

## YEAR 8 KNOWLEDGE ORGANISER 3

### ALWAYS REMEMBER food safety



Food safety is essential in the kitchen to prevent food poisoning, therefore one must never forget the Four C's - cleaning, cooking, chilling and cross contamination to protect your family against deadly germs.

When food is cooked well properly, germs which cause food poisoning are killed. It is a must to cook meat poultry, fish and eggs very well. Incorrect food storage and unclean dishes are also a common cause of food poisoning

### DEEPER LEARNING Frying

Fried foods are high in fat, calories, and often salt, however frying adds flavour to food and we can add healthy options eg fried sausages with baked beans and a jacket potato. Stir fried food uses lots of vegetables which are healthy.

Many restaurants use these oils because they give food a satisfying taste and crunch.

### How to-fry safely

Use a large, wide, sturdy pan  
heat the oil gently. Smoking oil is about to set on fire so remove the pan from the heat.  
Never put wet food into hot oil  
Never leave a pan with oil unattended; it can take just a minute or two for the oil to overheat and catch fire

wok



### Which is which?



Sauce pan

Frying pan



### Evaluating food



When testing food, we use our senses and this is known as sensory testing. We decide how food smells, looks and what sort of texture it has. We can use descriptions or we can give a food a mark out of 10.

Before a food is sold on the market it must be tested.

There will be lots of times when you need to test the food you have cooked. You may then decide that it needs improving, eg it may need more colour or it could be the wrong texture,

### Methods of heat transfer

**Conduction** – this is when heat from the hob makes a pan become hot. The heat then transfers through to the food in the pan.

**Radiation and Convection.** Food which is grilled or cooked in the oven becomes hot because the air around it becomes hot which in turn heats the food up. Grilled food becomes hot because the heat **RADIATES** onto the food in waves.

**Microwave** ovens heats and cooks food by exposing it to electromagnetic waves proced from the oven

### Nutrition

Food	Nutrient	function
Eggs	Protein	Growth
Flour	Carbohydrate	Energy
Sausages	Fats	Energy and warmth
Cheese	calcium	Strong bones
Potatoes	Carbohydrate	Carbohydrate
Carrots	Vitamin A	Good vision
Green peppers	Vitamin C	Healthy skin.

## YEAR 8 KNOWLEDGE ORGANISER 4

### Biscuits

There are different ways to make biscuits and different types of coatings and fillings. Biscuits are often used as a sweet treat but there are also types of savoury biscuits which can be used for snacks eg crackers oatcakes. Sweet biscuits contain sugar but savoury types do not, they make be flavoured with herbs or cheese.

### Sustainability ingredients



Oats are a sustainable food which means that producing them doesn't harm the environment. Oats are grown in a field and when they are harvested, the soil is turned and new seeds are planted for next years crops. Oats are grown in Scotland because they grow ell in a cooler climate with lots of rain. They also need lots of space to grow and there is a lot of farmland in Scotland.

### Nutrition - The eatwell plate



In this project, we make some healthier types of biscuits. All biscuits contain sugar and butter but these ingredients can be swapped for healthy options which include brown sugar and margarine. We can also add other healthy ingredients as flavours eg nuts and raisins or other types of fruit. Fillings and toppings for biscuits are frequently unhealthy eg chocolate, cream fillings are high in sugar so plain biscuits are a healthier choice.

In this section we use oats which are a good source of protein, dietary fibre and vitamins as well as carbohydrate.

### Key vocabulary

Mixture		Creaming
Dough		Sweeten
Knead		Roll
Weigh		Texture
Baking		Essence
tray		Protein
Oats		Fats
Plain flour		Carbohydra
Energy		te
Bulk		Fatigue

### Biscuit types

