



## Year 8 Food Preparation and Nutrition Essential Knowledge Organiser

4 C's

Food hygiene is necessary in order to make food which is safe to eat. This involves

more than just being clean. A simple way to remember all the important areas where safety could be an issue are the 4Cs:

- **Cooking**
- **Cleaning**
- **Chilling**
- **Cross Contamination**



Key Word	Meaning
Bacteria	Micro-organisms which can grow and multiply on food. Some can cause food poisoning
Chilling	Reducing temperature 0-4C to slow down growth of bacteria
Cooking	Using different methods to kill bacteria e.g. boiling, grilling, baking
Cross contamination	Transfer of bacteria from one thing to another e.g. equipment
Danger Zone	Temperature between 5 - 63C when bacteria multiply quickly
Food Poisoning	Caused by eating food infected with bacteria. Symptoms include sickness, fever and diarrhoea
Food Spoilage	When bacteria causes food to decay. Food will start to smell, lose texture or flavour.
Gluten	Protein in wheat flour, which makes dough stretchy
High Risk Food	Foods which may cause food poisoning if bacteria can multiply quickly

Nutrient	Food Examples	Main Function in Body
<b>Macronutrients - We need these in large amounts.</b>		
<b>Starchy Carbohydrates</b>	Cereals, bread, rice, potatoes, pasta etc.	Give us slow release energy. (wholegrain versions are higher in fibre).
<b>Protein</b>	Meat, fish, eggs, nuts, seeds, pulses, lentils.	Growth, repair and maintenance of muscles.
<b>Fat</b>	Butter, lard, margarine, sunflower oil, olive oil etc.	Insulates our vital organs (heart, lungs etc) and keeps us warm.

### Useful Websites:

- <http://www.foodfactoflife.org.uk/site.aspx?siteId=19&t=3>
- <https://www.bbc.com/food/techniques>
- <https://www.ifst.org/lovefoodlovescience/resources>

### Raising Agents

**Biological** – Yeast, used in bread making.



### Mechanical –

folding,  
beating,  
whisking,  
sieving,  
creaming,  
rubbing in.



**Chemical** - Bicarbonate of soda, baking powder, S.R.flour.

