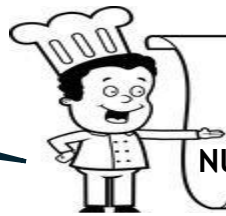


To put together

Practical activity



**FOOD
&
NUTRITION**

MAKE

In Year 8 we will be making a range of baked goods.

You will use equipment to make.

It will be made following a recipe.

1. Assemble
2. Mix
3. Stir

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



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	
Aeration	The ability of some fats to trap lots of air bubbles when beaten together with sugar i.e egg white for meringue.	
Coagulation	The joining together of lots of denatured protein molecules, which changes the appearance and texture	
Starch Based Sauce	During cooking the starch granules absorb the liquid until they reach boiling point, burst and completely thicken the sauce.	
Denaturation	The chemical bonds have broken and the protein molecules has unfolded and changed shape.	
Shortening	The ability of fats to shorten the length of gluten molecules in pastry.	
Cross contamination	When bacteria spreads from raw food onto ready to eat food e.g through hands, utensils or food	
Sensory characteristics	How food tastes, looks and feels in the mouth	

Type of pastry	Examples of products	Characteristics of the pastry
Shortcrust pastry	Bakewell tart , Lemon meringue pie, quiche	Crumbly texture, pale in colour Ratio -fat to flour 1:2
Choux pastry	Profiteroles, eclairs, choux buns	Darker in colour, liquid turns steam when baked, light and airy. Can be filled. Ratio- fat to flour 2:3.
Filo pastry	Spring rolls, apple strudel , Filo parcels	Very thin, crispy, delicate
Rough puff pastry	Sausage rolls, savoury tarts, pies,	Flaky pastry, high quantity of fat ratio fat::flour—3:4.
Hot water crust	Pork pie.	Dark in colour, made using boiled fat and water mixed with flour.

Equipment	Uses	Picture
Kitchen scales	Weighing ingredients	
Measuring jug	Measuring liquids The side of the jug is usually marked with millilitres (ml)	
Measuring cups	Some American recipes use cups for dried ingredients such as flour and sugar	
Measuring spoons	Measure an accurate teaspoon or tablespoon One teaspoon is 5 ml; one tablespoon is 15 ml	

To review

To look back at

1. Discuss
2. Compare
3. Judge



ANALYSE

In Year 8 we will be **Analysing** information on Farm to Fork issues

Food miles are the distance, in miles, from the site of production to the site of production for an item of food. The higher the food miles are the more GLOBAL the food is.

Some advantages of buying global food are:

- Access to food that we would not otherwise have available- e.g. chocolate and foods which are not in season.
- Helps economies of poorer nations who get money from selling produce to the UK.
- Food can be cheaper

Disadvantages of buying global food are:

- Food produces more pollution and contributes to climate change as it has had to travel thousands of miles.
- Food needed by local people in poor countries may not be available as it has been sent to other countries.
- Jobs are lost in the UK as more food is bought in from overseas.
- Deforestation occurs in poorer countries to make room for fields to farm.
- You never quite know where your food has come from.

Buying food from **local** sources is seen as a better alternative than buying global food, this is because:

- Less fossil fuels are used to transport food meaning less pollution.
- Money is kept in the local community as food is bought from local people.
- You know exactly what you are eating and where it has come from.

Functional characteristics of ingredients

Ingredients provide a variety of functions in recipes, such as:

- browning, e.g. flour in a bread roll (dextrinisation);
- raising, e.g. yeast in bread (aeration);
- setting, e.g. scrambled eggs (coagulation);
- thickening, e.g. flour in a roux sauce (gelatinisation).

Threats to food supply

In the future our global food supply may be threatened by:

- **Climate change**- some places will be too hot whilst others too wet
- **Population growth**- more people will need feeding
- **Urbanisation**- more people in cities need food which is away from the rural areas where it is produced
- **Conflict**- issues to do with land and access lead to conflict
- **Environmental damage of farming**- Some farming practises damage land making it less fertile
- **Increasing fuel prices**- energy needed to produce food is more expensive
- **Water stress**- in some areas there is not enough water to farm.
- **Changing consumption patterns**- some parts of the world are eating more dairy and meat than ever before, putting pressure on the industries.
- **Rising food prices**- difficulties in farming make food prices higher, meaning many people cannot afford food.

Sustainable food supply

Methods of farming which may be more sustainable include:

- Organic farming- no use of chemicals
- Local food- buying food locally
- Permaculture- mirroring natural ecosystems
- Seasonal food- buying what is in season
- Urban farming- growing food in cities

Selecting ingredients

Ingredients are chosen for a number of reasons, such as:

- to add flavour, colour or texture;
- to provide a particular function, e.g. to thicken;
- to provide nutrients or change the nutritional profile of a dish, e.g. to increase fibre;
- to extend the shelf life, e.g. vinegar for pickling or chemical preservatives;
- cost and availability, e.g. fruit in season;
- to satisfy a need to buy food with a certain provenance, e.g. Red Tractor.