



# Y9 | Healthy Eating - Knowledge organiser

Key Terms	Description	
Macronutrient	A type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet	
Micronutrient	A type of food (e.g. vitamins and minerals) required in small amounts in the diet	
Eatwell Guide	Shows how much of what we eat from each food group to achieve a healthy, balanced diet.	
Nutritional Analysis	Nutrition analysis refers to the process of determining the nutritional content of foods and food products.	
Investigation	The action of investigating something; formal or systematic examination or research.	
Cross contamination	When bacteria spreads from raw food onto ready to eat food e.g through hands, utensils or food	
Personal hygiene	Keeping yourself clean and tidy to reduce the spread of bacteria, e.g washing hands	
Sensory characteristics	How food tastes, looks and feels in the mouth	

## Practical food skills

### Rubbing in

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



### Raising Agent

The use of a chemical raising agent to leaven a mixture during baking.



### Use of a mixer

Using a piece of electrical equipment - mixer to incorporate air into the mixture.



### Setting of the mixture

Through removal of heat (gelation) or through use of protein



### (eggs) Final dishes

Reduced Sugar and Increased Fibre Investigation



High Fibre Muffins



Low Fat Cheesecake



### 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



### Boiling & Simmering

Method of cooking in a saucepan. Boiling has big bubbles breaking the surface on a high heat. Simmering has small bubbles visible on a low heat



### Baking

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

