Exam - revision –
Read through the powerpoint, there is reading and all tasks / Q are in blue

Dietary goals
Life stages
Special diets
Allergies
Fish
Packaging
The environment
Food poisoning and RA
Preservation

Milk and dairy – nutrients, uses in cookery, effect of heat HBV
Meat
Pastry – flaky and shortcrust. Choux
Fruits and vegetables
Equipment – adv / disadv
Raising agents

The functional working fridge

Tuesday, 26 March 2024

1. What is the correct temperature of a working fridge?
2. What is an HBV protein? Name 2
3. Give 4 things that bacteria need to grow
4. Give 2 products of secondary processing of milk
5. Give critical temperatures for chilling and cooking food

PREPARE

1. What is the correct temperature of a working fridge?
2. What is an HBV protein? Name 2
3. Give 4 things that bacteria need to grow
4. Give 2 products of secondary processing of milk
5. Give critical temperatures for chilling, holding, freezing and cooking food

1-5C
Contains all of the essentila amino acids (AAs)
Time temperature food moisture
Cheese yoghurt
1-5C
75C+
63C
-18C
5-63C

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

Milk and dairy foods

The groups of the eatwell plate – **do you KNOW this information**? Complete the gaps. Answer Q1-4 at the end

The eatwell plate shows a BALANCED DIET and a range of foods which are put into groups according to the nutrients that they contain.

The yellow group shows foods which are high in carbohydrates and these foods provide e_____ for the body. Carbohydrate foods are known as f_____ as they add b_____ to meals. W_____ versions of foods like bread, pasta and rice are better because they also add dietary F_____, vi_____ and Iron to the diet however all carbohydrates support the d_____ system because they are bulky and absorb w_____ making food easier to move through.

The blue group is the group which contains d_____ foods like m_____, b_____ and ch_____. Dairy foods are all from animals and contain cholesterol which isn't healthy but lo_____ fat options are available.

The pink group includes meats, fi_____, e_____ and vegetarian sources of p_____ like beans, peas and lentils. Protein is needed for gr_____, maintenance and repair and is an essential ma_____.

The green group contains f_____ and v_____ which are excellent sources of vitamins B&C and minerals i_____ which is found in green leafy vegetables. Citrus fruits like o_____, lemons and limes contain vitamin C. Vitamins and minerals support body systems, prevent infection but each on e has a specific function

Word bank

cheese   fibre   oranges   growth   iron   fruits bulk fish macronutrient   butter   water dairy energy low fillers   digestive   vegetables   vitamin B   energy   wholemeal   milk   protein

1.   **Name 3 carbohydrate foods from the yellow group**
2.   **Find out which mineral and which 2 vitamins are found in dairy foods**
3.   **Find out what the difference is between high biological value (HBV) and low biological value (LBV) proteins.**
4.   **What is the function of vitamin C in the body.**

REDUCE SALT: to avoid strokes and high blood pressure.

REDUCE SUGAR: to prevent tooth decay.

REDUCE FAT: to prevent heart disease and coronary heart attack. Too much fat in your diet, especially saturated fats, can raise your cholesterol, which increases the risk of heart disease.

INCREASE FIBRE: to keep a healthy digestive system and avoid diverticular disease.

REDUCE FAT: to prevent **heart disease** and **coronary heart attack**. Too much fat in your diet, especially saturated fats, can raise your **cholesterol,** which increases the risk of heart disease. Too much fat causes **weight gain** and can also lead to **type 2 diabetes**.
Current UK government guidelines advise cutting down on all fats and replacing **saturated fats** from **animal foods** with some **unsaturated fat** from **plant foods**. Cutting down on saturated fats is only one aspect of reducing your risk of heart disease, stroke and other cardiovascular diseases.
Fat helps the body absorb vitamins A, D and E. These vitamins are fat-soluble, meaning they can only be absorbed with the help of fats.
Grill your food instead of frying.
Have low in fat things such as yoghurt and milk.
Cut fatty foods out like chocolate and cakes.

Complete the orange chart to show high fat foods and low fat replacements

DRINK WATER – 6- GLASSES/DAY

TASK Find out the functions of water in the body

High fat food	Low fat swap
Whole milk	Skimmed milk
Full fat yoghurt	
	Low fat margarine
Double cream (blue)	
	White meat eg chicken
Fried food eg	
chips	

Carbohydrates
also known as NSP – non starch polysaccharide
2 types - both provide energy

complex carbohydrates   V   simple carbohydrates

fruits vegetables pasta wholegrain foods   V   sweets cakes sugary foods

- List 5 foods which contain sugar – include drinks(purple group on eatwell plate

- List 5 foods from the yellow group on the eatwell plate

Diverticular disease =
lack of dietary fibre

LIFE STAGES
Ages 1-5 RDI / DRV / RDA kcal/ day = 1200   Ages 5-12 = 1600-2000/day
- Protein to help them build muscles. Protein foods also help form new blood cells and body tissues, and they help the nervous system diet and provides the energy that they need to reach their maximum growth potential.
- Carbohydrate to help a child's body to use fat and protein for building and repairing tissue. Carbohydrates come in several different forms as well. There are 2 types of carbohydrate foods-Starchy which break down into glucose providing energy throughout the day, found in breads, pasta, rice, potatoes, oats and more. Sugary which gives short bursts of energy, however these are not the best types to have because they are found in cakes, biscuits and can lead to tooth decay in children.
- Calcium is important as bones are growing in density. Calcium is found in dairy foods, green vegetables and it is added to bread by law.

Teenagers RDI / DRV / RDA kcal / dayboys = 2800   girls = 2200
- Boys – add large amounts of muscletissue so need lots of protein, HBV found in animal proteins meat / fish / cheese / milk / eggs as well as soya. LBV = yellow / green split peas, beans eg kidney beans, baked beans and lentils.
- Carbohydrates to provide energy for growth
- Girls need extra iron due to loss in menstruation, found in foods like liver, beef, egg yolk, green vegetables, fortified breads and cereals
- All teenagers need vitamins and minerals to support and strengthen the development of body systems.

Adults RDI / DRV / RDA kcal / day men = 2500   women = 2000
- The nutritional amounts of adults changes according to their lifestyle. An adult who has a sitting job and doesn't use a lot of energy (SEDENTARY) needs a different diet to an active manual labourer eg a builder
- Adults don't need as much protein for growth, repair and development of the body as children would because their body needs to grow.
- Adults need carbohydrates which are used for energy, however they don't need as much carbohydrates like children because children need to build tissue and grow, whilst adults have already grown.

The elderly RDI / DRV / DRA kcal/day = men 1300   women 1900
- Have stopped growing but still need a balanced diet to
- Keep the body working
- Prevent dietary dis orders and disease
- Calcium rich to maintain bone density and prevent OSTEOPOROSIS function properly
- Fat as it is an essential part of a child's

LIFE STAGES: complete for a teenager

Children are growing and need protein to help them build muscles. Protein foods also help form new blood cells and body tissues, and they help the nervous system function properly.

Small children also need fat as it is an essential part of a child's diet. Its an important role in the development of a child's brain and helps children reach their maximum growth potential.

Children also need carbohydrate to help a child's body to use fat and protein for building and repairing tissue. Carbohydrates come in several different forms as well. There are 2 types of carbohydrate foods-Starchy which break down into glucose providing energy throughout the day, found in breads, pasta, rice, potatoes, oats and more.

 Sugary which gives short bursts of energy, however these are not the best types to have because they are found in cakes, biscuits and can lead to tooth decay in children.

How does fat help a child?
Why are sugary carbohydrates bad for children?

Teenagers need…..
Refer to
Protein
Carbohydrate
Iron in teenage girls

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What does sedentary mean and why do different lifestyles affect what an adult eats?
What is osteoporosis? How can it be prevented?

LIFE STAGE	NEED / REQUIREMENT	FOODS
Children aged 1-12		
Teenagers		
Adults		
Pregnancy	Balanced diet, Protein, calcium and iron are key. Myth = eating for 2	
The elderly		

<h1 style="text-align:center">Cake making</h1>

- **Main ingredients**

  Name the 4 standard components of cakes

- **Methods of making**

Name 4 methods of cake making

Explain how a rubbed in mixture is made

Explain how a creamed cake is made

Explain how a whisked cake eg swiss roll is made

- **Oven temp** medium to hot 180C-200C

- **Faults**

- **Explain why a cake might be**

- **Dry**

- **Not risen**

- **burnt**

- **You tube for method**

 Victoria sandwich cake   https://www.youtube.com/watch?v=Fyy5t-tL0xA

Fairy cakes https://www.google.com/search?rlz=1C1GCEU_enGB819GB819&ei=we34XPyICZKZ1fAPmLGBeA&q=fairy+cakes+mary+berry&oq=youtube+fairycakes+videos&gs_l=psy-ab.1.2.0i71l8.0.0..6967...0.0..0.0.0.......0......gws-wiz.K0VsqR6ZjLM

Swiss roll https://www.youtube.com/watch?v=ZTmu-YXF80I

Types of special diet
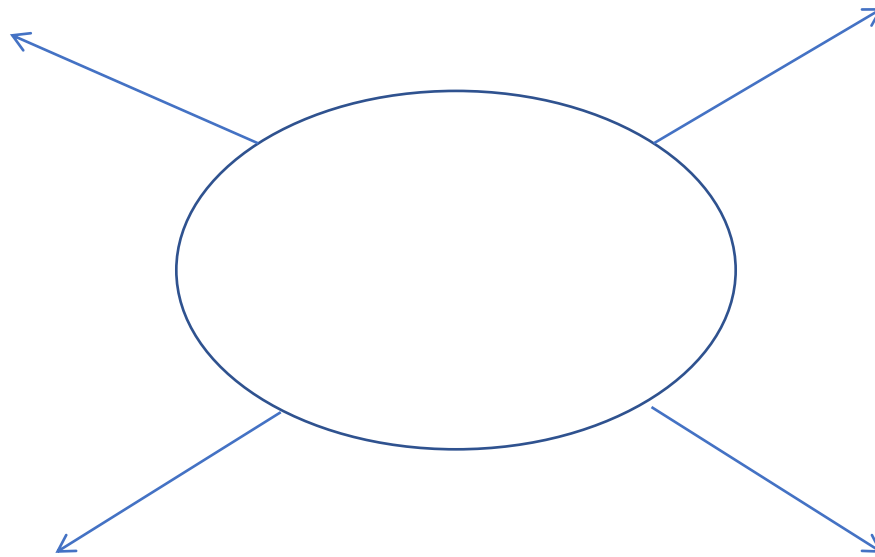
Religious beliefs
Muslim
Hindu
Jewish

Choices
Vegetarian types
Vegan
Ovotarian
Lacto vegetarian
pescatarian
slimming diet,
"shake" diets

Health requirements
CVD
Diabetes type 2
Dental caries
Anaemia
Calcium deficient (bone/teeth)

Allergens / intolerances
Coeliac
Lactose intolerant
nut

Types of special diet

Religious beliefs
Muslim = no pork (unclean)
Hindu = no beef(sacred animal)
Jewish = kosher
Halal is prepared in a special way

**TIP You may be asked to plan
a days meals**
- **Always use the term
  balanced diet**
- **Remember the eatwell
  plate + considerations**

Choices
Vegetarian types
Vegan = no animal produce at all
Ovotarian will only eat eggs
Lacto vegetarian = eats dairy
Pescatarian = no meat but will eat fish
slimming diet = lots of types
"**shake" diets** = liquid diet

Health requirements
CVD = cardiovascular disease = avoid saturated fats (animla) which contain CHOLESTEROL
Diabetes type 2 = high blood sugars = balanced diet, reduce sugary sweet foods
Dental caries = reduce sugary foods and drinks
Anaemia = low iron = more red meat, fresh green vegetables, egg yolk
Calcium deficient (bone/teeth) – dairy foods

Allergens / intolerances
Coeliac = no gluten from wheat, barley, rye
Wheat = flour = all baked foods
Lactose intolerant = avoid cows, goat, buffalo milk and products
Nut = anaphylaxis = peanuts, walnuts, pecans, almonds, Brazil nuts and pine nuts

Cooking methods –

Cooking in water	Cooking in fat	Cooking in an oven / dry
Boiling Simmering Poaching Steaming	Dry frying Shallow frying Stir Frying Deep Fat Frying	Baking Roasting Grilling Microwaving

which methods of cookery involve   a) conduction   b) convection c) radiation

Give 3 safety rules when frying

THE ENVIRONMENT

There are different types of fish and fishing of some types is now strictly controlled in the UK and other countries. If we control our fishing we will have a sustainable product - that is a product that we can keep replacing. Fish farms control amounts of each type of fish and have organized breeding programmes.

Fish is a valuable food commodity because

- It is healthy – white fish like cod is low in fat and high in protein
- Oily fish like mackerel is high in vitamins A&D and contains omega oils which help brain function
- It contains calcium if the bones are eaten.
- It contains sodium if it is from the sea
- All fish contains fluoride for healthy teeth and gums
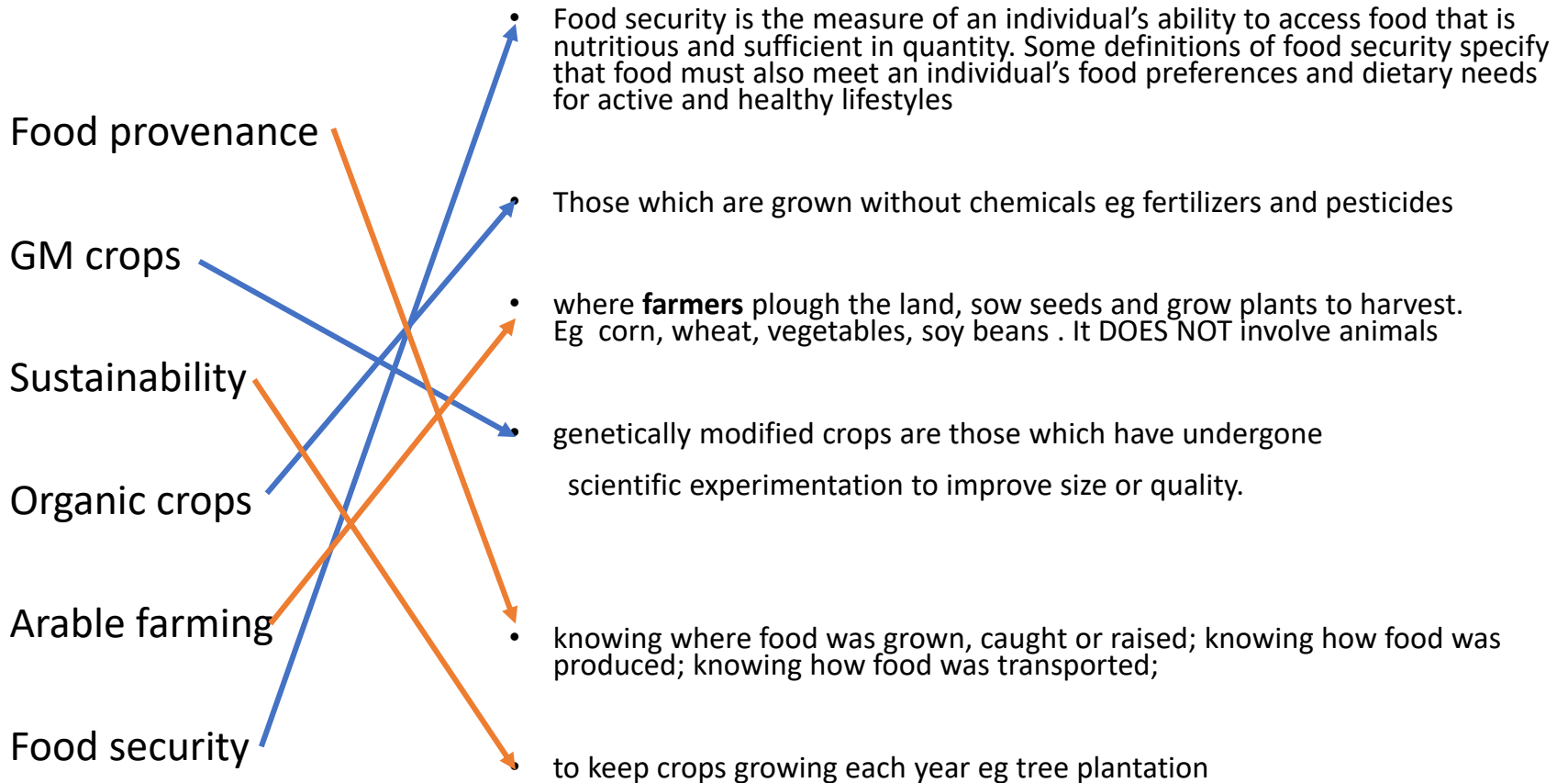
Q – why is fish a valuable food commodity?

PACKAGING FOOD :

Most foods we buy in shops is packaged in different types of plastic, aluminium cans, paper and cardboard
Loose foods, such as bread fruit or vegetables, may be placed in a paper or plastic bag when purchased
Food is packaged because:

1. It keeps food safe and hygienic
2. It protects the food from damage and contamination
3. Stops people from tampering with the food
4. It can extend the shelf life of the product
5. It can advertise the product
6. It provides information including ingredients, cooking and storage instructions and sell-by dates
7. It makes it easy to transport and store the food

Q   Give 4 functions of packaging food

KEY WORDS - match the definition for the following terms

Food provenance

GM crops

Sustainability

Organic crops

Arable farming

Food security

- Food security is the measure of an individual's ability to access food that is nutritious and sufficient in quantity. Some definitions of food security specify that food must also meet an individual's food preferences and dietary needs for active and healthy lifestyles

- Those which are grown without chemicals eg fertilizers and pesticides

- where **farmers** plough the land, sow seeds and grow plants to harvest. Eg corn, wheat, vegetables, soy beans . It DOES NOT involve animals

- genetically modified crops are those which have undergone

   scientific experimentation to improve size or quality.

- knowing where food was grown, caught or raised; knowing how food was produced; knowing how food was transported;

- to keep crops growing each year eg tree plantation

Food spoilage – moulds, fungus, yeasts, enzymes, bacteria
remember bacteria are living things and need the same things as you to live grow and work – food, moisture, time temperature(warmth) oxygen

Moulds

yeasts

To preserve (keep) these foods how can they be processed? List 4 ways

Canning removes _____
Drying removes m_____
Freezing removes _____
Refridgeration removes _____
Vacuum packing – bacteria and enzymes can't work without _____

Q where can you see enzyme activity (fruits??)

Bacteria
these are a separate topic because you can't see them and they can cause food poisoning which is fatal.
They are living organisms and like us need food, moisture, time and temperature to grow and reproduce

- Know the main **types** of bacteria

- Know the **4 conditions** needed for growth

- Q on types and symptoms 2-3 markers

- Q on prevention of FP will be essay style and higher markers, usually involve a HACCP chart, or storage, prep, cooking and serving of food.

- Know the **critical temperatures**

- **Fridge/chill   freezer   cooking to core   holding/ reheating**

- Know the **GOOD bacteria (beneficial)** – blue cheese, yoghurt

The Factors That Influence Our Food Choices

1.   **Hunger, appetite, and taste**

2.   **Palatability** is proportional to the pleasure someone experiences when eating a particular food. It is dependent on the sensory properties of the food such as taste, smell, texture and appearance. Sweet and high-fat foods have an undeniable sensory appeal.

3.   **Cost** There is no doubt that the cost of food is a primary determinant of food choice.

4.   **Accessibility** to shops is another important physical factor influencing food choice, which is dependent on resources such as transport and geographical location. Healthy food tends to be more expensive when available within towns and cities compared to supermarkets on the outskirts

5.   **Education and Knowledge** Studies indicate that the level of education can influence dietary choices during adulthood

6.   **Cultural influences** lead to the difference in the consumption of certain foods and in traditions of preparation

7.   **Social setting** Although the majority of food is eaten in the home, an increasing proportion is eaten outside the home, e.g. in schools, at work and in restaurants. The venue in which food is eaten can affect food choice, particularly in terms of what foods are on offer. The availability of healthy food at home and 'away from home can help however, access to healthy food options is limited in many work/school environments.

8.   **Meal patterns** People have many different eating occasions daily, the motivations for which will differ from one occasion to the next. The effects of snacking on health have been debated widely. Helping young adults to choose healthy snack choices poses a challenge to many health professionals

9.   **Eating dis orders**

Task – choose 3 reasons why people choose the food that they do and explain what each means.

Know your allergy symbols

Milk
Egg
Shellfish
Fish

Tree Nuts
Wheat
Peanut
Soybean