

YEAR 8 KNOWLEDGE ORGANISER

PASTA



Pasta is a type of dough which is made from wheatflour and egg. The pasta dough is then shaped into sheets, spirals, shells, spaghetti strands or tubes and then boiled or baked. Pasta is an excellent source of carbohydrate and wholemeal varieties also contain dietary fibre which is good for a healthy digestive system. Pasta is an accompaniment or is part of many dishes which originate in Italy, like spaghetti Bolognese, carbonara and lasagne. A pasta machine helps to roll and cut the dough.

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 vegetables cooked in water. Stir fried food uses lots of vegetables which are healthy.

Many restaurants use oils to cook in because they give food a satisfying taste and crunch. Vegetable oils and margarines are healthier than butter.

How to-fry safely: -

Use a large, wide, sturdy pan and don't overfill with oil. 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

Which is which?



wok



Frying pan



Sauce pan

INGREDIENTS



Add as many vegetables as possible to dishes. They add colour, flavour, texture and are a great source of vitamins, minerals and dietary fibre.

Seasoning is the process of supplementing food via herbs, spices, salts, and/or sugar, intended to enhance a particular flavour. Seasonings include herbs and spices, which are themselves frequently referred to as "seasonings"



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 by convection currents 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 produced from the oven.

NUTRITION

A balanced meal contains all of the nutrients in the correct amounts. We need to eat lots of protein, fruits and vegetables to maintain good health. We should moderate the amount of fats and carbohydrates that we eat ingredients

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