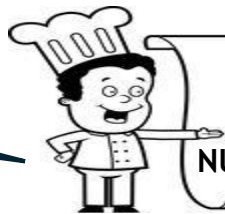


To put together

Practical activity

1. Assemble
2. Mix
3. Stir



**FOOD
&
NUTRITION**

MAKE

In Year 9 we will be **making** dishes you can cook at home.

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



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



Egg Experiments

Sensory Properties off eggs:

1. Garnish- eggs can be cooked and used as a garnish to products (e.g. sliced hard boiled egg)
2. Glazing- beaten whole egg or yolk can be used to create a shiny glaze on pastry. Egg white and sugar creates a crystallised glaze

Nutritional Properties of eggs:

Eggs are a valuable source of high biological value protein, B group vitamins, calcium and phosphorous.

Coagulation

During the cooking process, coagulation happens as the proteins SET.



Raw and partially cooked eggs can contain Salmonella bacteria. Therefore it is advised that eggs should be fully cooked if they are to be eaten by babies, the elderly, pregnant women or frail people.

Pasta making

How is flour turned into pasta?

The type of flour used to make pasta is called **durum wheat flour**. It is sometimes called **doppio zero** (which means double zero) flour. This fine flour is suitable for making pasta because the durum wheat is high in protein and holds its shape during cooking, making a stretchy dough.

Basic pasta dough is made from flour, salt, eggs, oil and water. A pasta machine is usually used to make different shapes of pasta. There are many different shapes and varieties of dried pasta, for example:

- farfalle – bow ties
- penne – tubes
- fusilli – twists.



▲ Using a pasta machine

To review

To look back at

1. Discuss
2. Compare
3. Judge



ANALYSE & EVALUATE

In Year 8 we will be **evaluating** your cooking skills

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

Sensory characteristics

- Ingredients are selected for their nutrition, functional and sensory characteristics, as well as provenance and seasonality.

Using our senses

A range of senses are used when eating food:

- sight;
- smell;
- hearing;
- taste;
- touch.

A combination of these senses helps to evaluate a food.

Other factors

Other factors also experience the way we feel about food. These include:

- food previously eaten;
- hunger and satiety;
- mood;
- where you eat, e.g. home, canteen, picnic;
- beliefs and values, e.g. religion, culture and tradition;
- social aspects, e.g. special occasions, events.

Sight

The size, shape, colour, temperature and surface texture all play an important part in helping to determine your first reaction to a food. Often if a food does not look appetising, then you will not eat it.

Taste

The tongue can detect five basic tastes:

- bitter;
- salt;
- sour;
- sweet;
- umami.

Taste receptors

Our tongues are covered with taste buds, which are designed to sense chemicals in the mouth.

Smell (odour)

The nose detects volatile aromas released from food. An odour may be described by association with a particular food, e.g. herby, cheesy, fishy. The intensity can also be recorded.

Touch

Texture can be assessed through touch. When food is placed in the mouth, the surface of the tongue and other sensitive skin reacts to the feel of the surface of the food. The sensation is also known as mouth-feel.

Taste receptors

Sensitivity to all tastes is distributed across the whole tongue (and indeed other regions of the mouth where there are taste buds), but some areas are more responsive to certain tastes than others.

Smell and taste

Smell (odour) and taste work together to produce flavour. This is the reason why people with a blocked nose find it difficult to determine the flavours of foods.

Hearing/sound

The sounds of food being prepared, cooked, served and eaten all help to influence our preferences. The sound of eating food can alter our perception of how fresh a food is (e.g. crunchy carrots).

Umami

Umami is a savoury taste, often known as the fifth taste. It is a subtle taste and blends well with other tastes. Umami has its own distinct savoury taste, often associated with ripe tomatoes and cheese.

The olfactory system

The olfactory system is the sensory system used for olfaction, or the sense of smell.



Heat exchange/transfer

Cooking requires heat energy to be transferred from the heat source, e.g. the cooker hob, to the food. This is called heat transfer or heat exchange. There are three ways that heat is transferred to the food.

They are:

- conduction – direct contact with food on a surface, e.g. stir-frying;
- convection - currents of hot air or hot liquid transfer the heat energy to the food, e.g. baking;
- radiation - energy in the form of rays, e.g. grilling.

Many methods of cooking use a combination of these. The amount of heat and cooking time will vary according to the type of food being cooked and the method being used.

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.