

Year 8 Knowledge Organiser: Theory focus

FOOD SAFETY HATTIE

- 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).

FOOD PROVENANCE

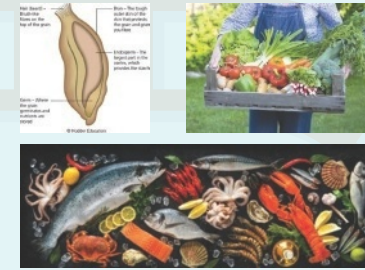
Food waste

In UK households we waste 6.5 million tonnes of food every year, 4.5 million of which is edible.



FOOD COMMODITIES

Vegetables, fish and cereals are commodities. Commodities are commonly eaten foods. They can either be eaten raw or processed into other foods – for example, wheat is processed into flour.



FOOD SCIENCE



Chemical raising agents are added to many baked items to make them rise. The two most common raising agents are bicarbonate of soda and baking powder.



Gelatinisation

When liquids and starch are mixed together and heated the mixture will thicken. This process is called gelatinisation.

FOOD NUTRITION AND HEALTH

Macronutrients are needed in large amounts in the body and are called protein, fat and carbohydrate.



FOOD CHOICE

Food labelling and traffic light labelling

Food labelling is important because we need to know what is in the product we are buying. The traffic light labelling gives us accurate information about the nutrients the food contains.

Each 30g serving contains:	
658kJ	158kcal
9.6g	18%
0.8g	4%
0.1g	<1%
0.42g	7%
Energy per 100g: 2194kJ / 526kcal	

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.