

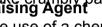
# Y9 | Healthy Eating - Knowledge organiser

Key Terms	Description	
Macronutrie nt	A type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet	rouge gd
Micronutrien t	A type of food (e.g. vitamins and minerals) required in small amounts in the diet	Cr. (dg Fe Na Cr)
Eatwell Guide	Shows how much of what we eat from each food group to achieve a healthy, balanced diet.	Series Series Series Control C
Nutritional Analysis	Nutrition analysis refers to the process of determining the nutritional content of foods and food products.	5.5.5.
Investigatio n	The action of investigating something; formal or systematic examination or research.	
Cross contaminati on	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	How food tootoo Jooko and	333
characteristi cs	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.



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

### **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







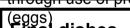




#### **Baking**

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





<u>Final dishes</u>				
Reduced Sugar and Increased Fibre Investigation	HIgh Fibre Muffins	Low Fat Cheesecake		