

Food Preparation & Nutrition Knowledge Organiser

Key Words

	<p>1. Teaspoon (tsp): is used as a measure for small quantities such as spices or salt.</p>		<p>8. Dishcloth is used to wash the dirty equipment.</p>
	<p>2. Grams (g): is used as form of measuring solids.</p>		<p>9. Tea towel is used to dry the washed equipment.</p>
	<p>3. Tablespoon (tbsp.): is used as a measure for larger quantities such as flour</p>		<p>10. Oven gloves are used to protect your hands from being burnt.</p>
	<p>4. Millilitres (ml): is used as a form of measuring liquids.</p>		<p>11. Coagulation the thickening of an egg mixture.</p>
	<p>5. Grate – using a grater to prepare cheese, vegetables or fruit</p>		<p>12. Seasoning adding different herbs and spices to improve the flavour of a dish.</p>
	<p>6. Bridge hold is used to protect your fingers when cutting. Pass the knife through the bridge made by your fingers and thumb</p>		<p>13. Creaming method the method usually used to make cakes, where the butter and sugar is creamed together.</p>
	<p>7. Enzymic browning: the process where fruit and vegetables turn brown due to them being exposed to oxygen (oxidisation).</p>		<p>14. Rubbing in method is a method whereby you rub using your fingers together usually butter and flour to create a breadcrumb like mixture, usually the base for scones.</p>

Staple foods of a diet are **pasta, rice** and **potatoes**.
 The main dairy products are: **milk, cheese** and **butter**.
Eggs are a good source of **protein**.
Nuts and **seeds** are also sources of **protein**.



15. Healthy Eating and Nutrition

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



How the body uses nutrients:

Protein – growth and repair – found in meats/fish/eggs/pulses

Carbohydrates = energy – found in bread/pasta/rice/potatoes

Calcium – strong bones and teeth – milk/cheese/yoghurt

Vitamins and minerals – boost immune system – found in fruit/vegetables

Fats – protects vital organs, keeps you warm – found in oil, butter, dairy products, sweets and chocolates.

17. Uses of eggs in recipes

Use	Definition and Recipe
Coat	To cover foods with egg and then breadcrumbs. The egg helps the breadcrumbs stick. Scotch eggs, fishcakes.
Glaze	Protein in egg browns when heated leaving a glossy finish. Pies, biscuits, breads
Aeration	Eggs add air to mixtures due to their liquid and protein content. Cakes, mousses
Thicken	Protein in eggs coagulates upon heating making mixtures thicken. Bread and butter pudding, custard.

16. Safety and Food Hygiene

Bridge and claw method of cutting:



Chopping board colour coding

Red	Raw meat
Blue	Raw fish
Yellow	Cooked meat
Green	Salad and fruit
Brown	Vegetables
White	Bakery and dairy

Health & Safety when using the cooker:

- Turn pan handles in away from edge of cooker
- Always turn hob off when not in use.
- Never leave food cooking on the hob unattended.
- Be careful not to let food boil dry.
- Never touch an electric hob when turned off, it may still be hot.
- Don't leave metal spoons in pans when cooking as they can become very hot.
- Always use oven gloves when removing food from the oven.

Working with high risk foods:

High risk foods are foods which help support the growth of bacteria. Examples are meat, eggs, shellfish, cooked rice, fish, dairy and sauces.

- Always keep high risk foods in the fridge.
- Always check use by dates before use.
- Ensure high risk foods are cooked to a core temperature of 75°C.
- Always prepare high risk foods on correct chopping board.
- Always wash hands after handling high risk foods.

Health & Safety in the Food Room: Personal Hygiene

Wash hands in soapy water.
Tie long hair back.
Wear an apron and tuck tie in.
Roll back sleeves.

18. Sustainability and Food waste

Tips for reducing food waste

- Check and make a list before food shopping
- Plan meals for the week in advance
- Don't impulse buy foods
- Check use by dates to ensure plenty of time
- Freeze foods if not being used by use by date.
- Use up foods which are about to go out of date e.g. make over ripe fruit into smoothies or cakes.