










# 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



## 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

