

Year 9 Knowledge Organiser - Food Provenance & Manufacturing



sustainable
FOOD



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.

Rubbing-in: using fingertips to rub fat and flour together to make a breadcrumb texture. Makes the product crumbly.

Ribbon-stage: when whisked eggs and sugar can form a figure eight on top of the mixture without sinking.

Foam: when air is trapped in liquid by fast whisking to create a light airy texture.

Folding-in: using the sharp edge of a spoon/spatula to carefully incorporate flour into a whisked mixture without knocking all the air out.

Seasonal food is fresh food that is ready to eat during its preferred season.

Seasonal food is fresher, tastier and more nutritious as it hasn't travelled so far. Pesticides, waxes and preservatives are often used to preserve foods that are out of season as vegetables start losing their nutrients straight after they're picked. So the quicker they get to your plate the better.

Food miles are the distance food travels from its place of origin to your table.

Carbon footprint: the CO₂ emission created by the production and transport of your food.

"Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life". (World Food Summit, 1996)

Food sustainability means producing food in a way that protects the environment, makes efficient use of natural resources, ensures that farmers can support themselves, and enhances the quality of life in communities that produce food, including the animals as well as the people.

Primary processing prepares raw foods straight from being picked, harvested or slaughtered so they are ready to be eaten or cooked immediately, or used as ingredients to make other food products.

Secondary processing uses primary foods - foods which have already been made safe/ready to eat or use in other products.

Skills

Use the bridge hold and claw grip
Effectively wash up
Follow personal hygiene rules
Follow safety rules
Select appropriate equipment and use correctly
Accurately weigh and measure
Identify reasons eating seasonal food is important
Identify how to keep food sustainable
Identify how to reduce food waste
Identify why eating local food is vital to protect the environment
Effective individual and paired work
Express ideas through practical and design tasks
Use a range of cooking techniques: baking, frying, boiling, sautéing, sauce making, simmering, rubbing-in method, creaming

Tier three vocabulary

Personal hygiene

Bacteria

Sensory testing

Provenance

Primary Processing

Secondary Processing

Melting method

Sustainability

Rubbing-in method

Food Security

Food Miles

Carbon

Footprint

Seasonality

Foaming



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



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



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

Knowledge

Know personal hygiene rules and their importance

Know safety rules and their importance

Know the importance of effective washing up

Know which equipment to use

Know how to weigh & measure

Know seasonality and using local food & their importance

Know sustainability & its importance

Know food miles & how to reduce them

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: foaming