



<https://quizlet.com/gb/327627987/the-eatwell-guide-year-7-flash-cards/>

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

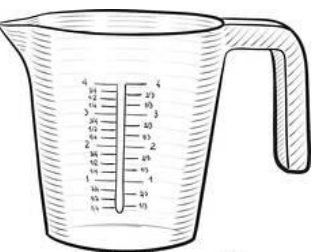
Remove all jewellery

Bacteria multiplies when 4 conditions are present;

- Food
- Time
- Moisture
- Warmth

This can lead to **food poisoning**.
Symptoms; stomach ache / sickness / diarrhea / high temperature

Practical product	Skills
Layered Fruit 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	En-robing and , mashing
Frittata	Dicing and whisking
Bread	Kneading and shaping
Pancakes	Frying



measuring jug



electric scales

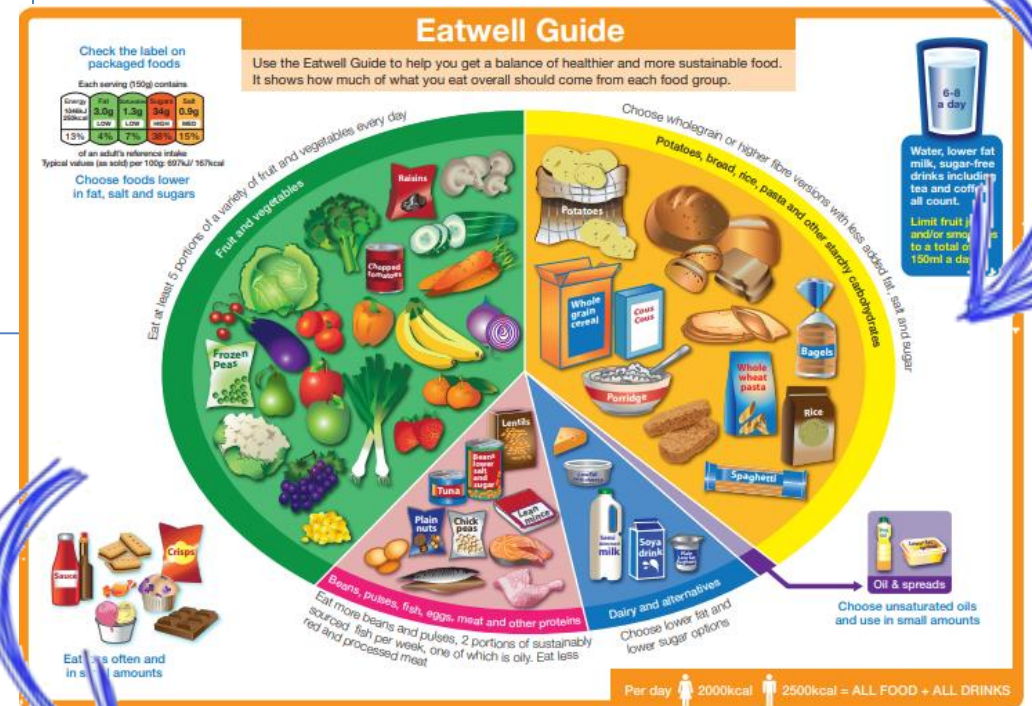
Tolerance of a recipe is an amount higher or lower than the given amount to allow the recipe to still work.
The tolerance in 5g in all school recipes.

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.

Year 7 knowledge Organiser

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



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

