

Year 7 Knowledge Organiser - World Cuisines

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

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,

Many people from different cultures live in Britain today. We also travel further and more often than ever before. This has led to an increase in the amount of food we eat from elsewhere in the world. The food traditionally eaten in certain areas or countries is known as a Cuisine. World cuisines (multi-cultural foods) have become part of our everyday food, and even some of our favourite foods. Eating world cuisines (multi-cultural foods) allows us to have an understanding of what foods and dishes different countries and cultures enjoy compared to British food.

We will be making food from:

Asia North Africa North America
South America Europe

Stack the dirty dishes on one side of the sink.

Put the plug in the sink.

Fill the bowl with hot soapy water.

Stack clean dishes on the other side of the sink.
Dry them properly.

Always wash sharp knives first – do not put them in the sink.

If the water gets too dirty – change it for clean.

Wash the pots starting with the cleanest.

Drain the water.
Clean the sink, sides and table.

Put the clean pots away exactly where you got them from

Tier three vocabulary

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

Bacteria - microscopic organisms found everywhere which can cause food poisoning

Sensory testing - using all of your senses to evaluate food and see if you like it and how to improve it

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.

Each continent will have its own staple food. This is a plant based food which is included in most of their meals. It will be cheap to grow and to buy. It will provide a lot of energy as they are usually carbohydrates.

Asia - rice and noodles

North Africa - couscous

North America - corn used to make tortillas

South America - rice & beans

Europe - Potatoes and cereal crops (wheat, oats)

There are 12 things that must be included on a label by law:

- 1 Name of the product
- 2 The weight/volume of the product
- 3 Ingredients list (most to least)
- 4 Storage instructions
- 5 Allergens (anything that may cause a reaction) and any Genetically Modified ingredients.
- 6 Expiry dates (use by/best before)
- 7 How to prepare the product (cooking instructions)
- 8 Name and address of the manufacturer (who made it)
- 9 Place of origin (where it was made)
- 10 Description of the product
- 11 Conditions for use
- 12 Nutrition labelling

Personal Hygiene

- ♦ Washing my hands before starting
- ♦ Washing my hands between jobs
- ♦ Washing my hands after touching raw meat
- ♦ Washing my hands after touching raw eggs
- ♦ Washing my hands after putting rubbish in the bin
- ♦ Washing my hands after the toilet
- ♦ Washing my hands after coughing/sneezing/eating
- ♦ Tying my hair up
- ♦ Wearing a clean apron
- ♦ Not wearing any jewellery
- ♦ Not wearing nail varnish/false nails
- ♦ Not wearing much make-up
- ♦ Not coughing or sneezing over the food
- ♦ Wearing a blue plaster on a cut
- ♦ Keeping my area clean

Safety

- ♦ Not running in the food room
- ♦ Putting my bag/coat out of the way
- ♦ Moving my stool out of the way
- ♦ Listening to instructions
- ♦ Using the correct equipment
- ♦ Not using equipment if I haven't been shown how to
- ♦ Holding a knife by the handle
- ♦ Not having a knife hanging off the tables
- ♦ Using the correct techniques — bridge and claw
- ♦ Keeping pan handles to the side
- ♦ Using oven gloves if the oven is hot
- ♦ Not leaving a sharp knife in a full sink
- ♦ Cleaned up any spills straight away
- ♦ Dried my hands before using electricity



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