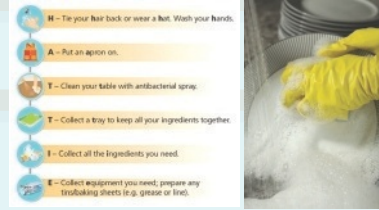


# Year 7 Knowledge Organiser: Theory focus

## FOOD SAFETY

### HATTIE

It is important to wash up correctly when you have cooked.



## FOOD PROVENANCE

**Food grown in the UK:** There are many foods grown in the UK, such as wheat, barley and many fruits and vegetables.

**Food methods and production:** Chicken for meat and eggs can be produced by intensive farming or free-range farming. Some food is also grown organically under very strict guidelines.

**Food miles:** Some people like to shop locally to support local farmers and to reduce food miles.



## FOOD COMMODITIES

Fruit, soya, tofu, beans, nuts and seeds are commodities. Commodities are commonly eaten foods. They can either be eaten raw or processed into other foods, such as oranges into orange juice.



## FOOD SCIENCE

Shortening is when fat coats flour, for example in biscuits and pastries. It gives them a crumbly texture. Aeration is when air is trapped in a mixture. Air gives mixtures a springy texture.



## FOOD NUTRITION AND HEALTH

Why do we need to eat food? The Eatwell Guide gives us a lot of information about what we should be eating and how much. It helps us plan a healthy diet.

Foods are made up of different components called nutrients. Each nutrient has a function:

- Protein is needed for growth and repair of cells, for maintenance of the body and to provide energy.
- Fat is needed to provide energy, to keep the body warm, to protect internal organs and to provide fat-soluble vitamins and essential fats.
- Carbohydrates are needed for energy.
- Vitamins are needed to protect the body and prevent disease.
- Minerals are also needed for protection from illness and disease.



## FOOD CHOICE

**Sensory evaluation** When you eat food, you are judging the following characteristics:

- appearance
- taste
- smell – aroma
- texture – mouthfeel (how a food product feels in the mouth)

Judging food based on these characteristics is called sensory evaluation.



## ASSESSMENT

Interactive activities at the end of each lesson will test your knowledge and understanding.

There will be a test at the end of the course to check your knowledge and understanding – it will include multiple choice questions and short and long answer questions.