

Eatwell Guide



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.

Composite meals

- Contain all the food groups from the Eatwell Guide
- Help maintain balanced diet
- Help provide full range of nutrition
- Lasagne, pizza, cottage pie, Sunday dinner, fajitas,



Food provenance - where our food comes from

Grown food - plants, crops, fruit and vegetables

Reared food - animals bred and kept for the purpose of eating

Caught food - fish, seafood, shellfish

Seasonal food - foods available only during certain times of the year

Fats & Oils

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

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

Fibre

- Plant based carbohydrate
- Helps digestion - Keeps you fuller for longer
- Good for large intestine
- Helps reduce heart related disease
- Excess - wind, bloating & cramps
- Deficiency - constipation

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.

Saut eing:

Gelatinisation: thickening a sauce using starch from flour,. The starch molecules burst to thicken the sauce.

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.

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



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



Spatula - used for scraping mixtures out of bowls



Colander - used for draining vegetables and pasta

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

Hydration

- Aim to drink 6-8 glasses of fluid every day.
- Water lost through sweating, breathing and going to the toilet
- Can be replaced from the foods we eat

Functions include -

- Stopping eyes drying out
- Helps kidneys get rid of waste
- Regulates body temperature
- Helps digestion
- Helps muscles & joints move

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