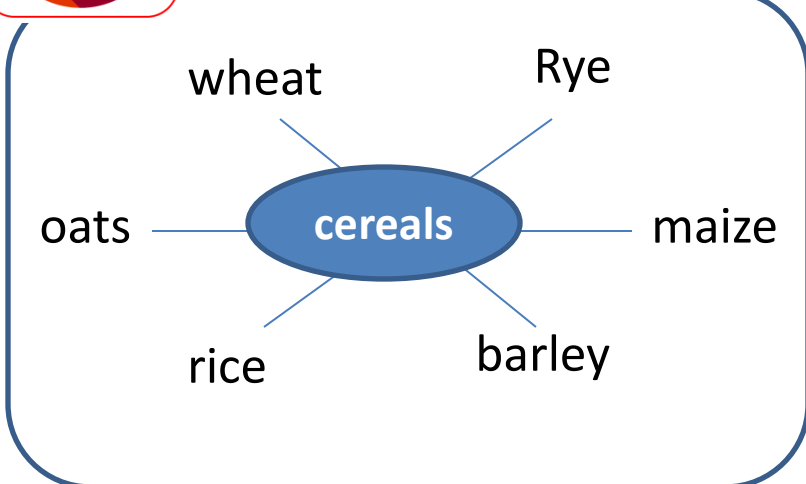




Food Provenance is where the food comes from.



Year 8 knowledge organiser

Practical product	Skills
Special fried rice	Chopping, slicing, frying
Cheese Pasta	All in one sauce, boiling
Bread	Making a dough, kneading, shaping
Frittata	Planning ingredients, chopping and slicing
Chicken Curry	Handling raw meat, sautéing
Muffins	Weighing and measuring, safe use of the oven.

Sustainability is understanding the issues which surround the production of food and considering whether the method is sustainable towards our planets resources.

Issues include:

Food Miles – how far the food has travelled.

Local foods – food which has been produced in the local area within 100 miles.

Organic foods – foods that have been produced naturally for example with no pesticides.

Seasonal Foods – foods which has become ripe in a specific season.

Fair Trade – a non profitable organisation which gets a fair price and deal for farmers in developing countries.

Farm Assurance – meat which has been produced in safe, hygienic farms and all produce is traceable.

Cooking methods are different ways to cook a product.



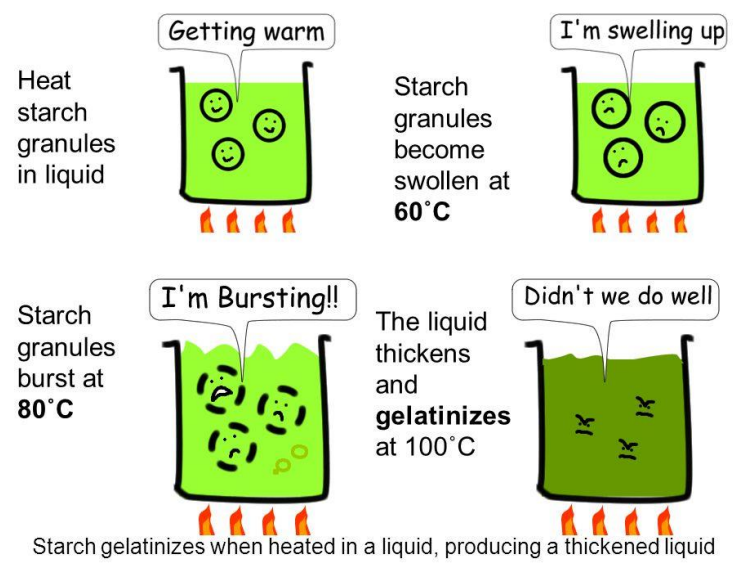
Frying and sautéing on the hob safely



Baking in the oven.

Food key terms

Gelatinisation process



Kneading bread dough stretches the gluten in the bread.



The **Fermentation** process occurs when yeast has time, moisture, warmth turns sugars (carbohydrates) into carbon dioxide.

Coagulation is a process that happens to eggs when heated and they turn into a solid.

