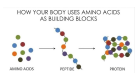
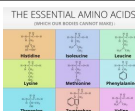




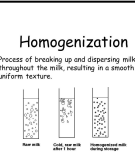







Y9 | Protein - Knowledge organiser

Key Terms	Description	
Amino Acids	The 'building blocks' that join together to make protein molecules	
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.	
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.	
Pasteurisation	This means heating fresh milk to 72C for 15 seconds in order to kill pathogenic microorganisms that may be in it.	
Homogenised	Forcing milk under high pressure through a fine sieve, in order to break up the fat into tiny droplets. This means that the droplets stay suspended in the milk and do not separate out into a layer of cream.	
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.	
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 soft, firm or smoked.	

Practical food skills

Sauce Making

Creating a sauce through reduction or starch gelatinisation.



Baking

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



Dough Making

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



Raising Agents

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



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



Prepare, Combine and Shape

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



Final dishes

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