

## Year 8 Food Knowledge Organiser: Where Food Comes From / Function of ingredients.

### Function of ingredients

Each ingredient has an important role in the making of each dish.

Cupcakes	
Self-raising flour	Makes the cake rise (increase in size).
Caster sugar	Makes the cake sweet.
Margarine	Makes the cake moist.
Egg	Binds the mixture together
Vanilla essence	Adds flavour



Bread	
Strong flour	To provide structure.
Yeast	Makes the bread rise.
Water	Provides moisture.



### Seasonal Foods



#### What is seasonal food?

Food grows at different times of year in England. The time that food is ripe for eating is known as its season. Food grows in different countries at different times, so if food is not in season in England, it can be transported from another country.

#### Why is eating seasonal food whenever you can a good idea?

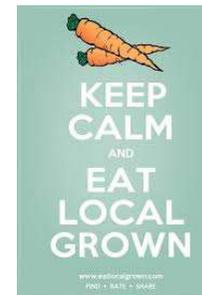
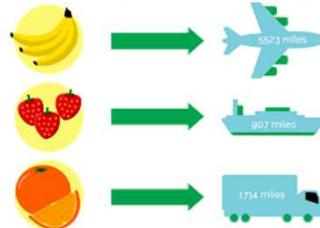
- Seasonal foods are fresher.
- Seasonal foods taste better, as they are full of flavour.
- Seasonal foods have less environmental impact because carbon footprints are reduced.
- Local foods supports the local community.

#### What is are Food Miles?

The distance food has travelled. Less food miles are better for the environment.

#### How to reduce them:

Eat seasonal, local food where possible



#### What is a Carbon Footprint?

The amount of energy you use during your lifetime.

#### How to reduce it:

- Don't fill the kettle (only boil what you need)
- Reduce food waste
- Eat seasonal, local food where possible
- Reuse/Recycle food packaging

### Food Waste

#### What is food waste?

Food waste is food that is discarded, lost or uneaten.

#### What is the difference between best before, use by and sell by date?

- Best Before date: It means the product will taste best up until that date. It is still edible and okay to eat a little past the listed date, though you may notice a slight change in texture, flavour, or colour.
- Use by date: The date that food should be used by. After this it may be unsafe.
- Sell by date: a date marked on a perishable product indicating the recommended time by which it should be sold.

#### Tips for reducing food waste

- Reduce
- Reuse
- Redistribute/recycle
- First in first out
- Store food correctly - use your freezer
- Don't cook too much
- Know the difference between best before and use by dates



# Bacteria

## What are bacteria?

A micro organism that multiply in certain conditions.

## Where can bacteria be found?

Everywhere!

## Are all bacteria bad?

No- some are good and essential for normal bodily function.

## How can you reduce the risk of bacteria?

- Storing food separately
- Storing and cooking foods at the correct temperatures

## Can we kill bacteria by putting them in the fridge?

No- but keeping food chilled at the correct temperatures will slow bacterial growth.

## Why we cook food

**Appearance** - heat changes the colour and size of food

**Taste** - makes it taste nicer

**Texture** - heat changes the texture

**Safety** - heat kills bacteria so we don't get food poisoning

## The 4 C's

**Cleaning** - wash your hands properly

**Cooking** - make sure you cook food properly or you could make someone very ill

**Chilling** - keep it chilly silly

**Cross contamination** - keep raw meat and cooked food apart

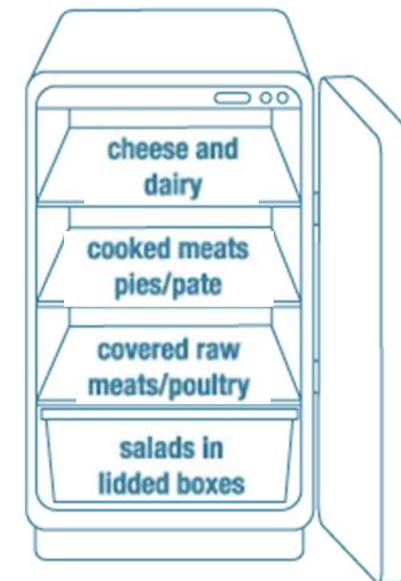
# Year 8 Food Knowledge Organiser: The Science of Food

## Storing Food

Temperature is really important to keep food safe. The following temperatures should be used:

<b>Refrigeration</b>	Fridges should run at 4°C or below.
<b>Freezing</b>	Freezing of food at -18°C or below will stop bacteria multiplying.
<b>Cooking</b>	Temperatures of 72 °C or above kills almost all types of bacteria.
<b>Danger Zone</b>	The temperature range where bacteria is most likely to reproduce: 8°C-63°C.

To prevent cross contamination (the spreading of bacteria), foods must be stored separately. Follow the rules of food storage within a fridge:



## Cross Contamination

### What is cross contamination?

Cross contamination is spreading bacteria from one place to another.

### What are the four C's to help prevent spreading bacteria?

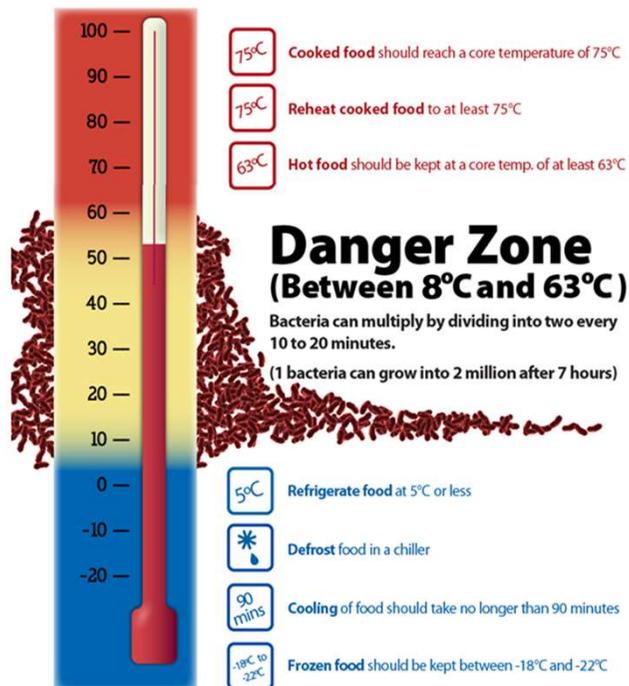
- Clean
- Cook
- Chilling
- Cross contamination

### Why do we use different coloured chopping boards when preparing food?

To prevent the spreading of bacteria (to avoid cross contamination).



# Keep food out of the Danger Zone



## What do bacteria need to multiply?



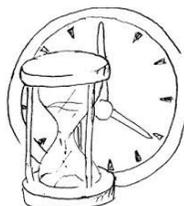
Water: bacteria need moisture to grow



Temperature: bacteria grows when warm



Food: provides the energy for bacteria to grow, multiply and produce toxins



Time: if food is exposed to these things for a long time they will quickly multiply

# Year 8 Food Knowledge Organiser: Principals of Nutrition

## What is the Eatwell Guide?

The Eatwell Guide is a guide that shows you the different types of food and nutrients we need in our diets to stay healthy.

## Why is the Eatwell Guide important?

The Eatwell Guide shows you how much (proportions) of food you need for a healthy balanced diet.

## What are the consequences of a poor diet?

A poor diet can lead to diseases and can't stop us from fighting off infections.

## What are the sections on the Eatwell Guide?

1. Fruit and vegetables
2. Potatoes, bread, rice, pasta and other starchy food
3. Dairy and alternatives
4. Beans, pulses, fish, egg, meat and other proteins
5. Oils and spreads

*The Eatwell Guide*



## Macronutrients

Needed in **large amounts** to help the body to function properly

### Fat



**Function:**  
Energy  
Warmth  
Protection of organs



**Sources:**

**Saturated Fat**  
(Bad Fats)  
Meat  
Processed Foods  
Lard

**Unsaturated Fat**  
(Good Fats)  
Avocado  
Nuts  
Olive oil

#### Too much

- Obesity
- Type 2 diabetes
- Heart Disease

### Protein



**Function:**  
Growth and Repair  
Energy

**Sources:**

**Plant (LBV)**  
Nuts  
Quorn  
Beans  
Lentils

**Animal (HBV)**  
Eggs  
Fish  
Meat

#### Too much

Turns to fat if not turned into energy

#### Too little

- Anaemia
- Slow growth in children

### Carbohydrates



**Function:**  
Energy



**Sources:**

Bread  
Pasta  
Rice  
Wheat  
Potatoes  
Cereals

**Sugars:**  
Cakes  
Sweets

We should consume no more than 30g of sugar per day

#### Too Much

- Weight Gain -Tooth decay
- Type two diabetes -Heart disease

## Water

Keeps us hydrated.

### Source

Drinks, fruit and vegetables, soup.

### Function

- Controls body temperature.
- Gets rid of waste in the body.

### Too little

- Dehydration leads to headaches, irritability and loss of concentration.

## Fibre

**Function:**

It helps us poo  
It helps to get rid of waste

**Source:**

Wholegrain, whole wheat, wholemeal cereals,  
Peas and beans

### Too Little

- Constipation
- Bowel Cancer

## Micronutrients

Needed in **small amounts** to help the body to function properly



Vitamin	Sources	Function
Vitamin A	Fish, eggs, oranges	Helps us to see well
Vitamin C	Oranges, tomatoes, vegetables	Helps to heal cuts, helps the immune system.
Vitamin D	Eggs, the sun	Helps our bones to grow
12 B Vitamins	Cereals, meat, fish	Helps to keep us healthy

Mineral	Sources	Function
Iron	Red meat, spinach, beans and lentils	Helps our red blood cells carry oxygen so that we are not anaemic.
Calcium	Milk, cheese and some cereals	Help us to have strong bones and teeth.

## Dietary Needs

People have different dietary needs; this affects what they can and cannot eat.

### Key Words:

- **Allergy:** an adverse reaction by the body to certain substances.
- **Intolerance:** a condition that makes people avoid certain food because of the effects on their body
- **Allergic reaction:** the way someone responds to certain food. For example: a rash/swelling/anaphylactic shock



Do not eat the meat of any animal (meat, poultry or fish) or eggs, milk, cheese and honey



Do not eat the meat of any animal (meat, poultry or fish), but they do eat eggs, milk, cheese and honey



Do not eat red meat or poultry but they do eat fish, eggs, milk, cheese and honey

### If you were a vegetarian, how could you get your portion of protein?

Sources of protein don't have to be in the form of meat.

- Beans (kidney beans, chickpeas, lentils, etc.)
- Nuts
- Soy and low-fat dairy products
- Micro-protein (Quorn, etc.)

Some people make a choice not to eat certain foods. Reasons include:



➤ Religious beliefs



➤ Medical reasons



➤ Taste/texture of food

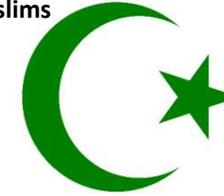


➤ Ethical beliefs

## Year 8 Food Knowledge Organiser : Special Dietary Needs

### Religious/cultural reasons

#### Muslims



- Do not eat pork
- Meat must be halal
- No alcohol or shellfish

#### Jews



- No pork or shellfish
- No milk and meat together
- Meat must be kosher

### Medical reasons

Name of medical condition	Food/drinks to avoid	Reason to avoid
Diabetes	Starchy food/ high in sugar	High in saturated fat. Can lead to heart disease, while excess sugars can cause unwanted weight gain and blood sugar spikes
Nut allergy	Nuts, blended cooking oil, margarine with nuts oils and often seeds	the immune system overreacts to proteins in these foods
Lactose intolerance	Milk, cheese, yogurt, processed food	cannot metabolize <b>lactose</b> properly; they lack lactase, an enzyme required in the digestive system to break down <b>lactose</b> . Patients typically experience bloating, flatulence, and diarrhoea
Gluten intolerance (coeliac)	Wheat, wholemeal, bran, pasta, rye, beer	Celiac disease is caused by a reaction to a gluten protein found in wheat, barley, rye, and sometimes oats. Symptoms include chronic <a href="#">diarrhoea</a> , weight loss and <a href="#">fatigue</a>