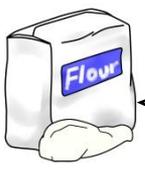


Year 8 Food Rotation – Knowledge Organiser

Clean hands. Hair tied back. Wear an apron. Wear blue plasters. Don't cough/sneeze over food.

KEY PROCESSES:

Kneading-
to work dough, to develop the gluten that is found in flour, this gives baked goods their structure and texture. When making dough, the flour and other dry ingredients are combined with the wet ingredients, usually warm water, along with yeast.



Handling Raw Meat -
Always wash hands with warm water and soap for 20 seconds before and after handling raw *meat*.



Don't cross-contaminate!
Keep *raw meat*, poultry, fish, and their juices away from other food. Wash cutting board, utensils, and countertops with hot, soapy water after use.



Reducing – heating up a sauce based product to evaporate the water and making the sauce thicker in consistency.



1. Protein
 2. Fat
 3. Carbohydrate
 4. Vitamins
 5. Minerals
- PLUS** Water and Fibre
(neither are nutrients but are required for a healthy diet).

COOKING SKILLS

- Chop
- Fold
- Roll
- Knead
- Shape
- Simmer
- Boil
- Bake
- Fry

METHODS OF COOKING

Heat transfers in three ways:

Conduction
Metal is a **conductor** of heat and carries the heat from the heat source to the food

Convection
When heated, gas or air particles expand and rise, causing colder particles to sink, creating convection currents which distribute heat.

Radiation
Heat is transferred directly onto the surface

Classic Vegetable Cuts

PRESENTATION IDEAS



SPECIAL DIETS

Lactose intolerance. People must avoid milk, cheese butter, yogurt and processed foods that contain milk products.

Coeliac disease (gluten intolerance). People must avoid wheat, wheat products, pasta, noodles, semolina, bread, pastry, sauces, rye, barley and oats (including breakfast cereals). They can eat rice, potatoes, corn and corn products.

Nut allergy. People must avoid nuts, blended cooking oils and margarines that contains nut oils.

Diabetes. Diabetics find it difficult to control their blood sugar levels, so they need to eat starchy foods at regular intervals. They avoid foods high in sugar.

Vegans do not eat the flesh of any animal or any animal product e.g. cheese.

Lacto-vegetarians do not eat the flesh of any animal but they will eat eggs, milk, cheese, honey etc.

Muslims do not eat pork. They eat Halal meat.

Hindus do not eat beef.

Some **Sikhs** avoid meat and fish.

Sources of Food

Ingredients can be grown, gathered, caught, reared or made / manufactured.

This aspect of food is known as **FOOD PROVENANCE**

Why do we need to know this?
How food is produced has an impact on it's quality, its nutritional properties, the environment, as well as its cost.

The general rule is '**the closer to its original form, the better the food is for us**'.

Multicultural Foods
 Pizza and Bolognese- Italy
 Curry and Naan Bread- India
 Fajitas- Mexico

FOOD MILES
 WHAT ARE THEY AND HOW DO THEY AFFECT OUR WORLD?
 Time + distance FROM THE POINT & TIME WHERE FOOD IS *grown* TO WHERE IT IS *consumed*. THE SMALLER THE BETTER!

Wider thinking / further reading:
www.foodfactoflife.org.uk www.grainchain.com