

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

- <https://www.foodafactoflife.org.uk/>
- BBC Food
- 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?
2. What would happen if food is prepared incorrectly and then eaten?
3. On food packaging what do you need to check before buying the food?
4. Explain the term cross contamination.
5. What is the bacteria found in chicken called?
6. Can food poisoning be deadly?



Research the Key Words below and write an explanation for each

### • Health and Safety

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### • 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

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- BBC Food
- Food Standards Agency - <https://www.food.gov.uk/food-safety>
- <https://www.ifst.org/lovefoodlovescience>
- <https://www.nutrition.org.uk/>
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## 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.



Research the Key Words below and write an 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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# Year 9, Food and Nutrition, World Cuisine and Food Science, Knowledge Organiser

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



## 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 people's food choices
4. Describe the various factors that influence a country's 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?
8. What is the main heat transfer method when boiling food?
9. What sort of heat transfer commonly causes dextrinization?



Research the Key Words below and write an explanation for each

### • Cuisine

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### • Climate

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### • Conduction

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### • Convection

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### • Radiation

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