

Year 7 Cooking and Nutrition Knowledge organizer - Food safety

KEY WORDS	DEFINITION
Food Hygiene	This is about making sure the food you eat will not give you food poisoning or make you ill. It is about making sure bacteria does not get into food or if it is there have time to multiply.
Food safety	This is about working safely in the food room so that accidents don't happen. It ensures that you don't cut or burn yourself when working with food.
Danger zone	This is the temperature range between 5-63°C when pathogenic bacteria multiply at their quickest.
Eat well guide	The Eat well Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time. The Eat well Guide divides the foods and drinks we consume into five main groups.
Enzymic Browning	Enzymic browning is the discolouration of certain fruits or vegetables due to a reaction of the enzymes they contain with plant cell substances and oxygen from the air.
Cross contamination	This is when pathogenic bacteria are transferred from raw to cooked food usually by using the same chopping board or knife. It can be avoided by using different coloured boards and knives.
Sensory descriptors	These are words used during sensory testing to identify the qualities of different foods.
Seasonality	Seasonality is eating fruit and vegetables sourced locally, at a time of year when they are naturally at their best

Planning safe food preparation

Hygiene and safety

Personal hygiene

- Remove all jewellery.
- Long hair should be tied back.
- Wear sensible nonslip shoes.
- Wash hands with anti-bacterial soap.
- Wear a clean apron.
- Cover all cuts and wounds with a clean plaster.
- Do not cough or sneeze over food.
- Wash hands after visiting the toilet or blowing your nose.
- Do not transfer bacteria by touching nose, hair or ears when touching food.
- Do not taste food with fingers or lick equipment.



Use of oven

- Check shelf position.
- Arrange oven shelves correctly.
- Check oven is on at correct temperature
- Check times.
- Use oven gloves.
- Press lightly with fingertips, if 'springy' the mixture is cooked.
- Use skewer to test if cooked.



Use of hob

- Use wooden spoon for stirring mixtures.
- Ensure pan handles are turned inwards.
- Don't leave a saucepan unattended.

Use of equipment

- Take care with sharp knives.
- Check electrical equipment for safety.
- Don't mix water and electricity.
- Use coloured chopping boards



Food Safety

- Is the sell by date correct
- Avoid cross-contamination.
- Use a food probe to check core temperatures.

Special points

Using/weighing other ingredients

- Check storage temperature of high risk foods.
- Check sell-by/use-by dates.
- Set scales to 0.
- Mix evenly.
- Sieve flour to remove lumps and aerate flour.



Eggs

- Check for freshness.
- Check storage temperature.
- Mop up spills to prevent cross-contamination-salmonella risk.
- Don't eat raw cake mixture-salmonella risk.
- Visual check on quality of food

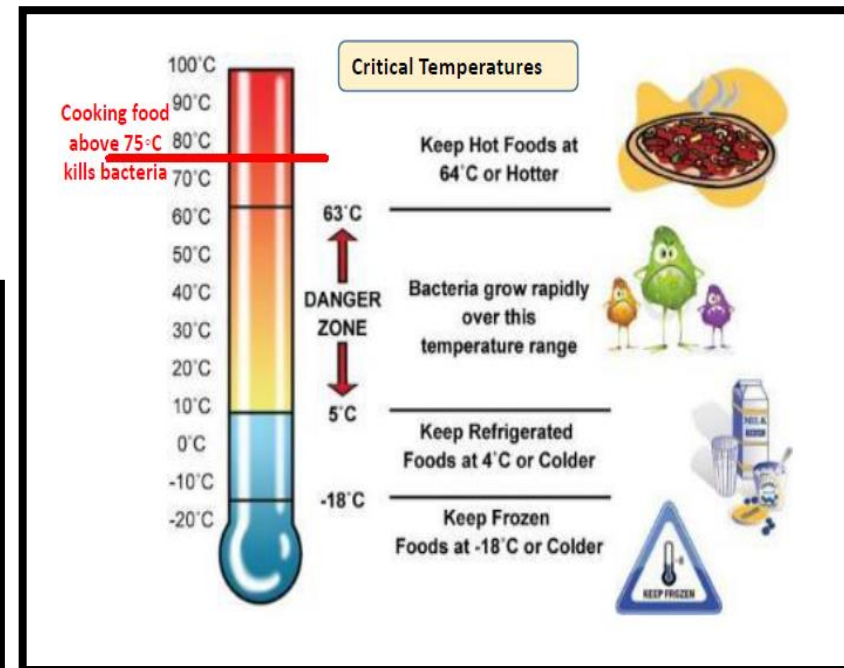


Portion Control-examples for cheesecakes/cakes

- Divide mixture evenly to ensure good portion control.
- Are bases spread evenly.
- Is cream whisked until thick.
- Is the mixture smooth.
- Is the decoration neat.

Pastry

- Even thickness of pastry
- Even colour.
- Even size products
- Taste test of pastry/filling
- Quality of filling test



4 C's

Food hygiene is necessary in order to make food which is safe to eat. This involves

more than just being clean. A simple way to remember all the important areas where safety could be an issue are the **4Cs**:

- Cooking
- Cleaning
- Chilling
- Cross Contamination

PREVENT CROSS CONTAMINATION
USE CORRECT COLOUR CODED CHOPPING BOARDS & KNIVES

- RAW MEAT
- RAW FISH
- COOKED MEATS
- SALADS & FRUITS
- VEGETABLES
- DAIRY PRODUCTS

4 STEPS TO FOOD SAFETY



Year 7 Cooking and Nutrition Knowledge organizer - Healthy Eating

Nutrient	Food Examples	Main Function in Body
Macronutrients - We need these in large amounts.		
Starchy Carbohydrates	Cereals, bread, rice, potatoes, pasta etc.	Give us slow release energy. (wholegrain versions are higher in fibre).
Protein	Meat, fish, eggs, nuts, seeds, pulses, lentils.	Growth, repair and maintenance of muscles.
Fat	Butter, lard, margarine, sunflower oil, olive oil etc.	Insulates our vital organs (heart, lungs etc) and keeps us warm.
Micronutrients - We need these in small amounts.		
Vitamins	Fruits and vegetables.	Help our immune system fight off illnesses and help us release energy from other foods.
Minerals		
Other Essential Nutrients		
Dietary Fibre (NSP)	Wholegrain cereals, fruit/vegetables, nuts/seeds etc	Helps our digestive system remove waste and avoid constipation.
Water	Keeps us hydrated, controls body temperature, helps digestion, gets rid of waste.	

Eating breakfast can help you to have a great day. Our bodies cannot run on empty until lunch time. Our energy level. Breakfast gives our bodies nutrition and substance. This is where our energy comes from. People who do not eat breakfast have considerably less energy than people who do. Concentration. People who do not eat breakfast often have a hard time concentrating. They also have difficulty learning. Your mood. Did you know that hunger can cause mood swings and irritability. Breakfast is at the very beginning of the day. Families can sit down and enjoy this meal together, grasping a little bit of quality time each morning.



Locally Sourced Foods – A way of reducing food miles is to buy locally sourced foods, these are also seasonal and can sometimes be organic too.

Local and Seasonal Foods

Seasonal Foods - Foods that are harvested and eaten in the season they are naturally ready to eat.



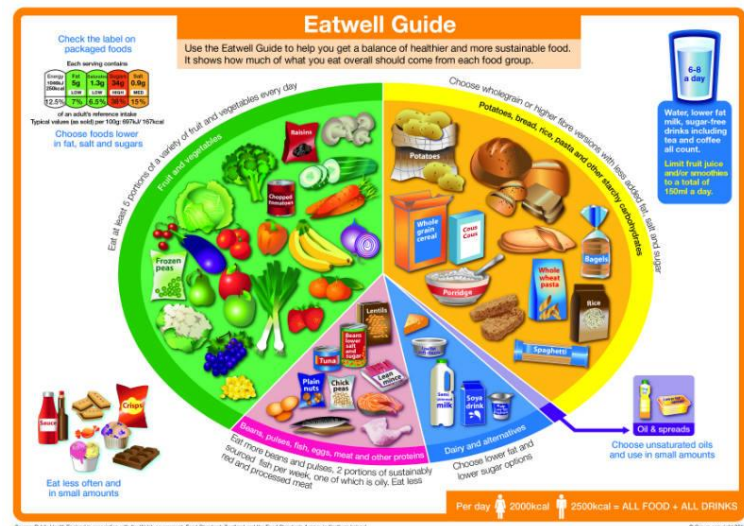
Most **UK-grown fruit and vegetables** are not available all year round.



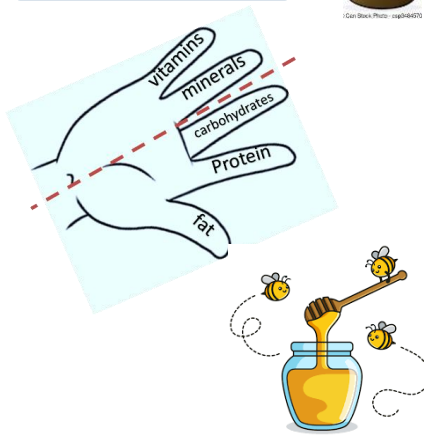

<http://eatseasonably.co.uk/what-to-eat-now/calendar/>

The **Eat well Guide** outlines the recommendations for eating a healthy balanced diet. The **guide** shows the different types of foods and drinks you should consume – and in what proportions – every day or over a week. The **Eat well Guide** shows how much of what you eat overall should come from each food group.


Nutrition



Breakfast



Free sugars



Sugars found naturally inside fruit and vegetables are called fruit sugars or natural sugars.

Sugars added to food or found outside the cell structure are called free sugars.

Free sugars are processed sugars such as granulated, caster, demerara, icing sugar, treacle and golden syrup. They also include honey and unsweetened fruit juice.

Only 5% of our daily energy intake should come from 'free sugars'. That's equivalent to just 7 cubes of sugar a day for those aged over 11.

Eat well guide

Year 7 Cooking and Nutrition Knowledge organizer - Food skills



Mixing bowl used for combining ingredients



Spatula used for removing mixture from the bowl



Measuring jug used for accurate measuring of liquids



Vegetable knife used for cutting vegetables



Green chopping board used for cutting fruit



Measuring spoons used for accurate measuring of tsp. and tbsp.

Colander used for draining liquid from food



Sieve used to remove lumps and aerate



Equipment

-  H – Tie your hair back or wear a hat. Wash your hands.
-  A – Put an apron on.
-  T – Clean your table with antibacterial spray.
-  T – Collect a tray to keep all your ingredients together.
-  I – Collect all the ingredients you need.
-  E – Collect equipment you need; prepare any tins/baking sheets (e.g. grease or line).



Claw Hold

Knife safety
Bridge Hold



Enzymic browning is the discolouration of certain fruits or vegetables due to a reaction of the enzymes they contain with plant cell substances and oxygen from the air.



Function



Rubbing in method

- Jam Tarts, Savoury Flan
Combining fat and flour by 'rubbing in' with your fingertips before binding together with water to make pastry dough or leaving as a crumble.

Sensory Testing is the use of the senses to say how much someone likes or dislikes a food, this allows changes to be made.

Sensory Testing

Senses: influence our enjoyment of food.



VISION HEARING SMELL TASTE TOUCH



<https://www.youtube.com/watch?v=zNchJla7G0E>