









Year 8 Knowledge Organiser: Food & Hospitality

EQUIPMENT AND SKILLS

Pasta machine		Used for rolling out fresh pasta to an even thickness and cutting into strips.
Rolling pin		For rolling out dough or pastry to an even thickness and larger surface area. Also used for crushing ingredients or tenderising meat.
Boiling		Cooking in liquid at boiling point (100 degrees C) until the surface is covered with vigorous bubbles.
Simmering		Cooking at below boiling point until small bubbles are covering the surface.
Dicing		Chopping into small cubes in preparation for cooking.
Top and tailing		Removing the tip and the base of the stalk of a vegetable eg. beans, carrots in order to square it off.
Finely chopping		Peeling, slicing and chopping a food into fine pieces for blending with other ingredients.
Seasoning		Adding spices, herbs or other flavourings to food to create a balance of flavours that brings out the best of the ingredients in a dish to make it taste better.

COMMODITIES

Learning to recognise and handle different kinds of commodities is one of the themes of the Year 8 course. High risk foods such as meat, dairy, eggs and fish require additional safety precautions such as temperature control.

The main commodities are:

- Cereals
- Meat
- Potatoes and vegetables
- Poultry
- Fruit
- Fish
- Cheese, yoghurt, milk
- Soya, tofu, beans, nuts and seeds

KEY WORDS

- **Food provenance:** knowing the source of the food and it's journey from farm to plate
- **Preference test:** A test used to find out if a food product is acceptable to the customer
- **Grading test:** A test used to place foods in a specific order such as most sweet to least sweet.
- **Food choice:** factors influencing what we choose to eat such as cost, religion, culture, lifestyle, healthy eating, seasonality and occasion.
- **Macronutrients:** Nutrients that are needed in large amounts by the body. They are proteins, fats(lipids) and carbohydrates.
- **Micronutrients:** Nutrients that are needed in small amounts by the body. They are called vitamins and minerals.
- **Proteins:** a nutrient essential for growth, repair, maintenance and energy.
- **Carbohydrates:** a nutrient essential for energy found in sugar, starch and dietary fibre
- **Fats:** a nutrient essential to provide warmth, energy, protection and fat soluble vitamins
- **Vitamins and Minerals:** micronutrients essential for many chemical functions in the body such as iron for blood and vitamin c for repair and immunity
- **Taste buds:** nerve endings on the tongue that tell the brain if a food is sweet, sour, bitter, salty or other taste.
- **Umami:** a savoury taste
- **Traffic light food label:** a colour coded food label that helps aids healthy choices.

KNIFE AWARENESS

1. All knives must be counted out and counted in each lesson. You are responsible for the knife you use and you personally hand it back to the teacher.
2. Always walk with your knife pointing down by your side.
3. Place knives away from the edge of the worktop, handle closest to the edge.
4. Wash knives separately, do not leave them in the sink where they might become covered with other items. Wash and rinse the handle and blade, checking for fragments of food. Dry up thoroughly straight away to avoid rusting and put back in the knife safe, ensuring your name is crossed off the list.
5. Keep your eyes on the blade when you are chopping and use bridge and claw method to keep fingertips safe.
6. When passing the knife to someone else, put it down on the worktop and let them pick it up for themselves.
7. If your knife is blunt, tell the teacher. They will sharpen it, sharp knives are safer than blunt ones!

TRAFFIC LIGHT FOOD LABELLING

The Traffic light label provides a quick guide to the **fat, saturated fat, sugar and salt** content in processed food.

On this traffic light label, the food is low in Fat and Saturated Fat so is labelled green. It is very high in sugars and would amount to 38% of the daily recommended amount so is labelled red.



The **reference intake** is the daily recommended amount that an adult should have of each nutrient. For example, the daily recommended amount of salt for an adult is 5 grams.

Too much Fat, Saturates, Sugars and Salt in your diet can contribute to health issues later on in life such as high blood pressure, heart disease and diabetes.

Those with specific dietary requirements need to calculate their **percentage daily intake** of these ingredients in order to stay in good health.

Websites / Blogs / Online Magazines to browse:

- BBC Good Food
- Loving it Vegan
- Little Blog of Vegan
- www.foodfactoflife.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