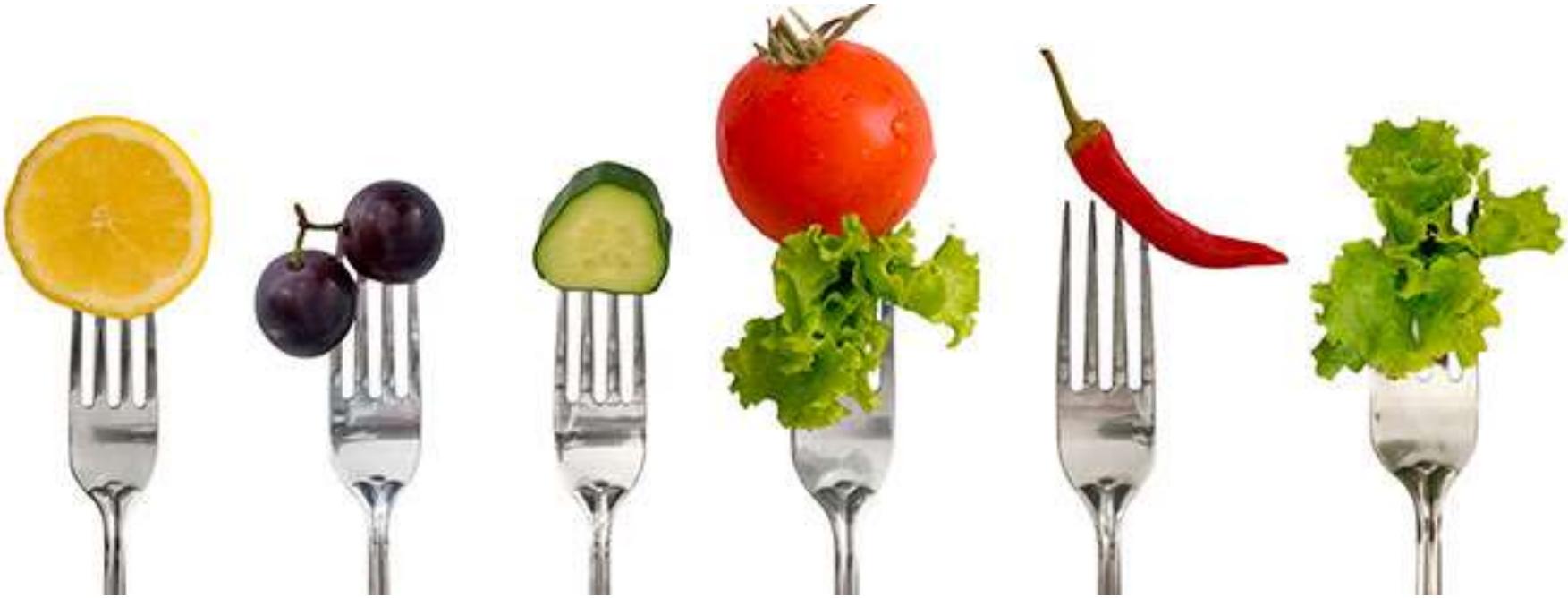
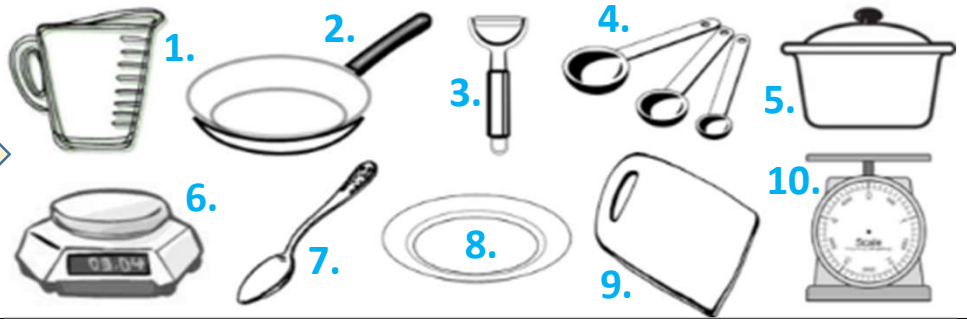
Year 7 Food Studies

IKE and IKE+



Year – 7 Subject - Food Topic/Concept – Food Preparation Skills

Equipment

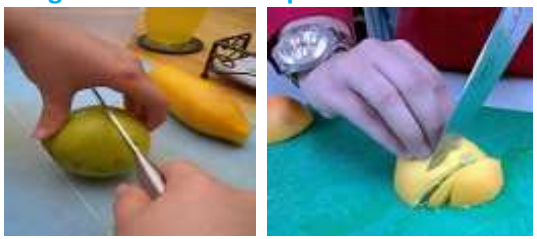


1. Measuring jug 2. Frying pan 3. Peeler 4. Measuring spoons 5. Casserole dish
6. Digital scales 7. Spoon 8. Plate 9. Chopping board 10. Weighing scale

Keyword	Meaning
Bridge Claw	Safe methods for using a knife to prepare food. The name describes the hand grip.
Enzymic Browning	When you slice some fruits or vegetables, e.g. apples, bananas, potatoes, the oxygen in the air turns them brown.
Glazing	Brushing with egg or milk before baking to give a shine. E.g. scones, pastry.
Rubbing In Technique	Combining fat and flour together using your fingertips. E.g. crumbles, scones.
Vegetable Knife	A small sharp knife used for preparing fruits and vegetables.
Whisking	Using a fork, or whisk to add air to a mixture.

Skills & Processes

Bridge & Claw Knife Grips



Used in: Fruit salad, layered dessert, mini omelettes and most other recipes.

Weighing & Measuring

Used in:
Fruit crumble, scones, fruity flapjacks, mini omelettes and most other recipes.

Knife Skills – Peeling, chopping, dicing, slicing.

Used in: Fruit salad, layered dessert, mini omelettes and lots of other recipes.

Rubbing In Technique

Used in:
Fruit crumble, scones, shortcrust pastry.

Independent skills I need to learn in year 7

- **Use the bridge and claw** to cut food safely and accurately.
- **Use a range of other preparation techniques**, e.g. peeling, chopping, slicing, grating etc.
- **Weigh and measure** ingredients accurately.
- **Organise** all my ingredients and follow a recipe.
- **Use the cooker**, select and adapt cooking times. Be able to check if food is cooked properly.
- **Add garnishes** and decoration to my food.

Colour Coded Chopping Boards

Stops **bacteria** spreading & causing **food poisoning.**

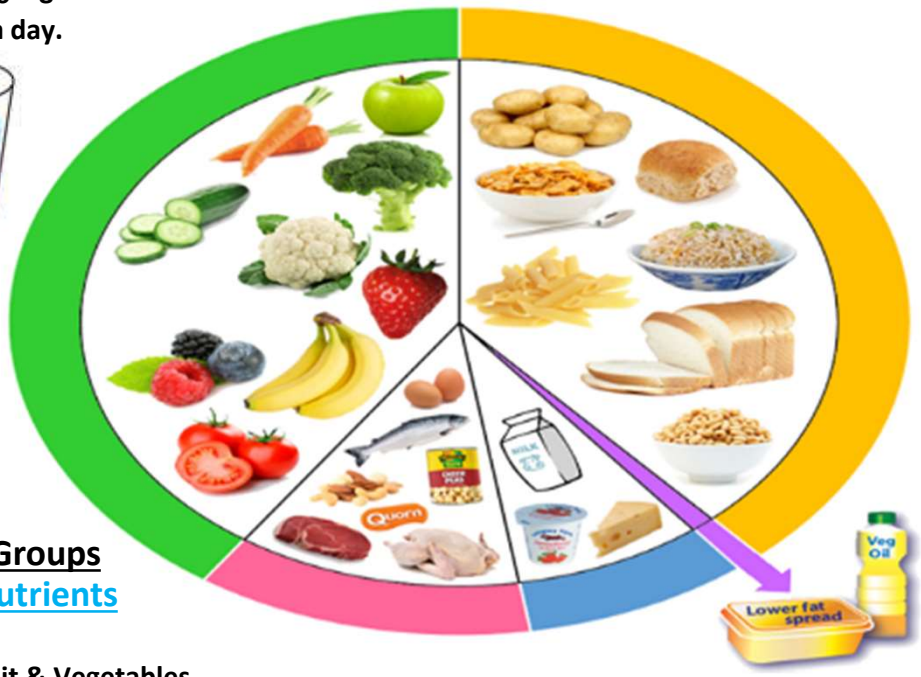
Year - 7 Subject – Food Topic/Concept – Nutrition & Health

The Eatwell Guide

A healthy diet is a balanced diet.

The **Eatwell guide** shows what kind of foods you should eat, and in what proportions, to have a healthy and balanced diet. Your diet includes everything you eat and drink each day.

Stay hydrated. Aim for 6 – 8 glasses a day.



Food Groups and Nutrients

- **Fruit & Vegetables** — Vitamins and Minerals
- **Potatoes, bread, pasta, cereals, rice.** (choose wholegrain versions to get more fibre) — Starchy Carbohydrates
- **Oils & Spreads** — Fat
- **Dairy & Alternatives** — Calcium
- **Beans, pulses, eggs, meat, fish** — Protein

Processed foods high in sugar, fat and salt

Eat less often and in small amounts

Keyword	Meaning
Bacteria	Grows on food. Can cause food poisoning.
Calcium	A mineral needed for strong teeth and bones.
Carbohydrate	Starchy versions give slow release energy.
Fat	Keeps us warm. Gives energy.
Fibre (NSP)	Helps our digestive system remove waste.
Minerals	A group of nutrients (calcium, iron, sodium etc).
Nutrient	A substance from food essential for life & growth.
Obesity	Having too much body fat/being overweight.
Protein	Needed for muscle growth strength and repair.
Salt	Added to food for taste. Too much is bad for us.
Saturated Fat	Raises cholesterol and can be harmful.
Sugar	Makes food sweet (a type of carbohydrate).
Vitamins	Help our immune system fight illness.
Water	Essential for life. Keeps us hydrated.

Different Needs of Different Age Groups

- **Children** need a balanced diet to grow properly.
- **Adults** should not eat more than they need as they have stopped growing and may be less active than when they were younger.
- **Elderly people** should eat less as they are less active so don't burn off the extra energy.

5 a Day – Fruits & Vegetables

Eat **at least 5 portions** of **a variety of fruit vegetables** every day. An adult portion is 80g but children need smaller portion sizes. 1 portion is roughly the amount you can fit in the palm of your hand.

Eat as many **different colours** as possible because they all contain different combinations of fibre, vitamins, minerals and other nutrients.

Find out more: www.nhs.uk/live-well/eat-well/why-5-a-day

Year - 7 Subject – Food Topic/Concept – Food Safety

Basic Safety and Hygiene Rules

- Wash hands before handling food.
- Store food in the correct place.
- Use the correct colour chopping boards to avoid cross contamination.
- Cover cuts with a blue plaster.
- Tie back hair and wear a clean apron.

Signs of Bacteria Growing on Food

Mould

Sourness

Bad Smells

Fruit – Should be stored in a fruit bowl to ripen.

Fridge (dairy foods, meat, fish, salad) – A fridge temperature should be between 0 and 5°C

Food Storage
Different foods need to be stored in different places to slow down the growth of bacteria.

Ambient foods (bread, cereals, pasta etc) – should be stored in a cool, dry, dark place (cupboard or bread bin)

Freezer – A freezer should be -18°C or below.

What Conditions Do Bacteria Need To Grow?

Warmth, Moisture, Food, Time and **PH Balance.**

This is why storing food in the correct place is so important. If food is not stored correctly bacteria will grow and cause food poisoning.

Keyword	Meaning
Ambient Foods	Foods that can be safely stored at room temperature.
Bacteria	Grows on food. Can cause food poisoning.
Cross Contamination	When bacteria passes from one food to another or from people to food. Can lead to food poisoning.
Food Poisoning	Caused by eating food infected with bacteria. Symptoms include sickness, fever and diarrhoea.

Colour Coded Chopping Boards

Stops **bacteria** spreading & causing **food poisoning.**

Enzymic Browning

Foods such as **apples, pears and potatoes** will turn brown when peeled, because oxygen reacts with the enzymes in the food. They are still safe to eat but you can prevent this by using an acid like lemon juice or covering in water.

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!

abeavor@sandysecondaryschool.com