

Year 8 Knowledge Organiser

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
Food Provenance	Where foods and ingredients originally come from
Food security	The ability of people to buy sufficient safe, nutritious and affordable food
Sustainability	Producing food in a way that can be maintained over a long period of time and protects the environment
Food Miles	More food is being transported by air & driven by lorries. This creates food miles, carbon footprint, food waste

Cheese Making

Curds are separated from the liquid whey by coagulating milk, curds are then used in the cheese making process

Rennet is used to help separate the milk into **curds** and **whey** and to help set the cheese

When cheese is made, there are two types of micro-organisms used – bacteria and moulds

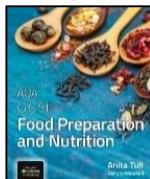
Non-pathogenic bacteria does not cause food poisoning and is used in a variety of food products such as cheese.

Milk is pasteurised, this sterilisation process starts to irradiate pathogenic bacteria, heating to 72°C makes milk safe to drink

Online textbook

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

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Chopping Board Coding

Red - Raw meat
Blue - Raw fish
Yellow - Cooked meat
Green - Salad and fruit
Brown - Vegetables
White - Bakery and dairy

Sustainability & Environment



Fairtrade promotes better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in developing countries.

Red Tractor covers: Animal welfare, food safety, traceability and environmental protection. Experts check that food is farmed and prepared to a good standard.



- Fairtrade ● Red Tractor ● Soil Association ● Freedom food
- Carbon footprint ● Sustainability
- Food miles
- Animal welfare



Packaging

Food labels are used to show different things, they protect the consumer and manufacturer by giving certain information by law:

- *Name and description of food product*
- *Ingredients list* ● *weight or volume* ● *Storage*
- *Name and address of food manufacturer distributor* ● *Place of origin of food* *How to prepare and cook the product* ● *Allergy warnings* ● *Additives information* ● *Shelf-life, use-by and best before dates*

Bacterial Contamination

- Micro-Organisms that make food unsafe to eat and cause food poisoning are called **pathogens**.
- **Danger zone** 5°C to 63°C
- **Fridge** temp: 0c to 5c
- **Freezer** temp: -18°C to -24°C
- Re-heat/ cook raw food to at least 75°C to **kill bacteria**

Key Terms

Pathogens, Non-pathogens, Danger zone, Bacteria

Wheat into Flour

Stage 1: Harvest

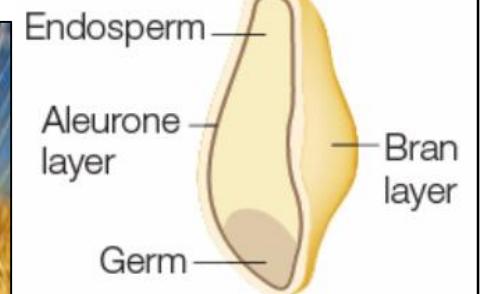
When the wheat grains ripen, combine harvesters are used to cut the plants and separate the grains from the rest of the plant.

Stage 2: Cleaning and storage

The wheat grains are then cleaned and stored until they are ready to be milled.

Stage 3: Milling the grain to produce flour

The wheat grains are then cleaned and stored until they are ready to be milled. The main nutrients are held under the aleurone and bran layers. The germ is responsible for the reproduction of the grain if it were to be planted and grown again.



Food Spoilage

Enzymes cause foods like fruit to ripen, change the texture, alter the flavour and alter the smell

Yeast targets foods that contain a high amount of sugar. They settle on food, grow, ferment the sugar e.g. in fruit.

Enzymic browning can be prevented by cooking, putting the food into cold water, adding acid like lemon or orange juice and blanching

