

Year 8 Knowledge Organiser Revision

Macronutrients (The three main nutrients that we need)

Nutrient	Sources	Functions		
Carbohydrate	<ul style="list-style-type: none"> • Bread, rice, pasta, oats • Starchy vegetables (potatoes) • Beans and pulses • Fruit • Sugar and honey • Some dairy foods 	Gives our bodies energy		
Protein	<ul style="list-style-type: none"> • Meat and meat products (beef, chicken, lamb, pork) • Fish and seafood • Eggs • Dairy food e.g. milk and yoghurt • Beans and pulses • Nuts • Soy and tofu products 	Build and repair muscle and tissue. Helps you to grow		
Fats	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <u>Saturated</u> <ul style="list-style-type: none"> • Meat fat • Butter • Full-fat dairy products • Coconut oil • Peanut oil • Chips, biscuits and cake </td> <td style="width: 50%; vertical-align: top;"> <u>Unsaturated</u> <ul style="list-style-type: none"> • Fish • Nuts • Avocados • Vegetable oils (olive, sunflower) </td> </tr> </table>	<u>Saturated</u> <ul style="list-style-type: none"> • Meat fat • Butter • Full-fat dairy products • Coconut oil • Peanut oil • Chips, biscuits and cake 	<u>Unsaturated</u> <ul style="list-style-type: none"> • Fish • Nuts • Avocados • Vegetable oils (olive, sunflower) 	Give us energy, protection for our organs and help to keep us warm
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Healthy Eating Advice

Advice	Reasons why
Cut down on saturated fat	Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.
Cut down on sugar	If eaten too often can contribute to weight gain. They can also cause tooth decay and increased risk of diabetes and heart problems
Cut down on salt	Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.
Correct portion size	We often eat all of the food that is put in front of us instead of stopping when we are full. This can lead to weight gain



Micronutrients are the nutrients that we need less of but are still very important.

These are **vitamins** and **minerals**

Hygiene and Safety

- **No** Jewellery (earrings, necklaces, bracelets, rings or watches)
- **No** nail varnish
- All shoulder length hair **tied up**
- Always wear an **apron**
- **Clean** hands, surfaces and equipment
- **No** blazers and sleeves rolled up
- **No** electrical items near water
- **No** running
- Always carry knives and scissors **correctly**
- Stools and bags out of the way
- Use equipment safely and properly
- Always **listen** to instructions
- Make sure that all meat is cooked to **72°C** to make sure **bacteria is killed**
- Use **red** chopping boards for **raw meat** only

Food Miles

- Food travels from other countries because it cannot be grown in the UK all year round
- The transport leaves behind **pollution** (carbon footprint)
- You could use **local food** or **grow your own** to reduce your carbon footprint.

Environmental impacts



Plastic

- Plastic is made from **crude oil** which is a **fossil fuel** and is mined from under water.
- Plastic goes to landfill which is a hole filled with rubbish and does not decompose very quickly
- Some plastic packaging can be **reused or recycled** instead of throwing it away.
- You could use different materials for packaging e.g. card board.

Energy

- Energy can produce waste gases or even radiation.
- Some energy comes from **non-renewable** sources e.g. natural gases.
- The more energy you use the more pollution is produced.
- It is important to **turn off** machines and equipment when you are not using.
- You could also use **renewable** energy e.g. solar, wind, hydro.

Free range

- Animals (chickens) are allowed to roam freely out in the open with **fresh air and sunlight**.
- This gives the animals a calmer and **better quality of life**.
- If animals are not free range they could be kept in small **cages or in barns**.

Organic

- Chemicals are often used to kill pests or help food grow
- **No chemicals** are used to grow **organic food**.
- This means the food is more natural and it protects habitats and the ground from chemicals.