

It is important to follow correct **personal food hygiene** when preparing and cooking food to stop the spread of bacteria.



Tie hair up

Wear an apron

Wash hands

Remove all jewellery

**Bacteria** multiplies when 4 conditions are present;

- Food
- Time
- Moisture
- Warmth

This can lead to **food poisoning**.

Symptoms; stomach ache / sickness / diarrhea / high temperature

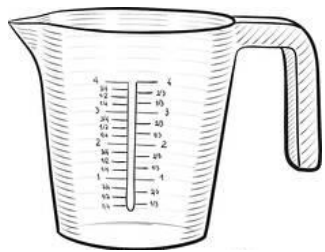
# Year 7 knowledge Organiser

The **Eatwell guide** shows the proportions that the different food groups should be eaten.



Practical product	Skills
Salad Jar	Chopping and slicing
Scones or crumble	Rubbing in method
Pizza	Making a dough, presentation
Fruit/vegetable cakes	Weighing and measuring, safe use of the oven
Fish cakes	Combining ingredients, mashing
Pancakes	Frying

**Weighing and measuring** accurately enables a recipe to be successful. All recipes should be measured within tolerance.



measuring jug



electric scales

**Tolerance** of a recipe is an amount higher or lower than the given amount which allows the recipe to still work.

The tolerance in 5g in all school recipes.

## Quality Checks

Ensure you make a high quality product by checking the quality of your product throughout making it, not just at the end of production.

## Macro Nutrients

Macro nutrients, are the nutrients that the body requires in larger quantities.

### Proteins

Proteins assist with growth and repair of the body.

### Carbohydrates

Carbohydrates are needed to give the body energy. There are two types of carbohydrate - starch and sugar.

### Fats

Fats help to provide concentrated sources of energy and help to **insulate** the body in cold weather.

### Micro Nutrients

Micro nutrients are nutrients that the body doesn't need a lot of.

## Vitamins and minerals

