

# Knowledge Organiser Food Studies Year 7

## 1. Nutrition

The 5 Main Nutrients: Protein, Carbohydrates, Fat, Vitamins and Minerals

Macro and Micro Nutrients

Fibre and Water

Sources of Nutrients

Functions of Nutrients

Dietary Related Diseases : Diabetes, Coronary Heart Disease, Obesity, Cancer, Malnutrition

## 2. Key Terms

5 A Day – Fruits and Vegetables

Local and Seasonal Food

Product Analysis

Evaluation

8 Tips for Healthy Eating

Special Dietary Needs: Religion, Age, Ethical, Health, Social

Vegetarians and Vegans

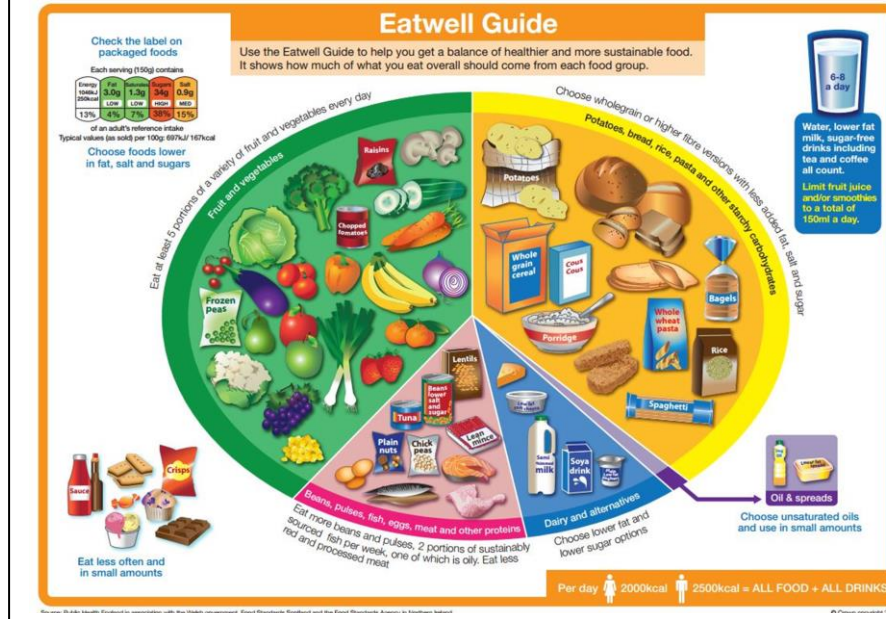
Consistency and Consistency

Gelatinisation

Reduction

**7. Influences that affect Food Choice: Health Issues, Allergens, Religion, Lifestyle needs, Financial needs, Social, Moral and Ethical concerns.**

## 3. The Eatwell Guide



**4. Evaluations and Sensory Analysis**

**Appearance:** flat, bright, burnt, cloudy, colourful, crunchy, decorated, dull, even, lumpy, patterned, smooth, undercooked, watery. **Taste:** bland, meaty, spicy, salty, zesty, sweet, strong, creamy, sharp, mild, tasteless. **Texture (Mouthfeel):** chilled, firm, flaky, runny, sharp, sticky, tough, hot, juicy, rubbery, chewy, crumbly, crunchy, dry, soggy, brittle, natural. **Aroma:** aromatic, scented, rancid, strong, spicy, savoury, weak, acrid, musty, pungent, floral, appealing, fragrant, scented, citrus, bland, tart.

## 8. Environmental Considerations

Local and Seasonal food, Food Miles, Organic, Fair Trade, Traditional foods, Packaging, Reducing Waste, Conserving energy, Recycling, Sustainability

## 5. Food Safety and Hygiene

Key Temperatures and the effect on bacterial growth

Oven Safety

Using electrical equipment safely

Personal Preparation

Handwashing

Knife Safety – Bridge and Claw techniques

Safe storage

Protecting the consumer

The 4 C's – Cleaning, Cooking, Chilling and

Cross Contamination

## 6. Food Preparation Techniques

**Rubbing-in Method** – Pastry, Crumbles, Cakes

**All-in-One Method** – Cake Making

**Kneading and Proving** – Bread and Pasta

**Knife Skills** – Fruit and Vegetables, Meat and Fish

**Presentation Techniques** – Garnish

**Sauce Making** – Gelatinisation and Reduction