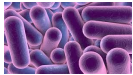









Y10 | Food Hygiene - Knowledge organiser

Key Terms	Description	
Microorganism	A microorganism includes bacteria, moulds and yeast. Most are harmless but pathogenic ones can spoil food and cause food poisoning.	
Non - Pathogenic Bacteria	A microorganism that is NOT harmful to humans and DOES NOT cause food poisoning.	
Pathogenic Bacteria	A microorganism that is harmful to humans and can cause food poisoning.	
High Risk Foods	A high risk food is moist and high and protein which results in bacteria multiplying rapidly.	
Cross Contamination	How bacteria can spread from one source onto some food.	
Danger Zone	The range of temperatures (5-63C) that are just right for bacteria to multiply rapidly.	
Food Poisoning	A long term condition where after several hours or days, certain foods cause a person to feel unwell.	
Mise en place	The preparation of dishes and ingredients before starting to cook.	

Practical food skills

Rubbing in / shortening

Using your fingertips, rub the flour and butter together until the mixture resembles breadcrumbs. Stops gluten from forming to make crumbly pastry



Prepare, combine + shape

Shaping and binding wet mixtures i.e. koftas and coating of chicken goujons.



Using a food processor

Using a food processor with the grater attachment to grate food to a consistent size



Raising Agents

Use of raising agents within baked products, such as baking powder in pitta bread.



Bridge and Claw

Make a bridge over the vegetable or fruit with your hand. Fingers should be on one side and thumb on the other. Make a claw with your hand by partly curling your fingers together



Dough Making

Use of technical skills to make flaky pastry and pitta bread. Students will be required to roll out, line and shape their doughs.



Baking

Baking is a method of preparing food that uses dry heat, normally in an oven



Final dishes

Cheese	Yoghurt	Koftas + Pitta Bread	Sausage Plait	Chicken Goujons + Coleslaw
				