

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 and extend its shelf life - 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