

Y9 | Protein - Knowledge organiser

Key Terms	Description	
Amino Acids	The 'building blocks' that join together to make protein molecules	HOW YOUR ROOT LIES ANNO ACIDS AS BUILDING BLOCKS MINISTRUCTOR MINISTR
Essential Amino Acids	Amino acids that the body cannot make by itself and must get ready-made from food.	
Protein Complementation	Eating different LBV protein foods together in order to get all the essential amino acids that the body needs.	AN EXAMPLE OF PROTEIN COUNTLEMENTATION printers or send a router a printer and a router and a rou
High Biological Value	High Biological Value (HBV) are protein foods that contain ALL essential amino acids.	
Low Biological Value	Low Biological Value (LBV) are protein foods that contain 1 or more of the essential amino acids.	Cereal
Pasteurisation	This means heating fresh milk to 72C for 15 seconds in order to kill pathogenic microorganisms that may be in it.	Police Conference of Professional Conference of
Homogenised	Forcing milk under high pressure through a fine sieve, ino order to break up the fat into tiny droplets. This means that the droplets stay suspended in the milk and do not serpare out into a layer of cream.	Homogenization Process of breaking use dispersing nilef of throughout the nile, resulting in a smooth underne settler. The settler is a smooth underne settler. The settler is a smooth underne settler.
TVP	TVP stands for Textured Vegetable Protein which is made from soya bean flour (after the soya oil has been removed) and is sold as chunks or mince.	DANS TIPS
Quorn	Quorn or Mycoprotein as its also known, is made from a high protein fungus (myco = fungus) and is sold in chunks, filets and mince.	
Tofu	Tofu is made from soya bean curd which has been created from treated soya milk and can be sold as solf, firm or smoked.	

Practical food skills

Sauce Making

Creating a sauce through reduction or starch gelatinisation.



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



Baking

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



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



Dough Making

Creating a dough mixture (pastry) which is shaped and baked within the oven.



Prepare, Combine and Shape

Shaping dough/ sealing in different forms to create a range of sweet and savoury. For example, Roll /Crimp.



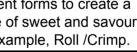
Raising Agents

Use of mechanical and chemical raising agents, to make baked goods.











Burgers	Meatballs + tomato sauce	Ready Steady Cook	Shepards Pie	Falafels + Pitta Bread	Creamy chicken masala + Naan Bread
		READY STEADY COOK			