

## Eatwell Guide



# Year 8 Knowledge Organiser 1 - Eatwell Guide

**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

## Dairy and alternatives

- An important source of calcium, which helps to keep bones strong.
- Should go for lower fat and lower sugar products where possible to reduced risks of obesity, tooth decay & diabetes
- Milk is heat treated to kill bacteria and make it safe to drink - primary processing
- Milk is homogenised to stop the cream forming on the top
- Full fat milk - no fat removed
- Semi-skimmed milk - some of the fat removed
- Skimmed milk - all of the fat removed

## The Eatwell Guide

- Comprises 5 main food groups.
- Is 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.

## Potatoes, bread, rice, pasta or other starchy carbohydrates

- Base meals around starchy carbohydrate food. Required for energy.
- This group should make up just over a third of the diet. 50% of energy should come from this group.
- Complex carbohydrates - starchy foods - slow release energy.
- Excess - stored as fat - leads to obesity
- Deficiency - low blood sugar levels, dizzy, hungry and weak
- Simple carbohydrates - sugars - quick release energy.
- Excess - tooth decay, type 2 diabetes

## Beans, pulses, fish, eggs, meat and other protein

- Try for two portions of fish a week - one oily.
- Eat lean meat - less fat contents
- Eat less processed foods - less salt content
- Needed for growth of hair, nails & muscles
- Needed for repair of tissues & muscles after injury
- Needed to maintain enzymes and antibodies

## Fruit and vegetables

- This group should make up just over a third of the food eaten each day.
- Aim to eat at least five portions of a variety each day. Potatoes do NOT count.
- Choose from fresh, frozen, canned, dried or juiced.
- A portion is around 80g (3 heaped tbs).
- 30g of dried fruit or 150ml glass of fruit juice or smoothie count as a max of 1 portion each day.
- Keep the gut healthy and protect against disease.
- Packed with vitamins & minerals, antioxidants & fibre
- Can reduce risks of heart disease, strokes & some cancers.
- Root vegetable provide carbohydrates, pods & seeds provide protein
- Red & orange fruits & veg provide Vitamin A, leafy green vegetables Vitamin C.

## 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  
Identify which group on the Eatwell Guide foods belong to  
Effective individual and paired work  
Express ideas through practical and design tasks  
Use a range of cooking techniques: baking, stir-frying, and frying

## 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 the groups on the Eatwell Guide Know how to self and peer assess following set criteria  
Know how to work individually and as a pair  
Know how to demonstrate ideas through practical and design tasks  
Know functional properties of ingredients: coagulation, gelatinisation



**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



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



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



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

## **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