

Food and Nutrition Knowledge Organiser: Year 7— Term 1

Safety in the Food Room

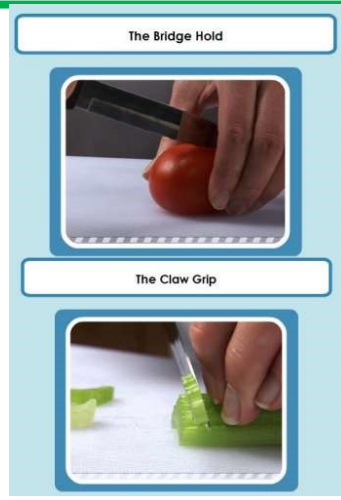
- Do not run in the kitchen.
- Listen to the teacher.
- Stools pushed under the desk.
- Tie hair up.
- Put all bags, coats and blazers under the table to prevent someone tripping up.
- Use oven gloves when putting things into the oven and getting things out.
- Clean up any spillages straight away so that someone doesn't slip
- Do not mess with the cooker dials.

Hygiene in the food room

- Wash your hands with soap.
- Wear a clean apron.
- Tie hair up.
- Make sure your nails are clean and short—no nail varnish.
- Cover cuts and sores with a blue plaster .
- Clean work surfaces with sanitiser.
- Use clean dishcloths & tea towels.
- Make sure all equipment has been cleaned thoroughly in hot soapy water.

Knife safety

- Always carry the knife by the handle with the point facing down.
- Only carry one sharp knife at a time.
- Do not leave the knife in a sink full of hot soapy water because you will not be able to see it and could cut yourself.
- Use the bridge hold and the claw technique.
- Keep your fingers out of the way and always concentrate.
- Make sure they go back into the knife block at the end of the lesson so that they are all accounted for.



Basic Kitchen Equipment

Name and function—Chopping board, colander, grater, knife, measuring jug, rolling pin, saucepan, sieve, tablespoon, teaspoon.

Chopping Boards

Red—Raw Meat	Yellow—Cooked Meat
Green—Salad/fruit	Blue—Raw Fish
Brown—Vegetables	White—Dairy/bakery

Weighing and Measuring

1000g = 1kg
1000ml = 1 litre

The Cooker

- Parts—hob, grill, oven.
- Cooking methods—stir fry, grill, sauté, casserole, bake, roast, simmer.

Dietary Guidelines

In response to the increase in obesity and diabetes Health experts and the government have produced a set of Dietary Guidelines and an Eatwell Guide to help people make informed choices when they are deciding what to eat. The aim is to:-

- Reduce amount of fat—particularly animal fat.
- Reduce amount of sugar in diet.
- Reduce the amount of salt.
- Increase the amount of fibre.



Reduce fat by:-

- Grilling or baking foods rather than frying.
- Visible fat should be trimmed away.
- Red meat could be replaced with chicken and fish which are naturally lower in fat.
- Choose lower fat alternatives e.g, reduced fat cheese, semi-skimmed milk.
- Changing butter for a polyunsaturated spread will lower the saturated level.
- Reduce ready meals or takeaways eaten.

Reduce sugar by:-

- Swapping drinks for sugar free alternatives.
- Reducing the amount of cakes and biscuits eaten.
- Check labels for hidden sugar.
- Get rid of the “sugar bowl”.

Increase fibre by:-

- Use wholewheat, whole-meal and high-fibre white breads.
- Using a proportion of wholewheat or wholemeal flour instead of white flour in cakes/biscuits.
- Using wholewheat pasta rather than pasta made with white flour.
- Using brown rice.
- Increasing the amount of fruit and vegetables eaten.

