

**Temperature:** how hot or cold something is  
**Danger Zone:** the temperature range that bacteria grows most rapidly at, increasing the risk of food poisoning  
**Chilled Foods:** foods that must be stored in the fridge  
**Frozen Foods:** foods that must be stored in the freezer  
**Ambient:** room temperature  
**Preserving:** ways to make foods last longer  
**Perishable Foods:** foods that go off very quickly such as dairy foods, meat, fish and processed foods  
**Semi-perishable Foods:** food that goes off fairly quickly, such as salads and vegetables  
**Raw Foods:** foods that haven't been cooked  
**Cross-contamination:** the transfer of bacteria from one area to another

**Perishable Foods:** Perishable foods go off very quickly so should be kept chilled or frozen. Perishable foods include meats, poultry, fish, dairy produce like cheese, milk and yoghurt and cooked foods. These foods tend to have a life span of 3-5 days.

**Semi-perishable:** Semi-perishable foods don't go off as quickly as perishable foods and can be stored at room temperature. These foods generally go off after a few weeks and include root vegetables, flour, cakes, biscuits, pastry, and most fruits.

**Non-perishable foods:** Non-perishable foods are dry foods that can be stored at room temperature. These foods can last for years and include canned foods, pasta, rice, dried pulses and cereals.

The two cutting techniques used in food preparation

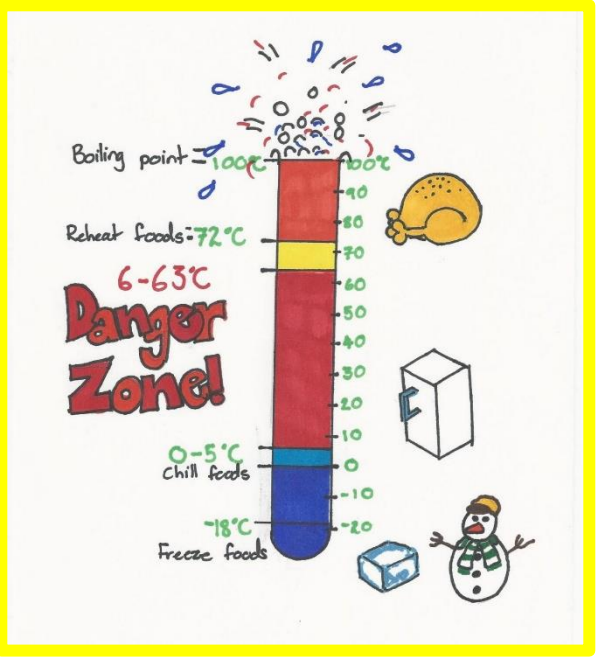


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# Year 7 Knowledge Organiser

## What you should know by the end of Year 7



**Fairtrade** is part of an organisation established to look after farmers of poorer countries by preventing them from being exploited. Fairtrade foods are brought from farmers in third world countries to ensure they get a fair price for their foods. Otherwise, big companies can take advantage of the farmers, giving them little money for their crops, forcing them into poverty.

Seasonal foods are foods that have been grown or reared locally. Rather than purchasing strawberries that have been flown in from another country, it's more environmentally friendly to buy strawberries that have been grown at a local farm.

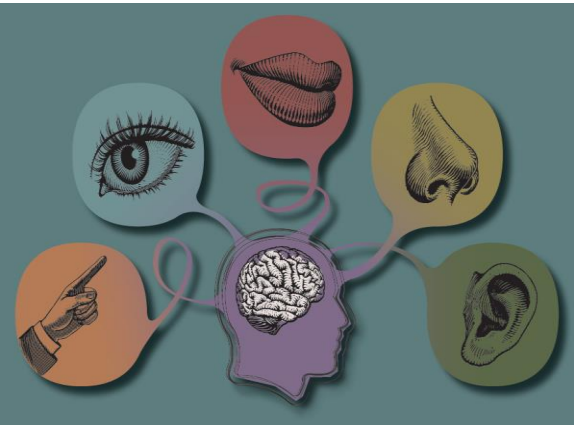


**Pesticides** are used to stop pests (insects) from eating crops and **fertilisers** help crops to grow. The problem with pesticides and fertilisers is that they contain chemicals that are harmful to humans and animals. Organic foods are grown without the use of these dangerous chemicals.

## Kitchen Equipment



**Healthy Eating:** eating a variety of nutritious foods which are low in fat, sugar and salt  
**Balanced Diet:** eating the correct proportions of foods from the different food groups and drinking plenty of water, exercising and having sufficient sleep  
**Nutrients:** good chemicals our bodies need to stay healthy  
**Ambient:** room temperature  
**Food Plate:** government initiative to ensure that we eat the correct proportions from the different food groups  
**Calcium:** minerals needed for strong bones and teeth  
**Dairy Foods:** food products made from animals like milk, cheese, and yoghurt, contain calcium  
**Meats, Fish and Eggs:** one of the food groups which contains high amounts of protein  
**Fats and Sugars:** release energy quickly  
**Carbohydrates:** release energy slowly  
**Starchy Foods:** starchy foods contain carbohydrates, and is one of the main food groups  
**Fruits and Vegetables:** one of the main foods groups  
**Vitamins and Minerals:** fruits and vegetables contain a variety of vitamins and minerals which keep us healthy



## Key Words

**The Eatwell Guide:** The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet.

**Nutritional Labels:** Information on food packaging about how healthy or unhealthy a food product is.

**Reference Intakes:** A guide to the amount of certain nutrients that the average person should be consuming each day.

**Traffic Light Labelling:** A quick and visual way of seeing whether a food contains low, medium or high amounts of fat, saturated fat, salt, and sugar.

**Chop:** to cut roughly

**Slice:** to cut thinly

**Dice:** to cut into small cubes

**Chunk:** to cut into bigger pieces

**Peel:** removal of outer skin

**De-seed:** removal of seeds

**Cross –contamination:** the transfer of bacteria from one area to another

**Coagulation** happens after denaturation when the protein molecules form bigger groups creating gels and thicker foods. After denaturation, the protein molecules are larger and start bumping into each other forming larger groups. Water from food becomes trapped in air pockets. This changes the sensory characteristics of the food (coagulation).

### 1. What temperatures should we ...?

1. Store Dairy Produce and Chilled Foods  
0-5°C
2. Store Dry Foods  
12°C-16 °C (Ambient)
3. Store Frozen Foods  
-18°C
4. Reheat Foods  
72°C

### 2. What temperature is the Danger Zone?

5-63°C



## How can the Eatwell Guide help?

The Eatwell Guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower

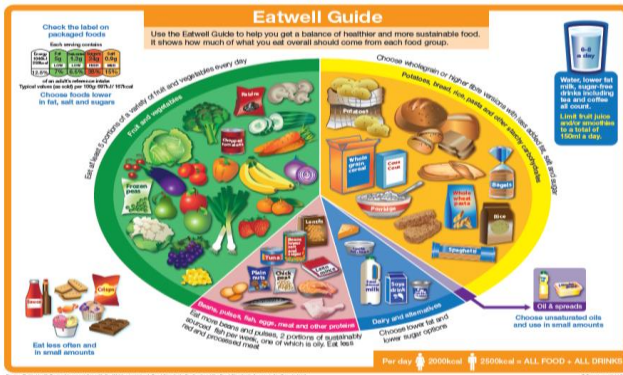
sugar options

- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

Reference Intakes(RI), previously known as Guideline Daily Amounts(GDAs) were introduced so that we know how much fat, salt and sugar we should be consuming in our diets. The labels below show the daily recommendations of nutrients for women, men and children

Average Vales	Women	Men	Children (5-10 years)
Fat	70g	95g	70g
Saturated Fat	20g	30g	20g
Salt	6g	6g	4g
Sugar	90g	120g	85g





## Key Words

**Food Choices:** People choose to eat certain foods and food choices are generally affected by religion, culture, affordability of foods, medical conditions and/or ethical reasons.

**Religion:** This is a certain belief that either individuals or groups of people can follow; not all beliefs are the same e.g. Hinduism, Buddhism, Islam, Christianity, Sikhism etc.

**Culture:** This is a way of life that certain groups of people choose to live. There are many different cultures in the world and these cultures live life differently.

**Deficiency:** A deficiency is a disease that is caused by having insufficient amounts of a particular nutrient

## What affects peoples food choices?

**Affordability** affects people's food choices because some people are on a very tight budget and unable to afford foods like red meat and seafood because these types of foods are more expensive.

**Availability** is important because some foods like fruits and vegetables are seasonal and only available at certain times of the year, for example strawberries grow in the UK during the summer months. Choosing local seasonal ingredients tends to be cheaper and better for the environment than choosing foods that have been shipped in from other countries.

**Religion and Culture** greatly influence peoples' food choices. For example, Buddhists are vegetarian because they value all life including animal life.

**Life Stages** affects what foods we eat because our gender, age and health impact the foods we eat. For example, children need more energy and calcium than adults because they are growing.

## Year 9Knowledge Organiser What you should know by the end of Year 9

### Specialist Diets

**Dietary Deficiencies** occur when our bodies are not getting enough essential nutrients which are imperative for a healthy diet.

**Protein Deficiency** occurs when the body is not receiving enough protein.

Sources of protein: Meat, fish, poultry and dairy products, nuts and seeds

**Lactase:** An enzyme produced in the intestine that is used to break down lactose

**Lactose:** A natural sugar found in dairy products

**Lactose Intolerance:** A digestive disorder

**Low-fat products:** These are foods that contain low amounts of fat but make sure that you read the food labels properly because some foods are low in fat but high in salt and/or sugar

**Substitute ingredients:** Ingredients that are used to replace other ingredients normally for dietary reasons

**Saturated Fat:** This type of fat is from animal food products like milk and meat. Over time, eating too much fat will clog up arteries and cause a heart attack.

### Bacteria

- **Bacteria need warm conditions to grow and multiply.**
- **The ideal temperature for bacterial growth is between 30°C and 37°C.**
- **Some bacteria can still grow at temperatures between 10°C and 60°C.**
- **Most bacteria are destroyed at temperatures above 63°C.**
- **The danger zone for bacterial growth is between 5°C and 63°C.**
- **At very cold temperatures, bacteria become dormant – they do not die, but they cannot grow or multiply**

## Religion and Culture



What's the difference between religion and culture?

Religion is about following or worshipping a specific religion such as Christianity, Islam, Sikhism, Buddhism etc.

Culture is about the way a certain grouping of people lives.



## Life Stages

Do you know what the different life stages are?

Pregnancy baby toddler child teenager adult elderly

Our sex, age and general health influences our diets.

As we progress through life, our dietary needs will change slightly.

## Understanding the labelling of your egg

British Lion Quality mark



Best before date

Producer identity  
A unique code denoting where the egg was produced

Method of production  
0 = Organic  
1 = Free Range  
2 = Barn  
3 = Caged