

Knowledge Organizer – Year 8 Food preparation and nutrition

Fruit & Vegetables= Vitamins & Minerals

- Carrot = Vitamin A *good for eyesight*
- Citrus fruit= Vitamin C *good for immunity*
- Mushroom = Vitamin D *helps bones and teeth*
- Spinach = Iron *supports healthy blood*

Meat, Fish and Alternatives = Protein

- Meat = Beef, Pork & Lamb
- Poultry = Chicken & Turkey. Eggs
- Game= Pheasant, Deer, Duck, Boar
- Fish = Cod, Salmon etc. and Shellfish.
- Alternatives= food that provides protein but is NOT animal. Lentils, Beans and Pulses.

Alternatives to meat and fish

Here are some protein rich meat alternatives.



The Eat well plate:

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



There are two large sections, two medium sections and one small. The different sized sections tell us how much of our meal we should have of each food group.

Cereals, bread & potatoes= Carbohydrates

Starch from cereals = long lasting energy.

Our bodies need energy for everything. To be active but also for basic needs such as sleeping and breathing.

Fats & Sugar

	Good	Bad
Fat	Energy Warmth Protection	Damage organs Obesity
Sugar	Energy (short bursts of energy) Makes foods easier to eat	Rotten teeth Obesity Diabetes

Milk and milk products= Fat, Protein & Minerals

Dairy = specifically from a cow

Milk = other animals such as sheep and goat.

Milk can also be plant based such as Soya or Almond milk.

Milk has lots of different great nutrients. It is an important part of a child's diet as they are forming bones, teeth etc.

KEY VOCABULARY:

Hygiene	Safety	Bacteria	Cross contamination	High risk foods	Fat	Protein	Carbohydrate	Vitamin	Water
Sauté	Fry	Use by date	Best Before date	Accompaniments	Nutrient	Starch	Sugar	Mineral	Dietary Fibre