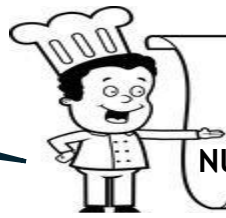


To put together

Practical activity

1. Assemble
2. Mix
3. Stir



**FOOD
&
NUTRITION**

MAKE

In Year 7 we will be making a dough.

You will use equipment to make.

It will be made following a recipe.

Knife Skills and Techniques



Bridge Method: Make a bridge with your fingers and thumb, place the knife underneath and cut downwards, repeat to cut ingredients to size.

Claw Method: Make a claw with your hand by curling your fingers and then place the knife near your claw sliding it away from the knife as you slice each piece



Vegetable cuts



batons – 5-6.5cm long x 1 cm square



dice – 1cm square



julienne/match stick – 5-6.5cm long x 3 mm square



fine julienne – 5-6.5cm long x 1.5mm square

Hygiene rules in the food room

Wash your hands with anti-bacterial soap

Wear a clean apron

Tie hair up

Make sure your nails are clean and short—no nail varnish

Cover cuts and sores with a blue plaster

Clean work surfaces with sanitiser

Use clean dishcloths and tea towels

Make sure all equipment has been cleaned thoroughly in hot soapy water



Key Terms

Description

Gluten

A protein found in wheat flours, that make doughs elastic.



Yeast

A microorganism that can spoil food but is used as a raising agent in baking. Requires food, warmth, time and moisture to release carbon dioxide.



Kneading

Stretching the dough to develop the gluten and create an elastic dough.



Proving

The dough is left to rise to allow the yeast to ferment.



Fermentation

The process of fermentation is where yeast is given food, time, warmth and moisture to grow and produce carbon dioxide gas.



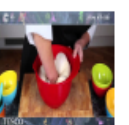
Baking

During baking the heat sets the gluten and stops the yeast from working which allows the bread to set and hold its shape.



Knocking back

When you knock back a dough you are creating an evenly textured dough by releasing some gas before leaving to prove again.



Bread making processes

Weighing and measuring to ensure accurate quantities

Sifting to aerate the flour

Cutting in to disperse the liquid throughout the dry ingredients

Kneading to stretch the gluten, add more air and smooth the dough

Proving to allow the carbon dioxide to develop, bubbling through the dough and expanding it

Knocking back to remove large air bubbles

Shaping to form the dough ready for baking

Glazing to bind any ingredients to the dough, to give a golden colour and shiny appearance

Baking to cook the dough and dextrinise the starch



Bread making ingredients

Strong bread flour is the bulk (largest) ingredient and has a higher gluten content to support the framework of the bread

Fast action yeast is the raising agent and adds volume

Sugar is used to feed and activate the yeast

Salt adds flavour to the bread

Oil keeps the bread moist (longer shelf life)

Warm water activates the yeast and binds the dough together

To activate, yeast needs:

- Food**
- Liquid**
- Warmth**
- Time**

Equipment used

Digital scales used to weigh accurately

Sieve for aerating the flour

Palette knife used to cut the liquid into the dry ingredients

Hands specifically the heel of the hand used to knead the dough

Rolling pin can be used to roll out the dough prior to shaping

Pastry brush used to apply milk to baked products

Oven tray and parchment paper to place bread rolls on, the paper is to prevent sticking

Gluten is the protein in wheat, barley and rye. It helps to form the structure of baked products. Gluten needs liquid, kneading and heat to form. Some people are allergic to gluten (coeliac dis-



To review

To look back at

1. Discuss
2. Compare
3. Judge



EVALUATE

In Year 7 we will be **evaluating** your cooking skills

You will **evaluate** the nutritional information linked to your dishes



The Eatwell Guide

- Comprises 5 main food groups.
- Is suitable for most people over 2 years of age.
- Shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.
- Shows proportions representative of food eaten over a day or more.

8 tips for healthier eating

These eight practical tips cover the basics of healthy eating, and can help you make healthier choices.

1. Base your meals on starchy carbohydrates.
2. Eat lots of fruit and veg.
3. Eat more fish – including a portion of oily fish.
4. Cut down on saturated fat and sugar.
5. Eat less salt (max. 6g a day for adults).
6. Get active and be a healthy weight.
7. Don't get thirsty.
8. Don't skip breakfast.

Fruit and vegetables

- This group should make up just over a third of the food eaten each day.
- Aim to eat at least five portions of a variety each day.
- Choose from fresh, frozen, canned, dried or juiced.
- A portion is around 80g (3 heaped tbs).
- 30g of dried fruit or 150ml glass of fruit juice or smoothie count as a max of 1 portion each day.

Potatoes, bread, rice, pasta or other starchy carbohydrates

- Base meals around starchy carbohydrate food.
- This group should make up just over a third of the diet.
- Choose higher-fibre, wholegrain varieties.

Dairy and alternatives

- Good sources of protein and vitamins.
- An important source of calcium, which helps to keep bones strong.
- Should go for lower fat and lower sugar products where possible.

To find out more, go to:
<https://bit.ly/2QzUMfe>

Beans, pulses, fish, eggs, meat and other protein

- Sources of protein, vitamins and minerals.
- Recommendations include to aim for at least two portions of fish a week, one oily, and; people who eat more than 90g/day of red or processed meat, should cut down to no more than 70g/day.

Oil and spreads

- Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, e.g. olive oil.
- Generally, people are eating too much saturated fat and need to reduce consumption.

Foods high fat, salt and sugar

- Includes products such as chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice cream.
- Are high in fat, sugar and energy and are not needed in the diet.
- If included, should be had infrequently and in small amounts.

Hydration

- Aim to drink 6-8 glasses of fluid every day.
- Water, lower fat milk and sugar-free drinks including tea and coffee all count.
- Fruit juice and smoothies also count but should be limited to no more than a combined total of 150ml per day.

Fibre

- Dietary fibre is a type of carbohydrate found in plant foods.
- Food examples include wholegrain cereals and cereal products; oats; beans; lentils; fruit; vegetables; nuts; and, seeds.
- Dietary fibre helps to: reduce the risk of heart disease, diabetes and some cancers; help weight control; bulk up stools; prevent constipation; improve gut health.
- The recommended average intake for dietary fibre is 30g per day for adults.