

# Revision mat for Year 8 Food

## Snack foods:

- Often eaten to fill the hunger gap
- Can be sweet or savoury
- Can be eaten hot or cold
- Usually served as individual portions
- Don't always need cutlery
- Not always healthy

Nutritional value of cereal grains: rich source of starchy carbohydrates and protein. B vitamins, Vitamin E, fibre.

Cereal foods: Cultivated grasses. The grains are used as a food source: Wheat, Rice, Rye, Oats, Barley, Maize

## Key terms

**Food provenance** - understanding where food is grown, caught, produced, transported

**Food miles** - the distance food travels from farm to fork

**Primary processing** - the process of converting raw food materials into food that can be eaten.

**Secondary processing** - involves turning the primary processed ingredient into a food product eg. Turning flour into bread.

**Shortening** - when fats give biscuits and pastry a crumbly texture

**Aeration** - air is trapped into a mixture to make it lighter

**Quality control** - Ensuring that the product has been produced to a high quality by following a set of steps and checks during the making process

**Pre manufactured products** - products that have already been made for sale in the supermarkets eg. Ready meals

**Fortified** - vitamins & minerals have been added to food eg. flour

## Nutrition

Macronutrients (large amounts needed):

### Protein

Needed for: growth, repair, maintenance & energy

HBV protein - animal food sources

LBV - plant food sources

### Carbohydrates

Needed for: Energy

Complex - slow energy releasing

Simple fast energy releasing

### Fat

It keeps the body warm

It provides energy

It protects vital organs

Animal fats: butter, lard, suet

Vegetable fats: sunflower oil, olive oil

Micro nutrients (small amounts needed):

Calcium - needed for strong bones & teeth

Iron - keeps red blood cells healthy

Vitamins - keep skin & eyes healthy, releases energy from food, helps the body absorb iron. Supports the immune system. Prevents certain cancers

## Sugar & syrup

Sugar and syrup are both types of carbohydrate. There are many types of sugars & syrups and these caramelize when heated up.

Importance of reducing sugar:

- To prevent tooth decay
- To prevent weight gain and obesity