

# Year 9 Knowledge Organiser: Theory focus

## FOOD SAFETY

Where do bacteria come from? Bacteria are micro-organisms which can cause food poisoning.



## FOOD PROVENANCE

The heat treatment of milk destroys bacteria and increases its shelf life. The different treatments are: pasteurisation, sterilisation, UHT, drying, evaporating and condensing.



Using seasonal foods reduces our carbon footprint.

Yoghurt and cheese are made from milk during secondary processing.

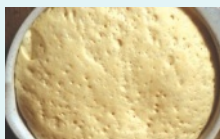
Making yoghurt

## FOOD COMMODITIES

Cereals are cultivated grasses. Wheat is one of the most important cereals. During the primary processing the outer layers of the grain are separated from the inner layers. Milling is the process of grinding down the wheat grain into flour. Flour is used to make pasta, bread, pastries and cakes.



## FOOD SCIENCE



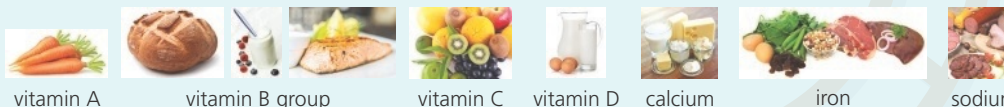
Fermentation is a process where yeast produces carbon dioxide, for example, during breadmaking.



Caramelisation is the process of heating sugar. It starts to melt and then turns from a clear colour to dark amber.

## FOOD NUTRITION AND HEALTH

Micronutrients are vitamins and minerals. They are needed in small amounts in the body.



vitamin A

vitamin B group

vitamin C

vitamin D

calcium

iron

sodium



Different groups of people require different amounts of nutrients. Babies require foods rich in iron and vitamin C from 6 months.

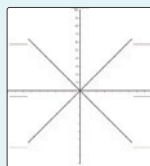


Teenagers need foods high in protein, calcium, vitamin D, iron and vitamin C.



Older adults need extra protein, calcium, vitamin D, iron and vitamin C.

## FOOD CHOICE



Sensory evaluation allows us to judge foods based on different characteristics. The results can be recorded on a star profile.



Nutritional analysis is used to find out which nutrients are in different foods.

## 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.