



Year 7 Food Preparation and Nutrition Essential Knowledge Sheet



The Eatwell Guide

- Comprises 5 main food groups.
- Is suitable for most people over 2 years of age.
- Shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.
- Shows proportions representative of food eaten over a day or more.

Fruit and vegetables

- This group should make up just over a third of the food eaten each day.
- Aim to eat at least five portions of a variety each day.
- Choose from fresh, frozen, canned, dried or juiced.
- A portion is around 80g (3 heaped tbs).
- 30g of dried fruit or 150ml glass of fruit juice or smoothie count as a max of 1 portion each day.

Hydration

Aim to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar-free drinks including tea and coffee all count.

Potatoes, bread, rice, pasta or other starchy carbohydrates

- Base meals around starchy carbohydrate food.
- This group should make up just over a third of the diet.
- Choose higher-fibre, wholegrain varieties.

Beans, pulses, fish, eggs, meat and other protein

Sources of protein, vitamins and minerals.

Recommendations include to aim for at least two portions of fish a week, one oily, and; people who eat more than 90g/day of red or processed meat, should cut down to no more than 70g/day.

Dairy and alternatives

Good sources of protein and vitamins. An important source of calcium, which helps to keep bones strong. Should go for lower fat and lower sugar products where possible.

Oil and spreads

Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, e.g. olive oil. Generally, people are eating too much saturated fat and need to reduce consumption.

Foods high fat, salt and sugar

- Includes products such as chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice cream.
- Are high in fat, sugar and energy and are not needed in the diet.
- If included, should be had infrequently and in small amounts.



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Knife Safety

Bridge hold



Claw grip



Safety

Sharp knives: never walk around with a knife. Use the *bridge hold* and *claw grip* to cut safely.

Grater: hold grater firmly on a chopping board. Grate food in one direction and leave a small amount at the end to prevent injury to knuckles.

Hot liquid: drain hot liquid carefully over the sink using a colander.

Saucepans: turn panhandles in from the edge, so they are not knocked.

Hot equipment: always use oven gloves when placing food in and out of the oven.

Spills: wipe up immediately.

Electrical equipment: always follow instructions.

Food skills

There are a number of food skills which enable a variety of increasingly complex dishes to be prepared and made.

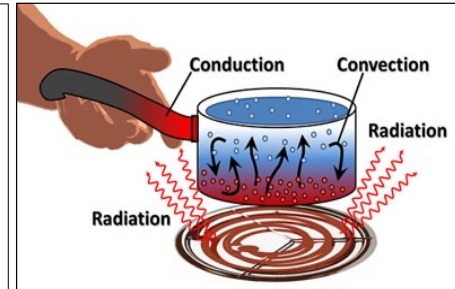
These can include:

- beating, combining, creaming, mixing, stirring and whisking;
- blitzing, pureeing and blending.
- kneading, folding, forming and shaping;
- knife skills;
- rubbing-in and rolling-out;
- use of the cooker: boiling/simmering/poaching, frying, grilling, roasting and baking.

Why is food cooked?

Some foods can be eaten raw and form an important part of the diet. However, many foods need to be prepared and cooked before they are eaten to:

- make the food safe to eat by destroying pathogenic microorganisms and toxins;
- destroy microorganisms and enzymes that cause food to deteriorate and therefore increase the keeping quality of the food;
- make the food more digestible and easier to absorb.



Heat exchange/transfer

Cooking requires heat energy to be transferred from the heat source, e.g. the cooker hob, to the food. This is called heat transfer or heat exchange. There are three ways that heat is transferred to the food.

They are:

- conduction – direct contact with food on a surface, e.g. stir-frying;
- convection - currents of hot air or hot liquid transfer the heat energy to the food, e.g. baking;
- radiation - energy in the form of rays, e.g. grilling.

Many methods of cooking use a combination of these. The amount of heat and cooking time will vary according to the type of food being cooked and the method being used.

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

Year 7 Design and Technology Graphic Products Essential Knowledge Sheet

Tools and Equipment

Cutting Mat- Self healing, Non-slip cutting surface. Used to prevent work surfaces getting damaged and scalpel blades becoming blunt.



Scalpel- A hardened steel blade used for cutting papers and boards. It can cut internal corners unlike scissors, however takes more skill.



Safety Ruler- This ruler has a raised edge for cutting along. This is for safety as it helps to prevent to sharp blade slipping and cutting the user.



Scissors- A cost effective and widely available cutting method. Products and prototypes can be quickly cut and tested.



Pencil- The pencil is probably the most commonly used drawing tool. The B range indicates blackness, the H range indicates hardness.



Isometric Drawing

Isometric projections are commonly used by engineers in technical drawings and illustrations and sometimes by architects. Early video games such as SimCity used isometric projection.

Line Weighting

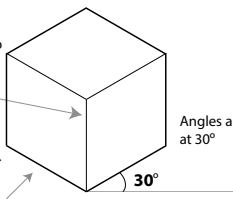
Enhances a drawing to make it appear more realistic.

Line Weighting

An edge that is connected to two visible faces stays thin.

Line Weighting

An edge that is connected to only one visible face becomes thick.



Angles are projected at 30°

Name	Properties	Description	Applications	Advantages	Disadvantages
Copier paper	<ul style="list-style-type: none"> 80 GSM Thin. Lightweight. Inexpensive. 	<ul style="list-style-type: none"> Bright white paper. Smooth bleached uncoated surface. 	<ul style="list-style-type: none"> Writing. Sketching and drawing. Office and admin work. Photocopying 	<ul style="list-style-type: none"> Takes colour well (highly printable) Good surface for pencils, pens and markers Available in a range of colours. 	<ul style="list-style-type: none"> Can be prone to jamming printers
Cartridge paper	<ul style="list-style-type: none"> 120-150 GSM Creamy white Smooth but has a slightly textured surface. 	<ul style="list-style-type: none"> Completely opaque (no light passes through) Accepts most drawing media - paints, as well as pens and pencil. 	<ul style="list-style-type: none"> Painting Mixed-media design and art work. 	<ul style="list-style-type: none"> Can be used with watercolours without buckling (waviness caused by water) 	<ul style="list-style-type: none"> More expensive than copier paper.
Tracing paper	<ul style="list-style-type: none"> 60-90 GSM Strong Translucent 	<ul style="list-style-type: none"> Smooth surface texture. 	<ul style="list-style-type: none"> Making copies Overlays 	<ul style="list-style-type: none"> Translucency allows underneath image to be seen for copying. 	<ul style="list-style-type: none"> Has low absorbancy- this means ink can smudge easily More expensive than copier paper.
Solid white board	<ul style="list-style-type: none"> Rigid board Excellent printing surface Smooth texture. 	<ul style="list-style-type: none"> Made from pure, bleached wood pulp. Bright white colour conveys quality. 	<ul style="list-style-type: none"> Book covers Food packaging. 	<ul style="list-style-type: none"> Strong. Rigid. Accepts ink well. 	<ul style="list-style-type: none"> Can be expensive compared to other boards

Adhesives- Glue Stick- A quick method of bonding papers and boards. They are easy to apply, however they are not as strong as other glues, meaning edges can lift over time. Longer setting time means that materials can be moved before they are dry.

Double sided tape- Tapes keep the surface of the materials dry, this prevents any warping. Instant adhesion speeds up the time taken to assemble a model or product. No setting time means that care and attention is needed when assembling. There is also no risk of spilling the adhesive tape.

Properties of Papers and Boards

flexibility

The amount a material bends when a force is applied. If a paper doesn't flex it will jam printer mechanisms.

Printability

The ability to accept to ink onto its surface. If a paper is too absorbant, the printed image will not appear crisp, it will look blurred and blotchy.

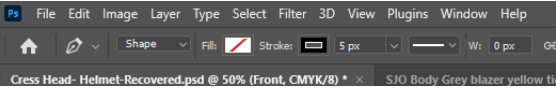
Biodegradability

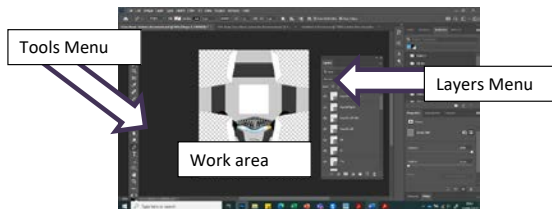
The ability to be completely broken down by bacteria. Adding plastic to paper means that it is no longer biodegradable.

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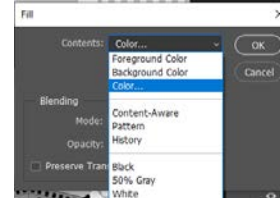
Use this sheet to learn the shortcuts and functions used in Photoshop.

Keys	Function
Ctrl + S	Save
W	Magic Wand
Ctrl + D	Deslect
P	Pen Tool
Ctrl + T	Transform
Enter	Exit transform mode
Shift + F5	Fill Menu
Ctrl + +	Zoom in
Ctrl + -	Zoom out
F7	Open/ close layers menu

How to add a fill:	<ol style="list-style-type: none"> 1) Select layer in layers menu. 2) Choose magic wand from tool menu 3) Select area you want to fill by clicking inside it on your workspace 4) Go to 'Edit- Fill' 5) In the contents menu (see below), select colour. 6) Use the colour picker to choose your colour 7) Press OK, and OK again
How to use the pen tool:	<ol style="list-style-type: none"> 1) Select a flayer (cannot be an existing pen layer) 2) Select the Pen tool 3) Set up the pen tool (Change Path to Shape, Fill, Stroke and Stroke weight)  <ol style="list-style-type: none"> 4) Click on your document to drop your first anchor point. 5) Carry on dropping anchor points to complete your shape



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Health & Safety

Design & Technology involves a lot of practical work, some of which involves significant risks. Therefore, it is vital to implement safe working practices to ensure a positive health and safety culture.

Safety in the Workshop

Rooms must be clean, tidy and in a safe condition.

Workstations should be clean and clear of excess materials and tools. After use, tools and materials should be stored correctly, with blades and sharp edges protected. Floors should be clear of obstructions and trip hazards, such as bags and scrap off-cuts.



Clothing and Protective Equipment

Ensure you have no loose clothing; tie back long hair; remove loose jewellery; and tuck in ties and apron strings.



Hazardous materials: Wear an apron or overalls, goggles and the correct gloves.
Hot materials: Wear an apron and the correct gloves; a face shield is required for some jobs.
Dust: Wear a face mask and safety goggles. Ensure there is adequate extraction.

Machine Tools

Do not use machine tools without permission or training. It is important to understand:

- The design of the machine and the names of the main parts
- How to set up the machine and use guards, running speeds and cutter settings
- How to use the machine safely (learn where the emergency stop button is located.)



Keep machines and guards clean and in good condition, and never touch moving parts. If a machine has a dust extractor, ensure it is running when in use.

Hand Tools

Perform practical work standing up and ensure materials are held securely in place using the appropriate holding device, usually a vice or a clamp. Use the correct tools and technique for the job and materials used.



Carry tools with their cutting edges pointing down, and return them to their racks when not in use.

Timbers: Properties

Timbers, Metals & Polymers: Shaping & Forming

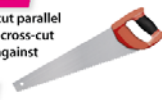
Cutting

Wood, metals and polymers can be shaped and formed through cutting, abrasion and addition using a variety of tools, equipment and processes.

Wood, metals and polymers can be cut to size with a variety of tools.

Rip Saw / Cross-Cut Saw

Rip saws are used to cut parallel to the grain, whereas cross-cut saws are used to cut against the grain



Used to cut wood

Tenon Saw

Cuts accurate straight lines in small pieces of wood and provides a smooth cut



Used to cut wood

Hacksaw

Has a hard, high-carbon steel blade so it can cut through metal; also available in a junior size for smaller cuts



Used to cut metal and plastic

Coping Saw

Can cut intricate curves in thin materials but is difficult to control; has a blade that can snap easily



Used to cut wood and plastic

When cutting materials, follow the steps outlined below.

1

Secure the material with a clamp, or by placing it in a vice to prevent it from moving while the material is being cut.

2

Make a mark in the material you want to cut by dragging the saw backwards a few times; this will provide you with a guide to start sawing.

3

Use the full length of the blade when sawing, and don't press down too hard. Let the blade do the work!

4

When coming to the end of the cut, support the end piece to stop it from falling off and spoiling the cut.

Chiselling

Chisels are used to cut or shape wood (special types are also used to cut or shape stone and metal). They are long-bladed, bevel-edged hand tools that are struck with a hammer or mallet to remove material. Chiselling involves forcing the blade into the target material to carve or cut it.

Safety tip: When chiselling, ensure that the blade is sharp and that the wood is securely held in place.



Different types of wood have varying properties (e.g. strength, hardness, durability) that make them suited for different purposes and commercial products. In addition to considering the properties of wood, designers must also consider how easy the materials are to manufacture.

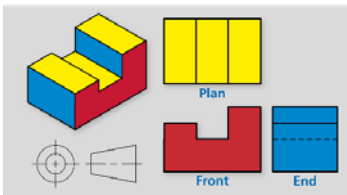
Metals: Properties

Metals have varying properties (e.g. strength, hardness, toughness, malleability) that make them suited for different purposes and commercial products. However, as well as considering the properties of the product it is also important to consider cost, availability and the environment.

Working Drawings (Orthographic Projection)

Orthographic projection is used to depict 3D objects as a set of 2D drawings. It shows the front view, plan view and end view drawn to scale, and measurements are given in millimetres.

A third angle orthographic projection is shown below.



The plan view is drawn at the top, the front view is directly below this and the end view is positioned next to the front view.

Orthographic drawings are often used in manufacturing because they provide detailed information about the design.

Orthographic Drawing Conventions



Planing, Sanding & Filing

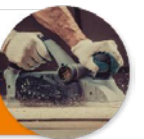
Materials can be shaped through planing, filing and sanding.

Planing



Planing is used to shape and smooth material (usually wood). It involves shaving off thin layers of the material until the desired shape and feel are achieved.

Manual hand planers and electric planers are available. Electric planers are quick and require much less effort than manual hand planers, but they are not as accurate.



Sanding

Sanding involves rubbing an abrasive paper against the surface of the material to shape and smooth it. It can be performed by hand or using machines.



Sandpaper is available in different grades. Coarse paper is ideal for heavy sanding and stripping. Conversely, extremely fine sandpaper is used for smoothing a surface and removing small imperfections.

Different versions, such as wet and dry paper, are also available for different materials. This type of sandpaper is ideal for removing paint from painted metal and wood.

Belt Sander



This is a powerful machine used to smooth wood, metals and plastics more quickly and effectively than hand sanding. It contains a motor that drives a pair of drums on which a belt of abrasive paper is held.

Disc Sander



This is a machine that has a powered disc of abrasive paper that is spun at high speed. It smooths surfaces and removes old finishes (e.g. paint) when wood, metals or plastics are pressed up against it.

Safety tip: Sanders create a lot of dust, so dust extractors must be switched on to reduce the risk of fire and inhalation. Goggles must also be worn to protect the eyes, and fingers should be kept away from abrasive materials on power sanders.

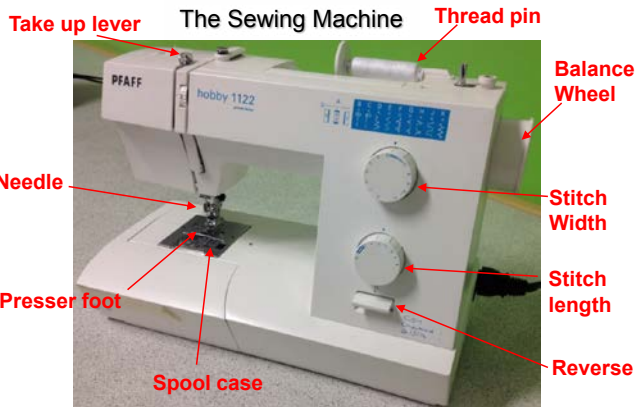
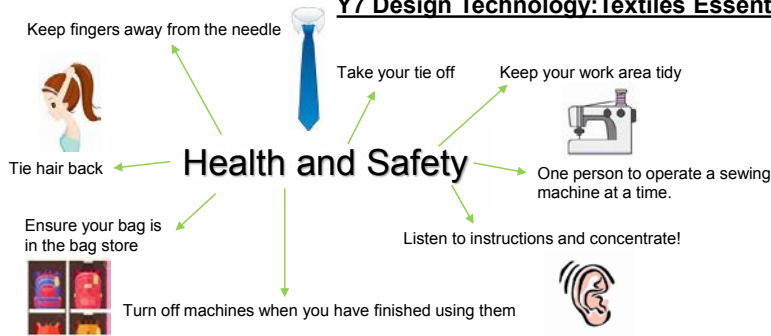
Filing

Files have a serrated (toothed) surface so when they are rubbed over a material, some of the target material is removed. They can be used on a variety of materials and are available in different forms.

Files with larger teeth remove more material than those with smaller teeth, which are better suited for smoothing.



Y7 Design Technology: Textiles Essential Knowledge Organiser



Equipment

- Shears**
These are for cutting fabric
- Pins**
These temporarily hold fabric together
- Unpicker**
Its used to remove unwanted stitches
- Embroidery Scissors**
Used to cut threads
- Tape Measure**
Its flexible so easily measures body curves and malleable fabrics
- Spool**
It holds the thread under the sewing machine

Embroidery Stitches

- Back Stitch
- Chain Stitch
- Fly Stitch
- Couching Stitch
- French Knot Stitch