

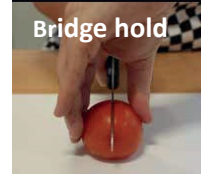


Year 7 Food Preparation and Nutrition Essential Knowledge Sheet



Knife Safety

Bridge hold



Claw grip



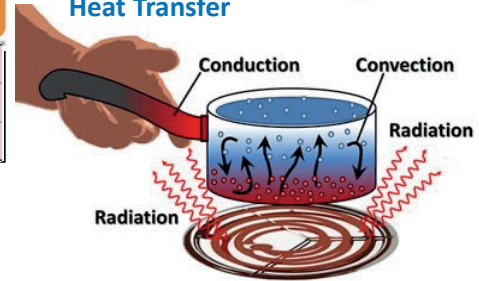
Sensory Analysis

A way of evaluating food

- The appearance of the food
- What it tastes like
- What it feels like
- What it smells like



Heat Transfer



Provenance	Seasonality	Time of year when the harvest or flavour of a food is naturally at its peak
	Food miles	Distance travelled by food commodities from producer to consumer - farm to fork
	Buy local	Buying food that has been farmed or produced in local area, region or country

Useful Websites:

<http://www.foodfactoflife.org.uk/site.aspx?sitel=19&t=3>

<https://www.bbc.com/food/techniques>

<https://www.ifst.org/lovefoodlovescience/resources>