

Year 7 Food Technology Knowledge Organiser

Theory

1. Food Safety:	
Hazard:	A food hazard is a biological, chemical or physical agent in a food with the potential to cause adverse health effects
Personal Hygiene:	Wash hands before handling food, after using the toilet, and after touching raw food.
Cross-Contamination:	Keep raw and cooked foods separate. Use separate cutting boards and utensils.
Temperature Control:	Keep hot foods hot (above 63°C) and cold foods cold (below 5°C).
Storage:	Store food at the right temperature (fridges at 0-5°C, freezers at -18°C) and follow "use by" dates.

2. Food poisoning	
Causes:	Food poisoning can be caused by bacterial, physical or chemical contamination of food and equipment.
Symptom:	<ul style="list-style-type: none"> • nausea; • vomiting; • Stomach pains; • diarrhoea
Prevention:	Proper cooking, hand washing, and cleaning utensils regularly can prevent food poisoning.

3. Eatwell Guide:	
What is the eatwell guide?	The Eatwell Guide shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.
What are the recommendations?	<ol style="list-style-type: none"> 1. Eat at least 5 portions of a variety of fruit and vegetables every day. 2. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing whole grain versions where possible. 3. Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily). 4. Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options. 5. Choose unsaturated oils and spreads and eat in small amounts. 6. Drink 6-8 cups/glasses of fluid a day. 7. If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

Practical

Hygiene Procedures Before Starting:	
Back and Blazer in Cupboard:	Ensure all loose clothing is stored away to avoid any accidents.
Tie Up Hair:	Long hair should be tied back to maintain hygiene and safety.
Get an Apron On:	Protect clothing and maintain hygiene when handling food.
Get a Tea Towel and Cloth:	Useful for wiping hands, surfaces, and cleaning up spills.
Fill Up Wash Buckets:	Set up your wash station with warm, soapy water for washing hands and utensils.
Collect Ingredients:	After the hygiene steps, gather all the ingredients needed for the recipe.

Weighing & Measuring in Practical Cooking:	
Accuracy is Key:	Measure all ingredients correctly to ensure recipe success.
Measuring cups	Used to measure dry ingredients like flour, spices, salt, or sugar.
Measuring jug	Used to measure liquids
Measuring spoons:	It helps measure smaller quantities of dry and wet ingredients alike

Preparing Ingredients:	
Measuring Ingredients:	Use scales or measuring cups to ensure correct quantities for your recipe.
Preparation Techniques:	<p>Chopping: Cut ingredients into even pieces to ensure uniform cooking.</p> <p>Peeling: Peel fruits and vegetables when needed to remove skin (e.g., carrots, potatoes).</p> <p>Mixing: Use the correct method (folding, stirring, beating) to avoid over mixing or damaging the texture.</p>

Cooking Methods & Equipment:	
Baking:	Preheat the oven before use and check cooking times. Use an oven thermometer if necessary.
Frying:	Always use enough oil for frying, and never overcrowd the pan. Be careful with hot oil.
Boiling/Simmering:	Watch for boiling points and reduce heat to simmer when appropriate (e.g., for stews).