash the cleanest items next.
- Wash the dirtiest items last
- Get equipment checked before putting away.
- WHY? Glassware easily shows food debris. Also try to keep the water as clean as possible.

Colour Coded Chopping Boards

Stops **bacteria** spreading & causing **food poisoning.**



PREVENT CROSS CONTAMINATION
USE CORRECT COLOUR CODED CHOPPING BOARDS & KNIVES

- RAW MEAT** (Red)
- RAW FISH** (Blue)
- COOKED MEATS** (Yellow)
- SALADS & FRUITS** (Green)
- VEGETABLES** (Brown)
- DAIRY PRODUCTS** (White)

Keyword	Meaning
Perishable Foods	Foods that can be safely stored at room temperature.
Bacteria	Grows on food. Can cause food poisoning.
Cross Contamination	When bacteria passes from one food to another or from people to food. Can lead to food poisoning.
Food Poisoning	Caused by eating food infected with bacteria. Symptoms include sickness, fever and diarrhoea.



Grown



Where does our food come from?
All our food comes from **plants** and **animals**



Reared

Caught



Food miles - The distance food travels from Farm To Fork



Some comes by lorry from all over the UK or Europe

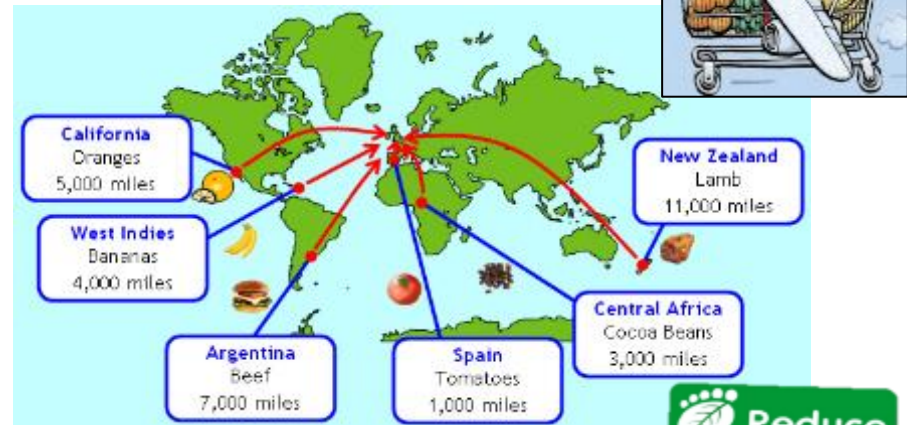


Some is local

Food miles

How far does our food travel to get to us?

Some is flown here from all over the world



The higher the **food miles** the bigger the environmental issues for our planet

