

# Knowledge Organizer – Year 9

## Food preparation and nutrition

### 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.

### HIGH RISK FOODS

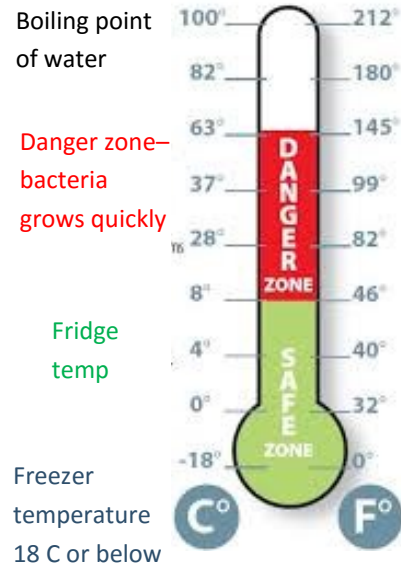
High risk foods:

- Chicken (poultry)
- Meat
- Rice
- Dairy foods
- Fish/ seafood

### FOOD POISONING BACTERIA

- Salmonella
- E-coli
- Listeria

### Food temperature chart



### Symptoms of food poisoning

- High temperature
- Vomiting
- Diarrhoea
- Death

### Packaging

Glass	Plastic
Cardboard	Cellophane
Paper	Tin

Allergy advice  
Dietary requirements  
Storage  
Contents  
Weight  
cooking

### Starchy carbohydrates

These carbohydrates come from potato, rice and pasta. They are slow release energy providers.

### HOW TO MAKE PASTA

- 1 egg + 100g 00 flour
- Combine flour and egg until a dough is formed
- Knead the dough until smooth
- Pass through the pasta machine until paper thin
- Shape pasta with a range of cutting tools.

### CEREAL GRAINS

Cereals are the seed of different edible grasses. They provide us with slow release energy (carbohydrates).



- Oat
- Barley
- Wheat

### Food allergies

Some people find certain foods difficult to digest. They may be allergic to foods such as peanuts, strawberries and egg. They will have a physical reaction such as a rash or breathing difficulties.

### Food intolerance

Foods such as wheat and dairy can be difficult to digest and can cause severe discomfort and pain when eaten.

Coeliac= Wheat

Lactose= Dairy

### KEY VOCABULARY:

Hygiene	Bacteria	Starch	Nutrition	Allergies
Marinade	Salmonella	Danger Zone	Carbohydrates	Kneading

### Curry Spices

Garam Masala	Coriander
Chilli	Turmeric
Garlic	Ginger