

Year 8 Knowledge Organiser 1 - Eatwell Guide

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: stir-frying, boiling, baking, frying,

Tier three vocabulary

Excess - too much of something

Deficiency - not enough of something

Oedema - build up of fluid caused by an excess of protein

Enzymes - produced by proteins to help digestion

Antibodies - produced by protein to stop us getting ill

Pasteurisation - heat treating milk to make it safe to consume

Homogenisation - the treatment that stops fat reforming on top of milk

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

Starchy Carbohydrates

Base meals around starchy carbohydrate food. Required for energy. Should make 1/3 of diet and 50% of energy.
Complex carbohydrates = starchy - slow release energy
Excess (too much) - stored as fat, leads to obesity,
Simple carbohydrates = sugars - quick release energy
Excess (too much) - tooth decay, type 2 diabetes
Deficiency (too little) - low blood sugar levels, dizzy, hungry and weak

Fruit & vegetables

Should make 1/3 of diet. Eat 5 portions a day. POTATOES do not count. 80g = portion. 30g dried fruit. 150ml fruit juice - only 1 counts each day.
Keep gut healthy, protects against disease, packed with vitamins & minerals, contains antioxidants & fibre
Reduce risk of heart disease, strokes & some cancers

Protein

Animal sources - meat, fish, poultry, eggs, cheese
Plant sources - beans, peas, pulses, soya nuts, seeds, Quorn
Needed for growth, repair & maintenance

Dairy & alternatives

Good source of calcium- keeps bones & teeth strong. Eat low fat/sugar options to reduce risk of obesity, tooth decay & diabetes.
milk heat treated (pasteurised) to kill bacteria. - primary processed.
Homogenised to stop cream forming on top.



Wok - used for stir-frying as it has high sides so the food doesn't spill out



Frying pan - used for frying foods like vegetables, bacon, eggs



Vegetable knife - used for chopping, slicing, dicing smaller foods



Muffin tin - used for baking individual cakes/cupcakes/ Yorkshire puddings



Measuring Jug - used for accurately measuring liquids



Baking tray - used for baking foods like biscuits & bread.

Stir-frying: high heat with little oil, constantly moving the food

Baking: method of cooking using dry heat

Coagulation: protein in egg setting (from liquid to solid)

Gelatinisation: when starch molecules swell and burst to thicken sauces