







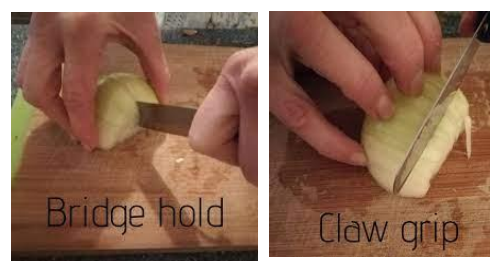


Year 7 Knowledge Organiser: Food & Hospitality

KEY EQUIPMENT & MATERIALS

| | | |
|----------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vegetable knife |  | Used for slicing and chopping vegetables and fruit using the bridge and claw method. They need sharpening from time to time and must be handled carefully and safely at all times. |
| Peeler |  | For removing a thin layer of skin from vegetables or fruit such as carrots, potatoes, apples. |
| Box grater |  | Two sides are for small/smaller pieces of food that you want to blend into a dish also one for slicing and one for grating very hard items eg. nutmeg. |
| Sieve |  | For removing lumps from liquid or lumps from flour. Also separating a food into different textures, and aerating flour. |
| Colander |  | For washing and draining vegetables, salad or cooked pasta, noodles or potatoes |
| Chopping boards |  | Green = fruit and salad Blue = fish Red = meat Yellow = cooked foods White = bakery & dairy Brown = vegetables |
| Slotted spatula / Fish slice / Flipper |  | Slots allow liquid to drain away, used for picking up flat, fragile foods from a frying pan or flat dish. |
| Wooden spoon |  | Provides firm stirring action in a saucepan that does not cut the food. Used in cake making to beat / cream ingredients together. |

Bridge and claw method



KEY WORDS

Bacteria: microscopic living organisms that can cause food poisoning.
The 4 C's - explain how we manage bacteria in the kitchen through Cleaning, Cooking, Chilling and avoiding Cross contamination
Cooking skills: applying heat to change the state of a raw food. E.g. frying steak, boiling pasta. Cooking changes the flavour, texture, mouth feel, odour and appearance of raw food and in some cases makes it safe to eat.
Dietary requirements: this varies according to age, lifestyle, or specific nutritional needs for example with allergies or intolerances, or health requirements such as low salt, high fibre.
Eatwell Guide: government guidance on what constitutes healthy eating. It shows what proportions and variety of each food group you should eat for a balanced diet, recommended calorie and water intake and to eat less sweet, salty and fatty foods.
Food preparation: preparing all the ingredients for cooking through washing, peeling, slicing, rehydrating, dicing etc.
Food sources: the foods in which nutrients are found
Nutrients: natural chemical substances in foods essential for growth, function and health
Sensory descriptor: Words used to describe the taste, aroma, texture and appearance of food.
Whole foods: foods that have not had any nutrients removed during processing

Websites / Blogs / Online Magazines to browse:

- Pinterest
- BBC Good Food
- Loving it Vegan
- Little Blog of Vegan
- www.foodafactoflife.org.uk/
- www.nhs.uk/live-well/eat-well/
- www.tastemade.co.uk/live/
- www.tastemade.co.uk/food/
- #theboywhobakes
- #spicymoustache

Markets to Visit:

- Herne Hill Market
- Brixton Market
- Borough Market

TV shows:

- ❖ Somebody Feed Phil. Netflix
- ❖ Bake Off. The professionals.
- ❖ Food Unwrapped. Channel 4
- ❖ Eat Well for less. BBC1
- ❖ The Great British Bake off. All 4
- ❖ Masterchef BBC1

HEALTH AND SAFETY

1. Always remove your blazer & tie long hair back when completing practical activities. Leave your bag and coat near the door and do not return to it unless invited to do so to avoid contamination
2. Always wash your hands and nails thoroughly. No false nails. Do not touch your face or hair. Report any illness eg colds. Wounds must be covered with a blue plaster.
3. **All stop!** Means put down your equipment safely, move items from heat and look at the teacher for important instructions or information.
4. Stay in your allocated work area unless fetching ingredients or equipment. Overcrowding is a safety hazard.
5. Demonstrate knife awareness at all times.
6. Be respectful of all resources and equipment by thoroughly cleaning and drying before returning to the correct place.

THE EATWELL GUIDE

Learning to work safely in the kitchen using the 4 C's is the most essential skill for you to progress to more challenging recipes.

The Eatwell guide shows how eating different foods can make a healthy and balanced diet. The key food groups are:

- Fruit and vegetables
- Starchy carbohydrates
- Protein and meat alternatives
- Dairy and alternatives
- Oils and spreads

