



Year 7 - Food & Nutrition

Key Vocabulary

Hazard	Something that can make the food unsafe or unfit to eat. Something that could cause injury
Caramelisation	The process of heating carbohydrates or sugars resulting in browning and a distinct flavour
Cross Contamination	The process where bacteria is transferred from one surface to another e.g. between raw and cooked foods
Coagulation	Is the setting of a protein when heat or acid is added e.g. raw egg to cooked eggs
Bacteria	Single celled micro-organisms which grow rapidly under suitable conditions
Dextrinisation	The starches within the food are broken down into sugars called dextrin. Dextrins are brown in colour.
Seasonality	Fruit and vegetables that are ripe and ready in a particular season e.g. cherries in July
Enzymic Browning	An oxidation reaction that takes place in foods, mostly fruit and vegetables causing the food to turn brown
Nutrition	A substance essential for maintenance and life. These are broken down into macro and micronutrients.

Key Practical Skills

Knife skills

Parts of the cooker

Using equipment

Using the hob

Handling high risk foods

Content Area- Overview



Cooking



Health and Safety



Food Safety



Food Science



Healthy Eating



Food Provenance

Food provenance –

- how food is grown, caught or reared
- How food is produced
- How food is transported

Content Area

Sensory evaluations



Hear the snap of a crunchy biscuit and the fizz of a drink.



Touch a ripe pear and crusty bread.



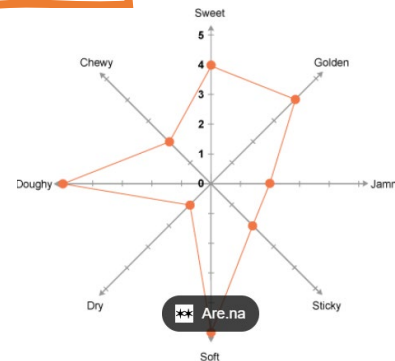
Taste lemons, chocolate and blue cheese.



Smell coffee and bread freshly made.



See a ripe banana and a trifle decorated with piped cream.



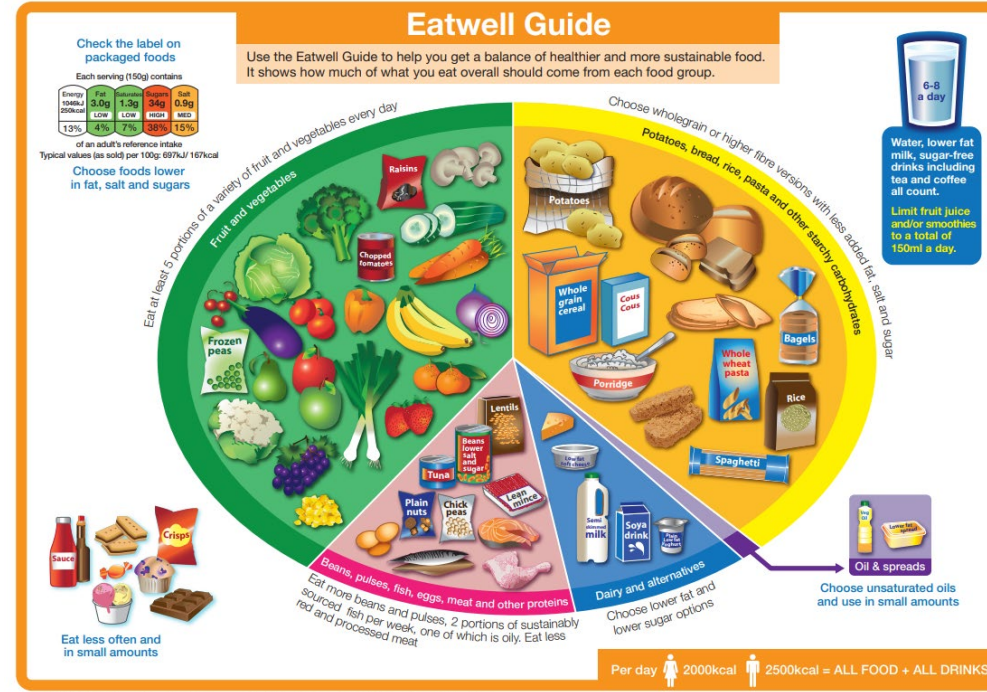
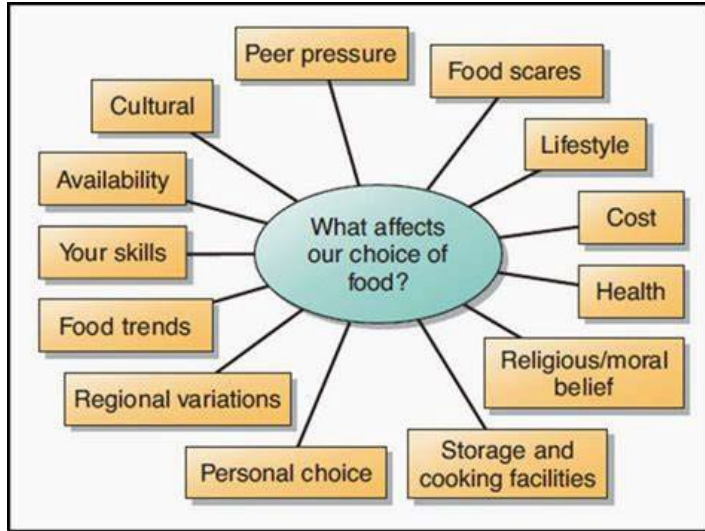
Year 7 - Food & Nutrition Content Area- Healthy eating



Eat well plate identify the sections and food groups.

Content Area

Factors affecting food choice



Types of nutrients – macro and micro, using the nutrients overview sheet.

Macro Nutrients – Carbohydrates/Fats/Protein types, food sources and jobs in the body.

Nutrients in food products, functions, and links to groups of people

Content Area- Food safety

FOOD + SAFETY

Cover All Four Bases To Avoid Foodborne Illness

CLEAN
Your hands, tools, and food preparation area should all be clean before you cook.

SEPARATE
Steer clear of cross-contamination by keeping raw meat, poultry, seafood & eggs separate from all other foods.

COOK
Cook to proper temperature and serve hot: Don't stay in the danger zone!
Cook your food completely and make sure it reaches the proper temperature before eating. Use 165° for leftover reheating. Avoid the danger zone between 40° and 140°F. See foodsafety.gov for the USDA safe meat temperature guide.

CHILL
Chill quickly: Don't be in the danger zone!
Chill leftovers quickly or within 1-2 hours. Defrost food in the refrigerator or under cold running water. Serve and store cold food cold below 40°F.

Content Area- Allergies and intolerances

The 14 ALLERGENS

- Celery
- Cereals containing Gluten
- Crustaceans
- Egg
- Fish
- Lupin
- Milk
- Molluscs
- Nuts
- Peanuts
- Sesame
- Soya
- Sulphites

A Food ALLERGY
A Food Allergy is a Cellular Immune-mediated reaction. It affects the Immune System. Food Allergies Can be Fatal.

OR

A Food INTOLERANCE
A Food Intolerance is not an Immune-mediated reaction. It affects the Digestive System. Intolerances are Not Life-Threatening.

Year 7 - Food & Nutrition



Planning

Mise en Place- Collecting equipment, measuring and preparing ingredients, using personal protective equipment

Time Planning- Allocate timings to multiple recipes to serve 2 or more recipes around the same time

Hygiene & Safety- Consider kitchen safety and food hygiene points to consider at each stage of the recipe

Quality Controls- Understand how to produce a quality finish at every stage of the recipe to ensure perfect outcomes

Taking it Further

Work through the video below to consolidate your learning

Bridge and claw technique



Macronutrients and micronutrients



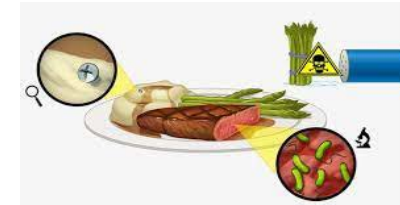
Food presentation and portion control



[15 Fancy Plating Hacks From Professional Chefs! So Yummy](#)

Content Area

Kitchen Equipment



Learning Checklist

- I can name 10 pieces of kitchen equipment
- I can name and use each of the part of a cooker and understand what would be cooked in each part
- I can name a range of personal hygiene rules for the kitchen
- I understand what hazards are and how to prevent common ones occurring.
- I know how to handle a knife safely and understand the bridge and claw hold
- I can identify the correct foods in each section of the eat well plate.
- I understand the benefits of the different foods groups to the body.
- I can name 3 macro and micro nutrients.
- I can name the functions and food sources of a range of nutrients
- I can name a range of food allergies and intolerances
- I can explain why people make particular food choices
- I understand food science terms enzymic browning, coagulation, dextrinization
- I understand how to produce a time plan