

# Year 7 Food Knowledge Organiser

## 'Veggie Heaven'

By the end of this project you will:

- ✓ Learn how to be safe in the DT Food and Nutrition room
- ✓ Discover what a **cross-contamination** is
- ✓ Know how to make the right choices using the **eat-well plate**
- ✓ Develop **cooking and preparation skills**
- ✓ Complete a repertoire of food products and **evaluate** them



Practical skills you will use:

- ✓ Discover the claw, bridge and peel techniques
- ✓ Learn how to create soup, vegetable pie and stir fry
- ✓ Use the tools and equipment safely and effectively
- ✓ Follow the food hygiene instructions and apply them to your food preparation



### Key Vocabulary

<b>Eat Well Plate</b>	The Eatwell guide shows what kind of foods you should eat, to have a healthy balanced diet and more sustainable food
<b>Cross-contamination</b>	Cross-contamination is what happens when bacteria are unintentionally transferred from one object to another
<b>Hygiene</b>	Good food hygiene is essential to make sure that the food you serve is safe to eat
<b>Mixing</b>	Refers to the process of combining two or more ingredients
<b>Melting</b>	The purpose of melting is to change slowly a solid to liquid
<b>Whisking</b>	Whisking traps air and increases the volume
<b>Weighing</b>	In recipes quantities of ingredients are weighed by volume, count, or by measuring spoons
<b>Evaluation</b>	To write about what went well and what can be improved
<b>ingredients</b>	A food that is used with other foods, in preparation of a particular dish