

Revision mat for Year 9 Food

Factors affecting food choice

- Religion, cultures & beliefs
- Dietary needs eg. lactose intolerant, coeliac, allergies
- Cost/budget
- Time available
- Skills of the cook
- Equipment available
- Nutritional requirements
- Daily activity - sport/type of occupation
- Age
- Time of year/seasonal foods

Key terms

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

Food miles - the distance food travels from farm to fork

Avoiding food waste:

- Plan ahead
- Buy what you need
- Eat it all or use left overs for later
- Cook the right amount
- Recycle what you can't eat (compost)
- Store correctly

Dry heat - heating without fat or water eg, dry frying

Dietary groups



Vegetarians

Lacto vegetarians eat dairy products but not eggs, poultry, meat, fish or seafood

Lacto-ovo vegetarians eat egg and dairy but not poultry, meat or fish

Vegans do not eat any animal products at all

Coeliac - an intolerance to gluten

Lactose intolerant - when someone cannot digest lactose (milk sugar)

Meat

Cooking: roast, fry, grill, BBQ, slow cook, dry fry and more

Reducing the fat content: Grill, dry fry

Prep: use a red board to avoid cross contamination

Purchase as fresh, frozen, pre manufactured

Fish

Types:

Oil - salmon, tuna

White - cod, haddock, plaice

Shellfish - prawns, crab

Cooking methods: poach, steam, grill, bake

Prep: use a blue board to avoid cross contamination

Purchase as fresh, frozen, canned, pre manufactured products

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

Sauce making: Roux is flour and fat cooked together and used to thicken sauces. Roux is typically made from equal parts of flour and fat by weight.