

Year 7 Knowledge Organiser - Passport to Food

Key Knowledge

- Know Personal hygiene rules and their importance
- Know Safety rules and their importance
- Know the importance of effective washing up
- Know sensory testing and its importance
- Know which equipment to use
- Know how to weigh & measure
- Know a range of different cuisines
- Know how to work individually and as a pair
- Know how to demonstrate ideas through practical and design tasks

World cuisines

Multi-cultural foods

Staple food

Plant based, cheap to grow & buy, provide energy, carbohydrate based

Continent

Staple Foods

Asia	Rice and noodles
North Africa	Couscous
North America	Corn (for tortilla)
South America	Rice & beans
Europe	Potatoes & cereal crops (wheat, oats)

Key Skills

- Use the bridge hold and claw grip
- Effectively wash up
- Use sensory testing
- Follow personal hygiene rules
- Follow safety rules
- Select appropriate equipment and use correctly
- Accurately weigh and measure
- Effective individual and paired work
- Express ideas through practical and design tasks
- Use a range of cooking techniques: stir-frying, boiling, baking, frying,

Personal hygiene rules

- Wash hands before starting
- Wash hands between jobs
- Wash hands after: touching raw meat, going to the toilet, sneezing & coughing, touching rubbish,
- Tie long hair up
- Wear a clean apron
- No jewellery
- No false nails or nail varnish
- Wear a blue plaster



Tier three vocabulary

Personal hygiene - what you should/should not do to yourself to stop food poisoning from happening

Hazard - an accident waiting to happen

Cuisine - the food eaten regularly by a certain area/country

Multi-Culture - lots of different cultures all in one area so the food choices are very varied.

What must legally be on a label

- | | |
|-------------------------|-------------------------------------|
| 1. Product name | 7. Cooking instructions |
| 2. Weight/volume | 8. Name and address of manufacturer |
| 3. Ingredients list | 9. Place of origin |
| 4. Storage instructions | 10. Description of product |
| 5. Allergens | 11. Conditions of use |
| 6. Expiry dates | 12. Nutrition labelling |



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



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



Measuring Jug - used for accurately measuring liquids

Stir-frying is a healthier cooking technique because you just add a small amount of fat.

