Year 8 Food Studies

IKE and IKE+

Year- 8 Subject- Food Topic/Concept- Food Safety & Science

Temperature Probe

Cooked food needs to reach **75°C.**

HIGH RISK FOOD CAUSES most food poisoning cases

High Risk Foods

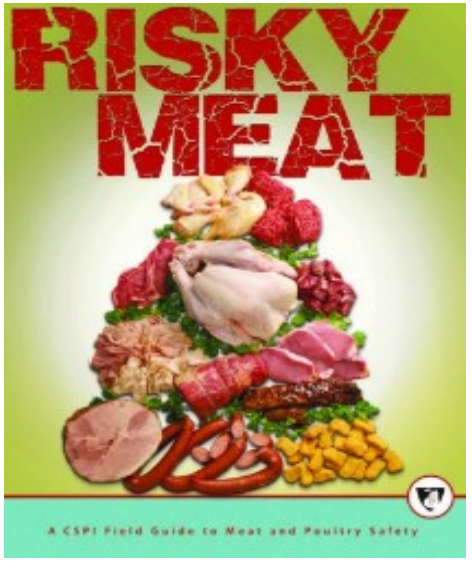
High Risk Foods have a short shelf life. You can't keep them fo long, or the **bacteria** might multiply to dangerous levels and cause **food poisoning.**

High Risk Foods

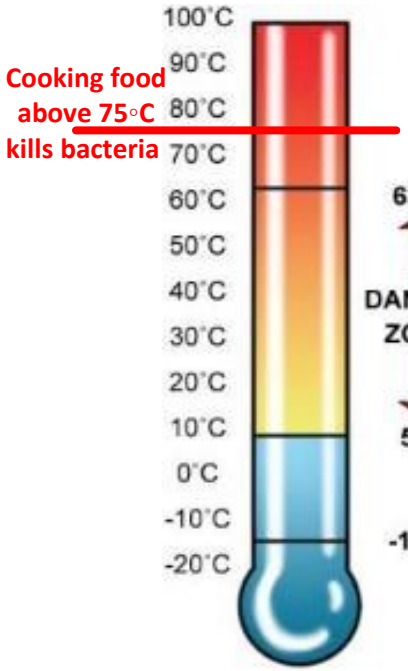
Meat
Poultry
Fish
Seafood
Shellfish

Cooked Rice

Eggs
Dairy Foods
Gravies
Sauces
Stocks



Critical Temperatures



Cooking food above 75°C kills bacteria

63°C

DANGER ZONE

5°C

-18°C

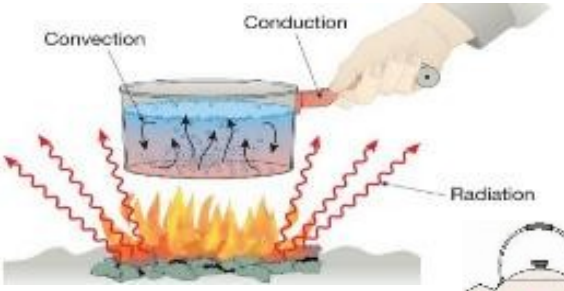
Keep Hot Foods at 64°C or Hotter

Bacteria grow rapidly over this temperature range

Keep Refrigerated Foods at 4°C or Colder

Keep Frozen Foods at -18°C or Colder

Heat Transfer In Cooking



Convection - when heat travels through air or water. E.g. in an oven or a pan of boiling water.

Conduction - when heat travels by direct contact through solid materials such as food or metal.

Radiation - when heat rays travel towards food, e.g. grilling, toasting, microwaving

Year - 8 Subject – Food Topic/Concept – Food Provenance

Grown

Where does our food come from?
All our food comes from plants and animals

Reared

Caught

Food miles - The distance food travels from **Farm To Fork**

Some is local

Some comes by lorry from all over the UK or Europe

Food miles

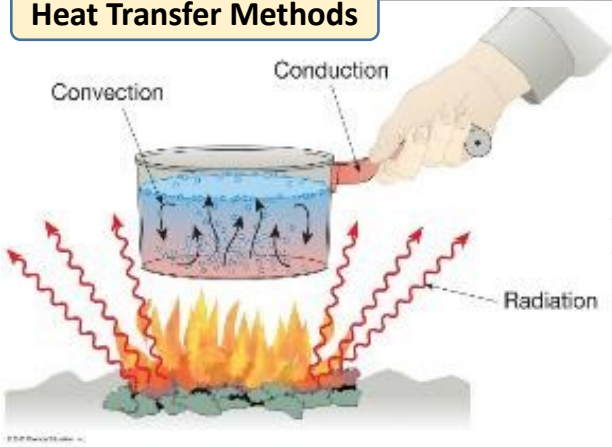
How far does our food travel to get to us?

Some is flown here from all over the world

The higher the **food miles** the bigger the environmental issues for our planet

Year- 8 Subject- Food Studies Skills Topic/Concept- Preparation

Heat Transfer Methods



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Keyword	Meaning
Coagulation	When a liquid protein is heated and becomes solid. E.g. boiling an egg.
Denaturation	When protein foods are heated causing them to change size, colour and texture. E.g. steak, meatballs, chicken.
Dextrinisation	When dry heat causes starch to turn brown. E.g. toasting bread, baking bread.
Garnish	Adding decoration to food to make it more appealing.
Gelatinisation	When liquid is added to starch grains, making them swell. Used to thicken sauces. E.g. custard, cheese sauce.
Reduction	Simmering a liquid over heat until it thickens due to evaporation.

Skills and Processes Used In Year 8

Sizzling stir fry (Chinese)
Vegetable preparation. Knife skills- bridge hold and claw grip. Crushing. Deseeding. Stir frying using wok.

West African Jollof Rice with Chicken
Weigh, measure, peel, chop, fry/sauté, mix, stir, boil, simmer, handle high risk foods (chicken, cooked rice)

Sausage Rolls (British)
Rolling-out, shaping/forming, glazing, baking and food safety.

Macaroni Cheese (Italian/French)
Flavouring using spices.
Using filo pastry (must be kept damp during shaping). Baking

Spaghetti Bolognese (Italian)
Knife Skills. Grating, crushing, boiling, simmering. Working with high risk foods (mince).

Pizza Pinwheels (Italian).
Knife skills, peeling, weigh, measure, sieve, mix, rub-in, roll out, spread, grating, baking.

Carrot Cake Cookies (British)
Vegetable preparation. Knife skills- bridge hold and claw grip. Grating. Weighing and measuring. Baking.

Turkey burgers (American)
Weighing & measuring. Peel, chop, slice, mix, form, shape and grill.

Year- 8 Subject- Food Topic/Concept- Food Choice & Provenance

Foods and Cuisines from Around The World

A **cuisine** is a style of cooking from a particular country or region of the world. Different cuisines have different ingredients, styles and preparation & cooking techniques. **Some examples are shown below.**

Staple foods are crops that grown in particular parts of the world due to their climate and conditions. E.g. wheat in Europe, rice in Asia or maize in South America.

UK

Roast dinner. Fish & Chips. Bakewell Tart.

Japan

Sushi. Ramen. Udon noodles. Jasmine Rice.

Italy

Pizza, Pasta, Lasagne, Risotto, Gelato.

China

Spring Rolls. Stir fry. Sweet & Sour. Chow Mein.

Mexico

Chilli Con Carne, Burritos, Tacos, Salsa, Guacamole

India

Samosas, Curries, Tandoori Chicken, Nan Breads

Environmental Issues With Food Production

Environment	Refers to the air, water and land where people and animals live.
Sustainability	We need to look after our environment by using less energy, reducing the consumption of water, avoiding waste and recycling/reusing as much as possible.
Carbon footprint	A measure of the impact your personal lifestyle has on the environment (**including your food choices**).
Landfill	Nearly a third of all food we produce ends up in landfill sites where it gives off methane gas as it decomposes. This adds to carbon emissions.

Composting - Left over food can be composted for the garden. (vegetable peelings, fruit waste, teabags, eggshells, toilet roll tubes, egg boxes etc). **Meat, fish and dairy products cannot be composted.**

Reuse left over food to make another dish. E.g. left over chicken in a curry, fruit in a smoothie.

Recycle/reduce as much packaging as you can. Reuse jars/containers, use bags for life, avoid buying over packaged food.

LOVE FOOD hate waste

IKE+

Task 1- Cook at home- Sweet: Choose a dessert from https://www.theteenagechef.com/ that you have never made before but want to try. Take a photo of the dessert and email it to me along with the name of the dessert, how difficult or easy you found it to make and whether you/your family enjoyed eating it. *** NOTE**: you must always have adult supervision when cooking at home.

Task 2 Cook at home- Savory: Choose a savoury dish from https://www.taste.com.au/galleries/easy-dinner-recipes-teenagers-can-cook/nhrmjg4i that you have never made before but want to try. Take a photo of the meal and email it to me along with the name of the dish, how difficult or easy you found it to make and whether you/your family enjoyed eating it. *** NOTE**: you must always have adult supervision when cooking at home.

Task 3- Poster/Instruction sheet: Choose a skill that you would like to know more about from https://www.bbc.co.uk/food/techniques. Follow the link and watch the video and read through the text. Create a poster or instruction sheet to teach someone else how to do the chosen skill. You can do this on the computer or by hand. Either give directly to me or send via email.

Task 4- Watch a food programme: Choose an episode of a food programme that you haven't seen before and watch it. Write a review of the programme stating the title of it, giving a brief description and whether or not you would recommend the programme to someone else. My suggestions include: '**Kids** Baking Championship' , 'Waffles + Mochi', 'MasterChef Junior', 'I Draw, You Cook', 'Nailed It' and 'School of Chocolate'.

Task 5- Design Your Own: This task does not involve physical cooking. It does however challenge you to be creative! Choose a food that you like to eat such as a pizza, a burger or a cake and put your own special twist on it. This task can either be written or drawn out and annotated. You must:

1- identify the food

2- list all of the ingredients that you would use

3- say how your food would be unique

An example would be a (1) dessert pizza made on a (2) shortbread base, covered in chocolate spread "mud", crumbled Oreo cookie "soil" gummi worms and butterflies and bugs made out of sweets. (3) It is unique because it will look really gross but will actually taste really sweet and amazing!

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