

Knowledge Organizer – Year 7 Food preparation and nutrition

Hygiene and Safety

Personal Hygiene

- Tie long hair back
- Wash hands in hot soapy water
- Wear an apron
- Take blazer off

Safety rules

- Bags outside
- No running
- Mop up any spillages
- Turn cookers off when finished with

Chopping boards

Different boards for different foods are used to stop the cross contamination of bacteria

Red– Meat

Green– Fruit & Vegetables

White—Cheese

WEIGHTS AND MEASURES:

ml=millilitres

L=litres

g=grams

Kg=kilograms

tsp=teaspoon



PARTS OF A GAS COOKER;

Hob

Oven

Grill

Control panel

Ignition button

Temperature is measured in Gas mark.



The Eat well plate:

The eat well plate shows the 5 different food groups that make up our diet.

Fruit and Vegetables make up a large part of a healthy diet.



EQUIPMENT

Stick blender



Peeler



Colander



Tablespoon



Sieve



Spatula



VEGETABLES

Some vegetables that grow underground

- Onion
- Leek
- Carrot
- Potato

Some vegetables that grow above the ground

- Cauliflower
- Broccoli
- Courgette
- Peppers

Nutrition of vegetables

Carrot = Vitamin A **good for Eyesight**

Peppers= Vitamin C **good for immunity**

Mushroom = Vitamin D **helps bones and teeth**

Spinach = Iron **supports healthy blood**

KEY VOCABULARY:

Hygiene	Safety	Bacteria	Cross contamination	Peel	Simmer
Sauté	Slice	Dice	Grate	Accompaniments	High risk foods