



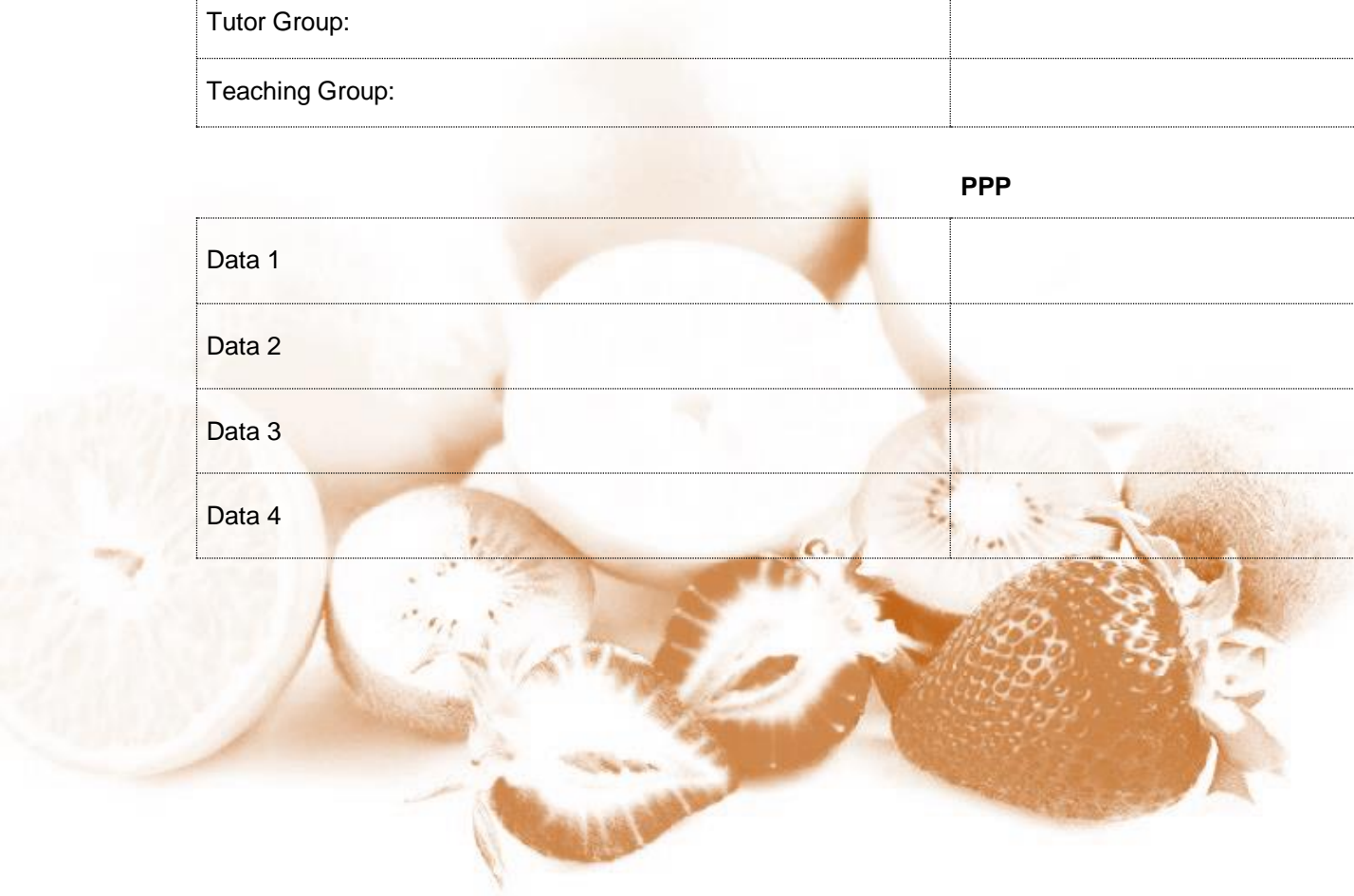
Year 7 Food Technology

Booklet 1

Name:	
Tutor Group:	
Teaching Group:	

PPP

Data 1	
Data 2	
Data 3	
Data 4	



This year you will be learning about:

Booklet 1:

- Health and Safety**
- Basic Food Hygiene**
- Weights and measurements – Cooking temperatures**
- Food labelling**
- Food groups**
- Additives and preservatives**
- Healthy Eating**
- Evaluating food products – looking at nutritional information**
- Nutritional planning**
- Evaluating products, we make**
- Food Presentation**
- Product development**

Booklet 2:

- Pastry and Pastry products
- An introduction to baking
- Food Safety
- Intermediate Food Hygiene
- Making bread, good and bad microbes
- Food tasting
- Food and the environment – Where food comes from
- Adding value to a product
- Regional specialities

Recipes you will cook:

Fruit Flapjacks

Healthy Wraps

Smoothies

Healthy Christmas treats



Keywords and Spellings - Evaluative Language

You must learn the spellings of these keywords as part of your home learning. See the table for dates of your spelling tests.

1. Poisoning	41. Vitamins	81.Stringy
2. Tasty	42. Kilograms	82.Creamy
3. Favourite	43. Crunchy	83.Hard
4. Rich	44. Obesity	84.Vegetables
5. Brittle	45. Flaky	85.Smooth
6. Quiche	46. Goopy	86.Undercooked
7. Flour	47. Burnt	87.Foamy
8. Vegetable	48. Fattening	88.Garnish
9. Sour	49. Hot	89.Airy
10. Weigh	50. Mushy	90.Dry
11. Intense	51. Nutrients	91.Lumpy
12. Sharp	52. Portion	92.Fatty
13. Lactose	53. Gritty	93.Colourful
14. Crisp	54. Knead	94.Whisk
15. Sweet	55. Minerals	95.Sweetness
16. Fragrant	56. Tough	96.Carbohydrate
17. Stale	57. Manufacture	97.Protein
18. Herby	58. Tender	98.Pour
19. Ingredients	59. Comparison	99.Fruit
20. Meaty	60. Bitter	100.Fresh
21. Nutrition	61.Powdery	101.Clear
22. Grate	62.Restaurant	102.Coffee
23. Tomatoes	63.Seasonal	103.Salty
24. Diet	64.Old	104.Yeasty
25. Garlicky	65.Spicy	105.Taste
26. Fizzy	66.Tasteless	106.Chewy
27. Potatoes	67.Acid	107.Fibre
28. Recipe	68.Diarrhoea	108.Runny
29. Soft	69.Appetising	109.Sickly
30. Slimy	70.Measure	110.Healthy
31. Colour	71.Flavour	111.Crumbly
32. Soggy	72.Bland	112.Yeast
33. Greasy	73.Cold	113.Balanced
34. Millilitres	74.Gluten	114.Dessert
35. Aromatic	75.Attractive	115.Caramelize
36. Watery	76.Fruity	116.Strong
37. Tangy	77.Firm	117. Environment
38. Healthiest	78.Sticky	118. Aroma
39. Moist	79.Safety	119. Texture
40. Ethical	80.Cheesy	120. Appearance

Tools and Equipment

Recognise and use a range of kitchen equipment

Equipment	Reasons for choice
Apple corer	For removing the core or pips from the centre of the apple.
Baking tray	For placing dish/tin on to cook the product on in the oven. It makes it easier to get hold of with oven gloves on, and also conducts the heat to the bottom of the dish to cook more evenly.
Balloon whisk	For quickly aerating and combining mixtures.
Basin	For beating eggs, or making salad dressings.
Bread knife	A large serrated knife for slicing bread or cakes to prevent damaging the texture.
Cake tins	For baking cakes in. Usually made from metal. Silicone moulds are also available but must be placed on a baking tray because they are very pliable.
Can opener	For opening non ring-pull cans.
Chopping board	For protecting work surfaces when cutting, chopping or slicing ingredients.
Colander	For straining hot liquid from saucepans, and washing fruit or vegetables in.
Cooks knife	A large sharp knife for slicing and chopping larger vegetables or fruit.
Digital scales	For weighing dry ingredients accurately.
Electric whisk	For quickly beating mixtures together.
Fish slice	For lifting raw and cooked items to and from trays.
Flour dredger	For sprinkling flour on the work surface before rolling out pastry or dough.
Food Processor	For mixing, blending, slicing, and grating large quantities quickly.
Fork	For beating raw egg, mashing bananas, pressing pastry edges together, pricking holes in biscuits or making steam vents in pastry.

Garlic crusher	For crushing cloves of garlic after the skin has been removed.
Grater	For grating cheese, carrot, cucumber etc.
Kitchen scissors	For cutting kitchen string, baking parchment or greaseproof paper. Also for cutting food such as bacon or herbs.
Ladle	For transferring or portioning liquids (often hot)
Lemon squeezers	For extracting juice from half a lemon/orange.
Liquidiser	For blending solids into a puree.
Measuring jug	For portioning larger volumes of liquids such as water or milk.
Measuring spoons	For accurately measuring small quantities of ingredients.
Metal plate	For holding prepared ingredients.
Metal skewer or cake tester	For testing to see if meat is cooked in the middle if the juices run clear. For piercing the centre of a cake to test whether the centre is cooked or raw – it should come out clean. For feathering icing.
Mixing bowl	For mixing ingredients to make products like cakes or bread. To contain prepared vegetables or fruit.
Oven gloves	For lifting hot tins and pans to and from the cooker to prevent burns.
Palette knife	For lifting items on and off baking trays, for binding dough with liquid.
Pastry brushes	For glazing baked goods, wetting pastry edges, or removing lemon peel from a grater.
Pastry cutters	For cutting pastry or dough exactly the same shape repeatedly.
Perforated slotted spoon	For separating solid food from their liquids such as peas from their hot water.
Piping bag	For forcing icing through a nozzle to form decorations.
Pizza cutter	Rolls through the topping instead of dragging it off.

Plastic spatula	For scraping mixture from the sides of bowls.
Pot stand	For placing hot saucepans and baking trays on to prevent them from burning the work surface.
Rolling pin	For rolling out pastry, or bread dough.
Saucepan	For heating or cooking quantities of food on the hob.
Sieve	For sieving flour to aerate it and get the lumps out. Also to strain small quantities of cold liquid.
Table knife	A blunt knife for spreading butter with, or dividing dough etc.
Table spoon	For measuring ingredients, for folding flour into a cake mixture. Holds 15 grams or millilitres.
Teaspoon	For measuring small quantities of ingredients. Holds 5 grams or 5 millilitres.
Tongs	For turning over hot food under the grill such as bacon or sausages.
Vegetable knife	For cutting, slicing and dicing.
Vegetable peeler	For peeling and paring vegetables and fruit.
White trays	For organising the work space. Ingredients on one and equipment on the other.
Wire cooling racks	For cooling baked products, allowing steam to escape through the base as well as the top and sides.
Wooden spatula	For use in non-stick frying pans and woks to prevent scratching them.
Wooden spoon	For mixing cakes and stirring sauces. It is a poor conductor of heat, so excellent for stirring hot liquids.

Kitchen safety rules agreement:

I agree to follow the rules of Sarum Kitchen and ensure I keep myself and others safe at all times. I agree to follow the rules below to my utmost effort. If I do not keep safe and follow the rules, I may not be able to take part in cooking and practical's.

1. Before you begin, roll up long sleeves, tie back long hair and remove any loose clothing that might get in the way or catch on something.
2. Wash your hands and dry them well. Wet hands can be slippery.
3. If you can't quite reach the countertop, use a sturdy stool or wooden step to help.
4. Keep cabinet doors and drawers closed.
5. Wipe up spills as soon as they happen. Wet spots are dangerous.
6. Always use oven mitts to handle food on the stove, in the oven or microwave.
7. When working with pots on the stove, be sure to hold the handle while stirring to prevent the pot from slipping off the burner. Always turn handles inwards if you move away from the stove.
8. Always pick up knives by their handle and do not point them at anyone. Be sure to only use a knife when an adult is close by and with permission.
9. Keep electrical cords away from the stove top, oven and sink.
10. Before leaving the kitchen, check that the oven and burners are all turned off.
11. If you burn yourself, tell an adult immediately.
12. Don't put knives or other sharp objects in a sink full of water. Someone could reach in and get hurt.
13. Never put water on a cooking fire - it could make the fire bigger. Call for an adult to help and use baking soda or flour to put the fire out.
14. Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate.
15. Never add water to a pan with hot oil in it. It could splash and burn someone.
16. Keep paper towels, dish towels and pot holders away from the stove top so they don't catch on fire.

Name: _____

Date: _____

Food Standards and Product Development

Health & Safety

Lesson 1

YWBAT:

Recognise hazards in the kitchen including safety signs and fire precautions

Identify protective clothing and say when they should be used

Know what to do in case of an accident in the kitchen

Risk	Hazard(s)	Control Procedure (Precaution)
Slipping		
Tripping		
Scolding		
Burns		
Cuts		
Food contamination (Things in foods!)		
Food poisoning (Microbes in foods that make us ill!)		

Preparing to cook:

Lesson 3

YWBAT:

Recognise common weights and measures

Understand how to weigh ingredients accurately

Prepare for a practical lesson

Weights and Measures:

Abbreviations:

Kilograms	Kg	Litres	L
Grams	g	Teaspoon	tsp
Pounds	lbs	Dessert Spoon	dsp
Ounces	oz	Tablespoon	Tsp
Millilitres	ml		

Fill in the missing information:

Kilograms	Grams
0.10kg	100
0.25 kg	
	500
1.0 kg	

Pounds	Ounces
1lb	
2lb	32oz
	80oz
10lb	

Millilitres	Litres
1000ml	1l
	1.5l
2500ml	
	5l

Homework:

Evaluation of Fruit Flapjacks

How accurately did you follow the plan? (Did you follow your plan or did things take longer than you thought they would?)

Did your product turn out as you expected it to? (Explain how your product does / does not meet your expectations?)

What skills did you use to make your product ? (i.e. weighing, type of cooking skills, knife skills etc.)

How could you improve your product if you were to make it again?

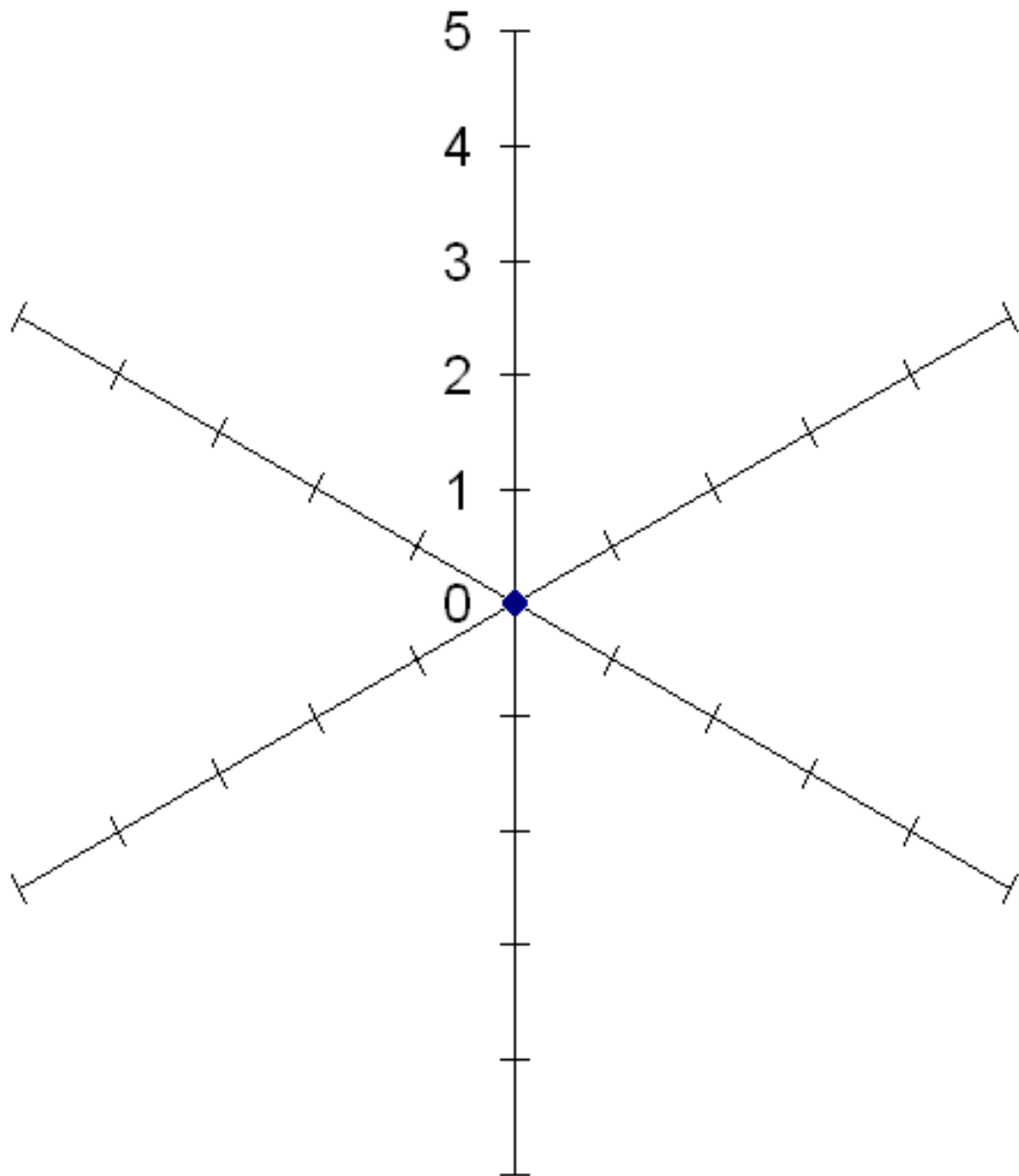
Extension Question

What changes could you make to the recipe, that changes the flavours or final outcome of your product?

Sensory Evaluation:

When your homework is set, you will be given the titles to evaluate for each recipe.

If you get your family to try your food, use a different colour for each person.



What's in our Foods?

Lesson 5: <https://www.bbc.co.uk/news/magazine-14045305>

YWBAT:

Identify what information is required on food labelling and explain what it means

Explain nutritional requirements and where these come from (Protein, Carbohydrates, Fats, and Vitamins & Minerals)

What is on a food label **and why?**

Where do nutrients come from?

Healthy Eating

Lesson 6:

Eat Less Fat:

By eating too much fat we build up store of surplus material in our bodies and just like an overstocked warehouse, the surplus begins to show, and we become overweight. Eating too much saturated fat (found mainly in animal foods) causes an increase in Cholesterol in the blood, which builds up inside the arteries. This can cause a blockage and lead to a heart attack. Cut down on foods containing saturated fats and substitute them with polyunsaturated fats (foods containing vegetable fats).

How to Eat Less Fat:

- Use low fat spread instead of butter or margarine
- Grill food instead of frying
- Cut fat off meat before cooking - trim fat off chops
- Buy low fat products such as cheese, yoghurts
- Use skimmed or semi-skimmed milk instead of full fat milk
- Eat more chicken and fish and less red meat
- Use polyunsaturated fat or oil in cooking - use corn oil
- Eat fewer cakes, biscuits, crisps, chips and pies

Eat More Fibre:

Fibre is the carbohydrate part of food which the normal human digestive enzymes cannot breakdown. Fibre helps to protect against diseases of the bowel. It gives you a feeling of fullness and so can help in diets.

How to Eat More Fibre:

- Eat lots of fresh fruit and vegetables
- Eat more wholemeal flour, bread, pasta, rice
- Use more canned beans, peas and lentils - eat more
- Try jacket potatoes with a variety of fillings
- Choose high fibre cereals but check packaging for sugar

Eat Less Salt:

Eating too much salt can lead to high blood pressure. This will increase the risk of suffering heart problems and strokes.

How to Eat Less Salt:

- Don't add salt to cooking, let people add their own to taste.
- Use herbs and spices as an alternative to salt

Eat Less Sugar:

Sugar contains no other nutrients besides carbohydrate. We should cut down on the amount of sugar we eat to avoid obesity and tooth decay.

How to Eat Less Sugar:

- Avoid fizzy drinks and high calorie drinks
- Look at food labels – 5g sugar = 1 teaspoon
- Eat fewer cakes, biscuits and sweets
- Eat more fruit as an alternative
- Buy low calorie drinks and pure fruit juice.
- Don't add sugar to tea and coffee.
- Use a little less sugar in cakes and puddings
- Try the natural sweetness of fresh fruit in puddings instead of sugar
- Sucrose, glucose, dextrose, on labels are all forms of sugar

Questions on how to eat a healthy diet

1. Why should we eat less fat? (2 marks)

2. Why should we eat less salt? (1 mark)

3. List three foods containing fibre: (3 marks)

4. 5g of sugar is equivalent to what other measure? (1 mark)

5. List 4 ways you could encourage your family to eat healthily: (4 marks)

Healthy Meals

YWBAT:

Reflect on your own diet and detail the foods you ate yesterday.

Meal	Foods	Nutritional Value
Breakfast		
Lunch		
Dinner		
Snacks (Extension Task)		

Food Planning and Preparation

<http://realfood.tesco.com/meal-planner/customer-meal-plans.html#publishedMealPlans>

YWBAT:

Plan a healthy meal that provides a balanced diet.

Extension: See if you can work out the calorie intake

Breakfast	Ingredients	Nutritional Value (Level 5)
Lunch	Ingredients	Nutritional Value
Dinner	Ingredients	Nutritional Value

Calorie Intake calculations:

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Practical Cooking: Healthy Lunchtime Wraps

Lesson 7:

Design and make a healthy wrap from the ingredients provided.

Homework 3:

Evaluation of Healthy Wraps.

How accurately did you follow the plan? (Did you follow your plan or did things take longer than you thought they would?)

Did your product turn out as you expected it to? (Explain how your product does / does not meet your expectations?)

What skills did you use to make your product? (i.e. weighing, type of cooking skills, knife skills etc.)

How could you improve your product if you were to make it again?

Fill in and label your own eat well plate: (cut and stick in here):

Assessment on Micronutrients

Lesson 9

YWBAT: Know that vitamins and minerals are micronutrients.

Including some specific vitamins and minerals (micronutrients).

Micronutrient	Found in	Why do our bodies need these micronutrients?
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Minerals

Calcium		
Iron		

Vitamins

Vitamin A		
Vitamin B1		
Vitamin B2		
Vitamin C		

What are the roles of the 5 main nutrients?

Healthy Snacks – Smoothies

Lesson 10

YWBAT:

Use weights and measures

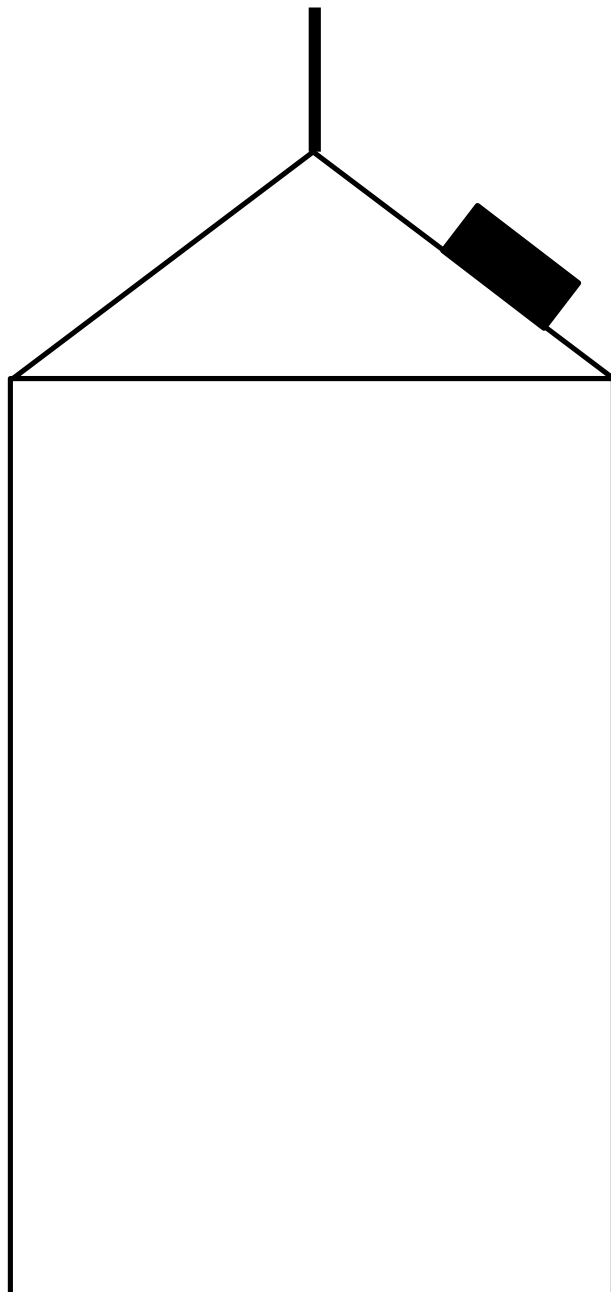
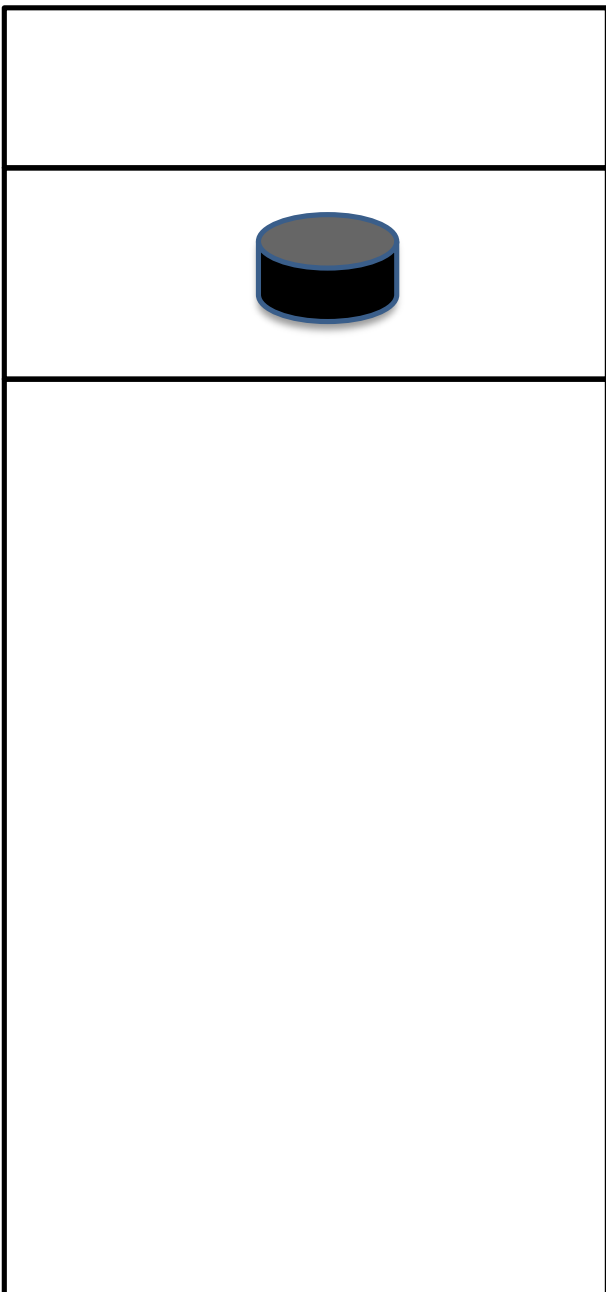
Use an evaluative method

Extension: Understand the balance between nutrition and taste.

	Ingredients and measures	Consistency	Flavour	Sweetness	Total Score
1					
2					
3					
4					



Homework 4: Design a bottle and labels for your smoothie.



Christmas Treats:

Lesson 11 and 12

YWBAT:

Seasonal healthy treats.

Use weights and measures

Use an evaluative method

