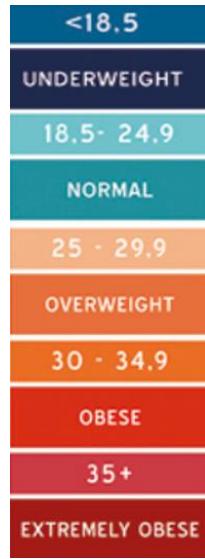
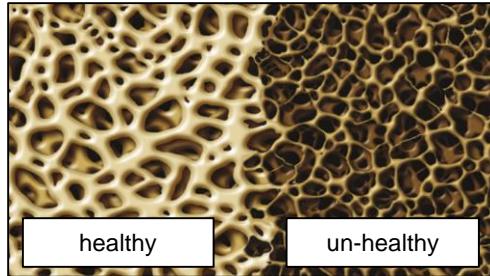
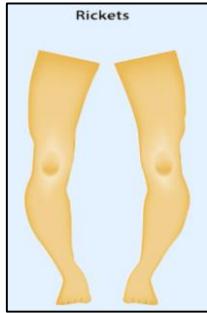


# Year 7 Knowledge Organiser

## Diet, Nutrition & Health

Certain diseases or health conditions develop over time due to a poor diet. One or more of the risk factors for developing a disease or health condition are a result of what or how much you consume over a period of time.



**Macro nutrients** These are nutrients needed by the body in large amounts. (*Proteins, Fats and Carbohydrates*)

**Micro nutrients** These are nutrients needed by the body in smaller amounts. These are Vitamins and Minerals

| Nutrients     | Function   | Source   |
|---------------|--|--|
| Carbohydrates | Gives the body energy  | Sugar, honey, jam<br>Potatoes, pasta, rice                                   |
| Protein       | Growth and repair of the body<br>Secondary source of energy                | Meat, fish, milk, eggs cheese, lentils,<br>soya, nuts, wheat, beans and peas |
| Fat           | Protection and insulation (warmth) of the body. Gives the body some energy | Butter, Cheese, Oily fish,<br>meat   |
| Vitamin A     | Help eyes see in dim light<br>Healthy skin and tissue                      | Liver, eggs, butter, soft spreads,<br>carrots and apricots                   |
| Vitamin B     | Transfer and release of energy<br>Formation of red blood cells             | Cereals, meat, fish, eggs, dairy<br>products, pulses, yeast products         |
| Vitamin C     | Healthy skin. Helps the body heal faster and helps resist infection.       | Fruit and vegetables e.g. oranges,<br>lemons, blackcurrants                  |
| Vitamin D     | Growth and maintenance of strong bones. Aids the absorption of calcium     | Made by the body with skin exposed to sunlight, oily fish and eggs           |
| Iron          | Formation of red blood cells which carry oxygen around the body            | Red meat, dark vegetables, eggs,<br>chocolate, dried fruit, cereals          |
| Calcium       | Keeps bones and teeth strong<br>Healthy muscles and nerves                 | Dairy foods, white bread, canned fish,<br>green leafy vegetables             |
| Water         | For all body actions<br>Removes waste products                             | Drinking water, fruits and milk  |

## Sustainability & Environment

- Air & water pollution effecting health in animals, humans and plants
- Use of fertilisers, damaging land, polluting water supplies, effecting human health
- Transporting food and creating food miles, carbon footprint, food waste
- Sustainable fishing and farming



## Heat Transfer

- The way in which heat energy is passed into food
- Conduction** - Transferring heat through a solid object into food  
e.g. Frying bacon in a pan, using a pan on the hob, a metal spoon in water
  - Convection** - Transferring heat through a liquid or air into food  
e.g. Baking a cake, boiling water, cooking in an oven
  - Radiation** - Transferring heat by infra-red waves that heat up what they come into contact with  
e.g. grilling sausages or bacon, making toast



## Standard Components

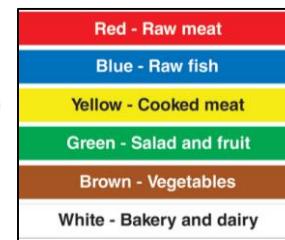
- A pre-prepared ingredient that is used during the production of a product.
- ✓ ensures consistency
  - ✓ saves time and effort
  - ✗ can be more expensive
  - ✗ may not be as good as fresh
  - ✗ need storage space



## Key Terms to know and use!

|                       |   |
|-----------------------|---|
| Hygiene               | To prepare food in a clean way to stop food spoilage or poisoning occurring   |
| Cross contamination   | The transfer of food spoilage/poisoning from one food to another  |
| Body Mass Index (BMI) | Weight (kg) divided by height (m). A high BMI can be an indicator of high/low body fat.   |
| Coeliac               | <b>Cannot digest gluten in the small intestine. Avoid foods such as bread and cakes. These can be made with gluten-free flour</b> |
| Lactose Intolerant    | <b>Cannot digest the sugar lactose, it is found in milk and dairy products. Lacto-free products have be eaten.</b>                |

Chopping Board Coding



Online textbook <http://www.illuminate.digital/aqafood/>

Student Username: STURTON3  
Student Password: STUDENT3

