Year 7 Food and Nutrition, Health and Safety/Food Safety **Knowledge Organiser**

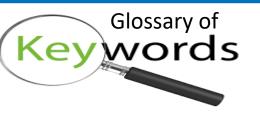
- https://www.foodafactoflife.org.uk/
- **BBC Food** ٠
- Food Standards Agency https://www.food.gov.uk/food-safety
- https://www.ifst.org/lovefoodlovescience
- https://www.nutrition.org.uk/
- https://quizlet.com/240309265/gcse-food-preparation-nutrition-keywords-flash-card

Key Points

- Know the difference between Health and Safety and Food Safety
- Describe how to keep food safe Bacteria)
- Know and understand how to prevent bacterial contamination.
- Recognise the symptoms of food poisoning.
- Understand the food safety principles when storing food.
- Describe the term cross contamination and how it occurs.

Quick Test (use the internet to research the answers)

- 1. What are bacteria?
- What would happens if food is prepared incorrectly and then eaten?
- On food packaging what do you need to check before buying the food? 3.
- Explain the term cross contamination. 4
- What is the bacteria found in chicken called? 5.
- Can food poisoning be deadly? 6.



Research the Key Words below and write an explanation for each

• Health and Safety



HFIPF

| Food Safety |
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| Cross Contamination |
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| Food Poisoning |
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| Bacteria |
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Year 8, Food and Nutrition, Health and Nutrition Knowledge Organiser

- <u>https://www.foodafactoflife.org.uk/</u>
- BBC Food
- Food Standards Agency <u>https://www.food.gov.uk/food-safety</u>
- <u>https://www.ifst.org/lovefoodlovescience</u>
- <u>https://www.nutrition.org.uk/</u>
- <u>https://quizlet.com/240309265/gcse-food-preparation-nutrition-keywords-flasn-caras/</u>

Key Points

- 1. Protein is required by the body for growth, maintenance and repair.
- 2. Fats can be classified as either saturated and unsaturated.
- 3. Saturated fats are considered to be more harmful to health because they raise levels of cholesterol.
- 4. Carbohydrate provides the body with energy.
- 5. Vitamins are micronutrients, required in small amounts to do essential jobs in the body.
- 6. Water makes up two thirds of the body so it is vital to drink regularly to stay hydrated.
- 7. Energy balance is the balance of energy consumed through eating and drinking compared to energy burned through physical activity.

Quick Test (Use the internet to research your answers)

- 1. What are the functions of fat in the diet?
- 2. Give some examples of foods containing protein.
- 3. Why is a good supply of vitamins and minerals needed in a teenagers diet
- 4. What does Calcium do in our diet?
- 5. Which nutrient provides energy?
- 6. Describe what a balanced diet is.





| Keywords |
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| Research the Key Words below and write a explanation for each |
| Balanced diet |
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| Nutrients |
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| Deficiency |
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| • Excess |
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| Processed foods |
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Glossary of

Year 9, Food and Nutrition,

World Cuisine and Food Science, Knowledge Organiser

- https://www.foodafactoflife.org.uk/
- BBC Food
- Food Standards Agency <u>https://www.food.gov.uk/food-safety</u>
- <u>https://www.ifst.org/lovefoodlovescience</u>
- <u>https://quizlet.com/240309265/gcse-food-preparation-nutrition-keywords-fla</u>



Key Points

- Cuisine relates to the established range of dishes and foods of a particular country or religion.
- Cuisine is also concerned with the use of distinctive ingredients and specific cooking and serving techniques.
- Cooking methods can achieve specific characteristics in food.
- Cooking food makes it safe, allows it to keep for longer and makes it more palatable.
- Heat is transferred by conduction, convection and radiation
- Dextrinisation is the term used to describe browning of starch caused by heat.
- Caramelisation is the browning of sugars caused by heat.

Quick Test (Use the internet to research your answers)

- 1. What religions traditionally do not eat pork?
- 2. Name two traditionally British dishes.
- 3. Explain the different factors that affect peoples food choices
- 4. Describe the various factors that influence a countries cuisine
- 5. Explain why Italian cuisine uses lots of fresh tomatoes, herbs and olive oil.
- 6. Name three types of heat transfer.
- 7. Why is food cooked?
- 3. What is the main heat transfer method when boiling food?
- 9. What sort of heat transfer commonly causes dextrinization?

| Glossary of Keywords |
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| Research the Key Words below and write an explanation for each |
| • Cuisine |
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| Climate |
| Conduction |
| Convection |
| Radiation |
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