

Year 8 Knowledge Organiser 2 - Eatwell Guide & where our food comes from

Key Knowledge

Know Personal hygiene rules and their importance

Know Safety rules and their importance

Know the groups on the Eatwell Guide

Know functional properties of ingredients: coagulation, gelatinisation

Key Skills

Follow personal hygiene rules

Follow safety rules

Identify which group on the Eatwell Guide foods belong to

Use a range of cooking techniques: creaming method, boiling, frying, baking, simmering

Tier three vocabulary

Grown
Reared
Caught
Fibre

Fat
Hydration
Aquaculture

Sustainability
Polytunnels
Arable
Hatchery
Hydroponics



The Eatwell Guide

Comprises 5 main food groups. Suitable for most people over 2 years of age. Shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet. Shows proportions representative of food eaten over a day or more

Composite Meals

Contain all 5 food groups of the Eatwell Guide. Help maintain balanced diet and provide full range of nutrients. Examples = lasagne, pizza, cottage pie, fajitas

Fats & Oils

Provide energy, keep us insulated and protects internal organs. Saturated - animal based- unhealthy. Unsaturated - plants = fish based - healthier
Excess -raise blood cholesterol levels, increase chance of getting heart disease.

Fibre

Plant based carbohydrate. Helps digestion - keeps you fuller for longer. Good for large intestine. Helps reduce heart related disease.
Excess (too much) - wind, bloating, cramps
Deficiency (too little) - constipation

Hydration

Aim to drink 6-8 glasses of fluid each day. Water can be lost through sweating, breathing and going to the toilet. Water can be replaced by the foods we eat. Functions (job) - stop eyes drying out, helps kidneys get rid of waste, regulates body temperature, helps digestion, helps muscles & joints move

Baking: method of cooking using dry heat. Turns golden. Improves appearance.

Frying: cooking in a small amount of hot oil. Improves flavour, colour & texture.

Boiling: cooking fully covered in water at 100C. Softens foods.

Simmering: cooking fully covered in water below boiling point.

Creaming method: where the fat and sugar in the recipe are melted together. This helps create a denser texture, keeps the product moist, and in some cases make it sticky.



Spatula - used for scraping mixtures out of bowls



Electric hand whisk - used for whisking ingredients together such as cakes, meringues, batters



Colander - used for draining vegetables and pasta

Food Provenance

Where our food comes from (where we source our food)

Grown food

Plants, crops, fruits and vegetables. Plant/crop only farming is called arable farming

Reared food

Animals bred/kept for the purpose of eating. Cattle are kept on dairy farms, Chickens reared for meat are called broilers. Chickens can be standard, free-range or organic. Egg production can be caged, barn, free-range or organic.

Caught food

Fish, seafood & shellfish. Also known as aquaculture. Large scale fishing uses trawlers (big boats) and catches a lot. Small scale fishing uses lines, poles and creels and catches smaller amounts.