Y9 | Salads and Fruit & Veg - Knowledge organiser

Key Terms	Description	
Macronutrient	A type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet	Profes
Micronutrient	A type of food (e.g. vitamins and minerals) required in small amounts in the diet	Ca Na Ca
Eatwell Guide	shows how much of what we eat from each food group to achieve a healthy, balanced diet.	
Emulsion	the term emulsion refers to combining fat and water. Emulsion can take two different forms; fat dispersed into water and water dispersed into fat.	
Enzymic browning	a chemical process which occurs in fruit and vegetables, resulting in discolouration (going brown)	
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

Reduction

The process of thickening and intensifying the flavour of a sauce by simmering or boiling

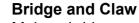
Blending

Using a piece of electrical equipment - blender to puree vegetables or fruit to a liquid

Making a roux Cooking flour and fat together and using it to thicken a sauce

Final dishes







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

bubbles breaking the

Simmering has small bubbles visible on a low

surface on a high heat.

saucepan. Boiling has big









heat

