

# 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



**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.

**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.