

# Knowledge Organiser - Year 7 Food

## 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

## Key terms:

**Preservation** - is a process which allows fruit to last for longer.

**Enzymic browning** - a chemical process where oxygen and enzymes in the food react to cause the surface of the food to become brown eg. apples. This process cannot be reversed. We can prevent it by brushing lemon juice onto the fruit.

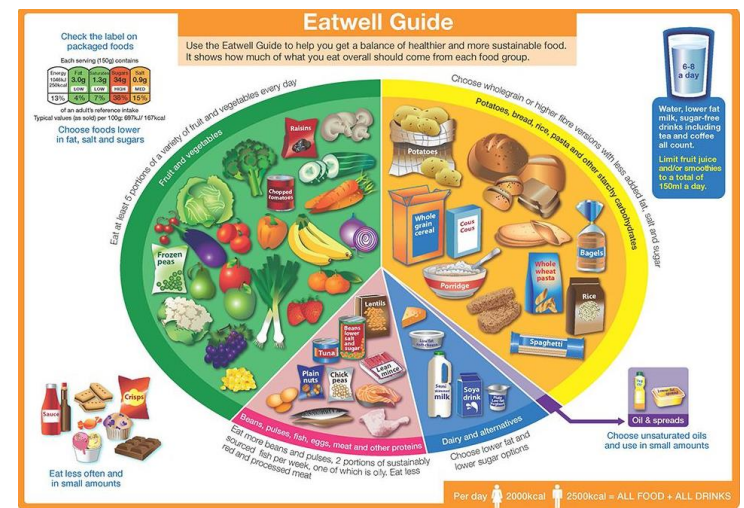
**Food miles** - the distance food travels from farm to fork

**Seasonal foods** - foods that are only available at certain times of the year

**Poly tunnels** - A poly tunnel is a tunnel typically made from steel and covered in polythene, usually semi-circular, square or elongated in shape. The interior heats up because incoming solar radiation from the sun warms plants, soil, and other things inside the building faster than heat can escape the structure.

How is fresh pasta made?

**Fresh pasta** is made from a simple dough of eggs and flour, usually all-purpose flour or "00" high-gluten flour. The dough is kneaded like bread dough and then pressed through rollers until it's as thin as desired. Then it's cut into long **noodles** or formed and stuffed into tortellini and ravioli.



The benefits of eating 5 a day - Fruits & vegetables contain :

- Vitamin A for maintenance of normal vision
- Fibre to maintain a healthy gut
- Potassium to help maintain healthy blood pressure and nervous functions
- Magnesium for healthy bones & teeth
- Vitamin C for maintaining healthy body tissue and absorption of iron from plant sources.

## Types of flour

**Plain flour** contains about 75 per cent of the wheat grain, with most of the bran and wheat germ taken out. It is commonly used for cakes, pastries and biscuits.

When used in cakes it is combined with a raising agent such as baking powder or bicarbonate of soda.

**Self raising flour** is simply regular flour with baking powder added. The ratio of ingredients is usually about 1 1/2 teaspoons of baking powder per cup of flour. Many brands also add a pinch of salt for each cup of flour

## Skills & techniques

Bridge technique <https://www.youtube.com/watch?v=MPnBzCk3NL4&feature=youtu.be&list=PLSXnX8IDffhSFSFLmNkUOTtpxAZYgJBpb>

Claw technique <https://www.youtube.com/watch?v=tMZI9UrIFlw&feature=youtu.be&list=PLSXnX8IDffhSFSFLmNkUOTtpxAZYgJBpb>

Rubbing in <https://www.foodafactoflife.org.uk/11-14-years/cooking/videos/>

Creaming method <https://www.youtube.com/watch?v=-ei-0X7QWnc>

Folding in [https://youtu.be/CWTS-cKhsBE?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL\\_f2](https://youtu.be/CWTS-cKhsBE?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2)