

Name:

Teacher:

Form:

# Food Year 7 Homework Booklet

My teacher is going to test me on all of my homework at the start of each lesson.

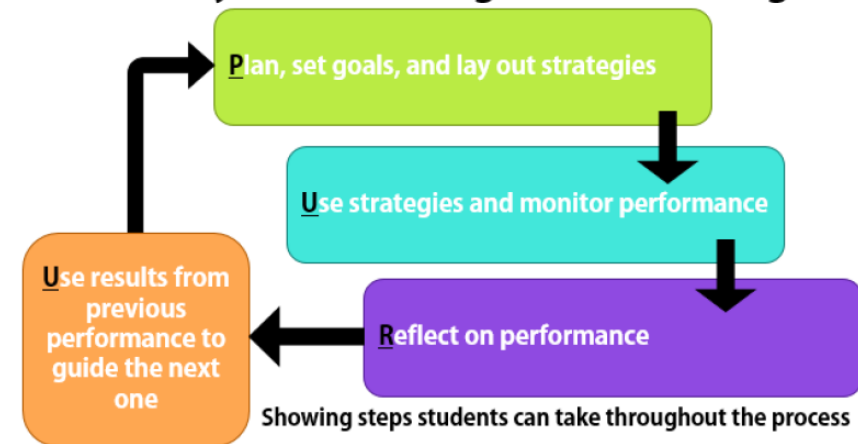
For my technical knowledge I need to know:

- How to spell the word correctly
  - What the meaning is
- How and where it is used.

# Marks

Date	Test number & total mark	My mark	%
	Test 1 - 8 marks		
	Test 2 - 6 marks		
	Test 3 - 12 marks		
	Test 4 – 8 marks		
	Test 5 – 13 marks		
	Test 6 – 10 marks		
	Test 7 – 6 marks		
	Test 8 – 3 marks		
	Test 9 – 7 marks		
	Total (73)		
	End of module test		

## The Cycle of Self-Regulated Learning



Learning towards excellence

UPUR

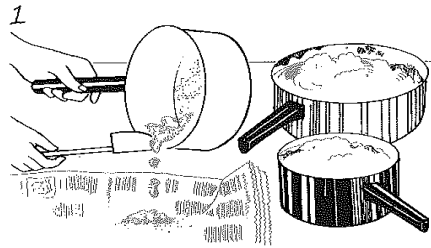
How I have performed

What I need to do

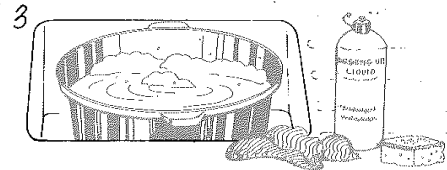
# Washing up skills

## WASHING UP

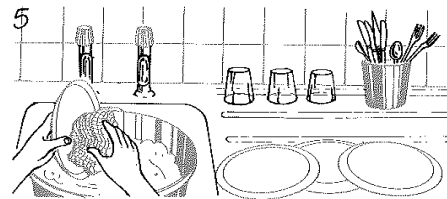
Apart from families who own a dishwasher, most people wash up at least twice a day. Hot water and washing-up liquid help to remove food and grease, but stubborn marks need a little extra help from you. Follow this easy step-by-step guide for success.



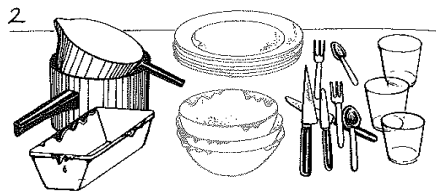
Scrape food scraps on to paper and throw them away. Fill dirty saucepans with soapy water and leave them to soak.



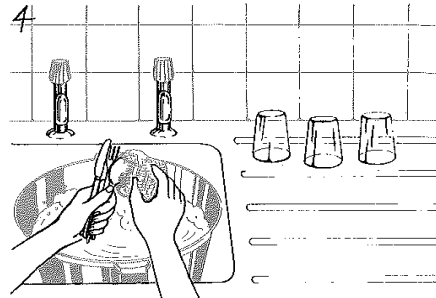
Fill a washing-up bowl with water, hot enough to put your hand in. Add one squeeze of washing-up liquid to the water. Washing-up liquid removes grease and dried-up food. A scourer removes stubborn stains, and a dishcloth wipes off the dirt and grease.



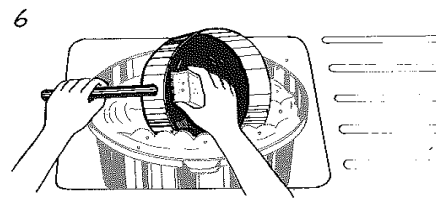
First wash the cleaner dishes, then the dirtier ones. Rinse them in hot water, then stack on the draining-board.



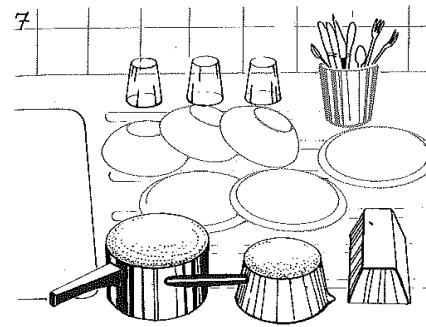
Sort the washing-up into five groups:  
1 Glassware  
2 Cutlery (knives, forks, and spoons)  
3 Cleanest dishes  
4 Dirtiest dishes  
5 Pans and tins.



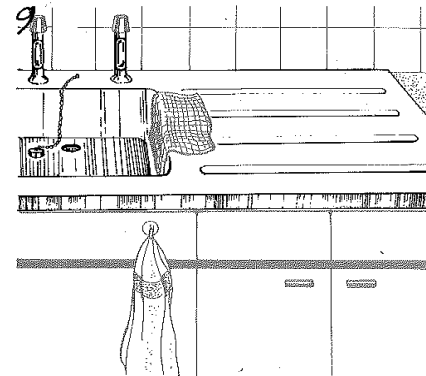
Wash the glasses first, then rinse in hot water and drain. Now wash the cutlery, rinse and drain.



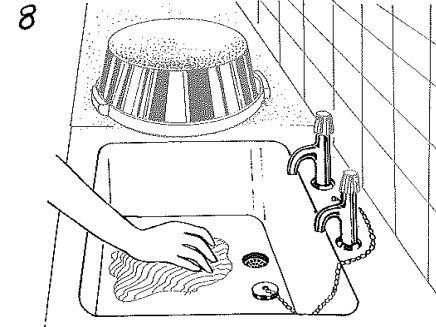
If the water is very dirty, change it now. Then wash the tins, pots, and saucepans. A scourer may be useful for removing difficult marks.



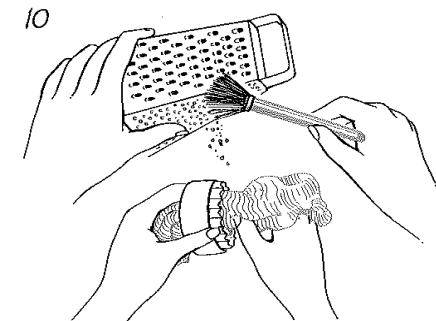
The most hygienic method of drying is to let things dry on their own. If you are in a hurry, dry up with a clean tea-towel, and put the things away.



Dry down the draining-board. Wash the tea-towel and dishcloth and leave them to dry. A damp, dirty dishcloth is a breeding ground for bacteria and smells unpleasant.



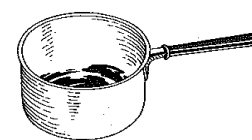
Empty out the dirty water. Wipe down the sink and draining-board and clean the washing-up bowl. Remove any food trapped in the plughole.



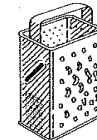
**Handy tips**  
Sharp knives should be washed on their own.  
A brush can remove food from graters. Pastry cutters can be wiped with kitchen paper.  
Baking tins can be dried in the oven.

### Questions

Describe how you would clean the following pieces of equipment, and list any safety points to be considered:



(a) burnt saucepan



(b) cheese on a grater



(c) food left on a dinner plate



(d) greasy sharp knife

Read the information provided and answer the questions ready for a test next week.

# Washing up skills

Do not fill this sheet in at home

Describe how you would clean the following pieces of equipment. Include any safety considerations.	Answer
1) A burnt pan	
2) Cheese on a grater	
3) Food left on a dinner plate	
4) A greasy sharp knife	

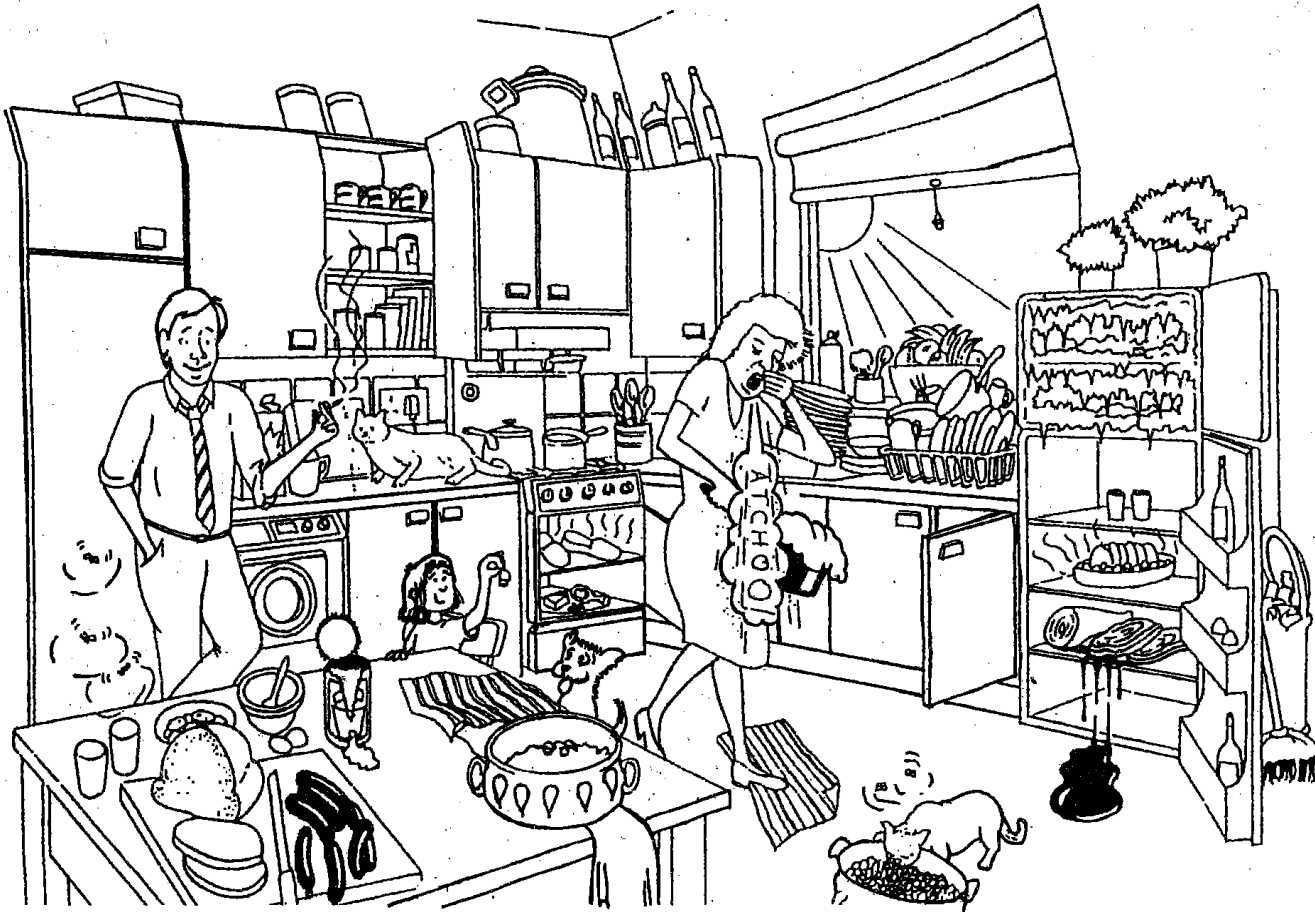
..... Marks/8

# Safety and Hygiene

## THE HAZARD FAMILY KITCHEN

There's an accident waiting to happen.  
How many hazards can you spot?  
Circle all the hazards you can see using a bright colour.

Number of hazards found \_\_\_\_\_



1) Use the dictionary to define the term hazard.

2) Circle as many hazards you see in the picture.

3) Create 5 safety rules to prevent hazards happening in the Food technology room.

- I. :
- II. :
- III. :
- IV. :
- V. :

# Test Safety in the Food Technology room

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Question	Answer
Define the term hazard.	
List 5 safety rules to prevent hazards happening in the Food technology room.	1)  2)  3)  4)  5)

# The Eatwell guide

Task:

Visit the following web link to find out more about the Eatwell guide

<https://www.nutrition.org.uk/healthyliving/healthydiet/healthybalanceddiet.html?limitstart=0>.

List the five sections of the Eatwell guide

- 1.
- 2.
- 3.
- 4.
- 5.

## Pasta Salad

100g pasta shapes

1 carrot

100g cooked chicken or 1 tin of tuna fish

1 tomato

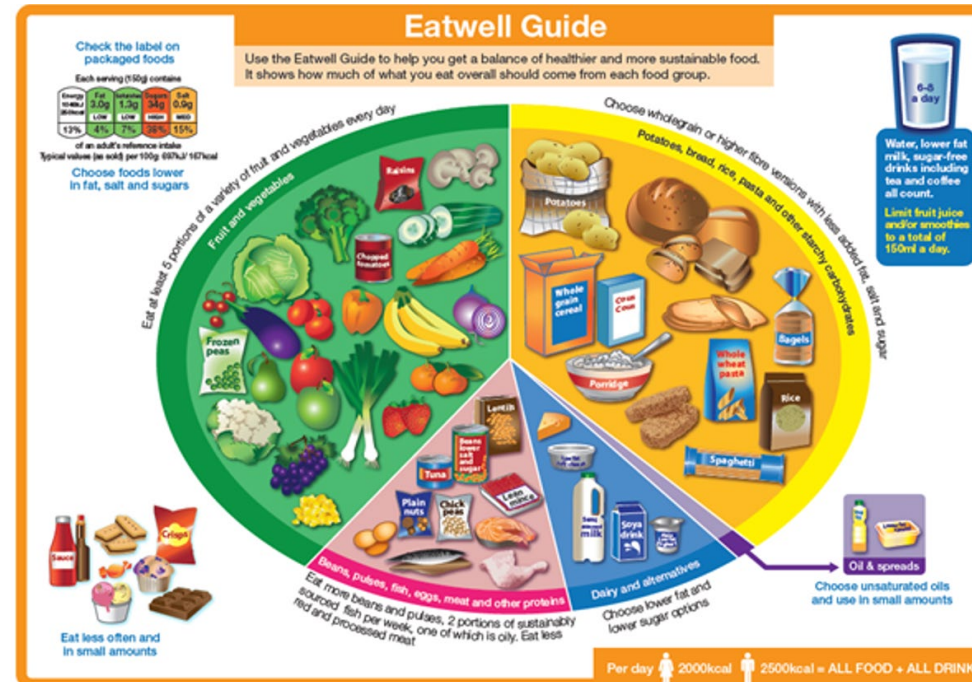
$\frac{1}{4}$  cucumber

2 x 15ml spoons low fat dressing/mayonnaise



Evaluation  
WWW

EBI



# Test

1. Label the five sections of the Eatwell guide.
2. Place the following ingredients in the correct sections

A basic Lasagne recipe contains:

- Mince beef mince
- Chopped onions
- Chopped tomatoes
- Mushrooms
- Pasta Lasagne sheets
- Grated cheese
- A white cheese sauce made with milk



.....  
Marks/12

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# Key technical equipment

## Task:

Learn the names for the following basic kitchen equipment and annotate the uses for each one.

## Basic kitchen equipment

Cook's knife – a large knife for cutting and chopping meat, vegetables, etc.



Vegetable knife – a small knife for preparing fruit and vegetables.



Palette knife – used for lifting biscuits, scones, and so on from a baking tray.



Whisks of different types.



Pastry brush – for brushing pastry with egg and milk before baking, or for greasing tins.



Spatula – for scraping all the mixture from a bowl.



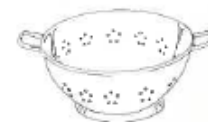
Fish slice – for lifting larger items from a frying pan or baking tray.



Sieve – can be made of nylon, or metal, which is stronger. Clean with a brush.



Colander – for draining vegetables or pasta.



Grater – with different sized cutting surfaces. Metal is best as it is sharpest. Clean with a brush and dry well to avoid rusting.



Flour dredger – for dusting the work surface with a little flour when rolling out pastry, biscuits and so on.



Pastry cutters – they can be plain or fluted. You can also get fancy shapes like gingerbread men, animals, or stars.



Mixing bowl – for all general mixing jobs.







Pudding basins – these are available in different sizes. They are used for steaming puddings, etc.



Wire cooling tray – for cooling cakes, bread, biscuits, scones, and so on.



# Test Identify pieces of equipment

Piece of equipment	Correct name for the piece of equipment	Uses
		
		
		
		

**Do not fill this sheet in at home**

..... Marks/8

# Functions and sources of nutrients

Task:

Learn the job and function for each macro nutrient,

Ingredients

## Apple & Sultana Crumble

Ingredients for next lesson –

- 100g plain flour
- 50g butter or margarine
- 50g oats
- 25g sugar
- 2 eating apples
- 50g sultanas (can be removed but you will need an extra apple)
- Can bring a teaspoon of cinnamon or mixed spice (optional).



Nutrient	Job (function) in the body	Sources
Carbohydrates (sugar and starch)	Gives the body energy	Sugar, honey, jam Potatoes, pasta, rice
Fat	Protection and insulation (warmth) of the body Gives the body some energy	Butter, Cheese, Oily fish, meat
Protein	Growth and repair of the body Secondary source of energy	Meat, fish, milk, eggs, cheese, lentils, soya, nuts, wheat, beans and peas
Vitamin A	Help eyes see in dim light Healthy skin and tissue	Liver, eggs, butter, soft spreads, orange and yellow vegetables e.g. carrots and apricots
Vitamin B	Transfer and release of energy Formation of red blood cells	Cereals, meat, fish, eggs, dairy products, pulses, yeast products

Evaluation  
WWW

EBI

# Test



## Nutrition

Do not fill this sheet in at home

1) Complete the table below by tick the correct column

	Macro nutrient	Micro nutrient
Calcium		
Carbohydrate		
Vitamin C		
Iron		
Fat		
Vitamin A		
Protein		

2) Complete the Job and source for the following nutrients

Nutrient	Job	Source
Carbohydrate		
Protein		
Fat		

..... Marks/13

# Functions and sources of nutrients

Nutrient	Job (function) in the body	Sources
Vitamin A	Help eyes see in dim light Healthy skin and tissue	Liver, eggs, butter, soft spreads, orange and yellow vegetables e.g. carrots and apricots
Vitamin B	Transfer and release of energy Formation of red blood cells	Cereals, meat, fish, eggs, dairy products, pulses, yeast products
Vitamin C	Healthy skin Helps the body heal faster and helps resist infection. Aids the absorption of iron	Fruit and vegetables e.g. oranges, 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, chocolate, dried fruit, wholegrain cereals
Calcium	Keeps bones and teeth strong Healthy muscles and nerves	Dairy foods (milk, cheese, yogurt), white bread, canned fish, green leafy vegetables
Water	For all body actions Removes waste products	Drinking water, fruits and milk

# Test

Do not fill this sheet in at home

Nutrient	Job (function) in the body	Sources
Vitamin A		Liver, eggs, butter, soft spreads, orange and yellow vegetables e.g. carrots and apricots
Vitamin B	Transfer and release of energy Formation of red blood cells	
Vitamin C	Healthy skin. Helps the body heal faster and helps resist infection. Aids the absorption of iron	Fruit and vegetables e.g. oranges, lemons, blackcurrants
Vitamin D		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, chocolate, dried fruit, wholegrain cereals
Calcium		Dairy foods (milk, cheese, yogurt), white bread, canned fish, green leafy vegetables
Water	For all body actions Removes waste products	

Fill in the gaps.

1. Two functions for Vitamin A, Vitamin D and Calcium.
2. Two sources for Vitamin B and Water.

..... Marks/10

## The 5 Main Nutrients

Vitamins

Minerals

Protein

Fat

Carbohydrates

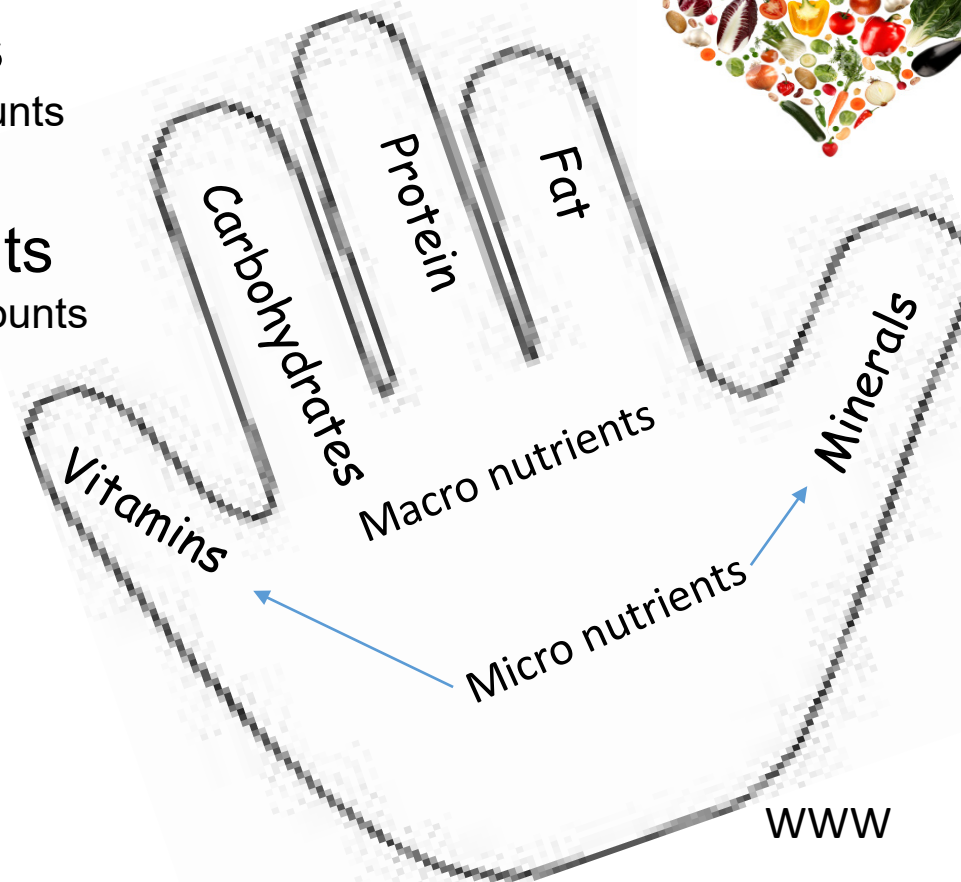
Micro nutrients

Needed in small amounts

Macro nutrients

Needed in large amounts

# Nutrients



Evaluation

### Breakfast berry banana muffins

#### Ingredients

75g porridge oats  
150g low fat natural or Greek yogurt  
1 very ripe banana  
3 x tablespoon semi skimmed milk  
3 x tablespoon vegetable oil  
1 large egg  
75g sugar  
150g self-raising flour  
100g berries (can be frozen)  
muffin cases



#### Tips:

- Try using a variety of berries that are in season, such as raspberries, blackberries or blueberries.
- You could add extra toppings to the muffins, such as desiccated coconut or pumpkin seeds. Try adding extra flavour by sieving ground spice, such as ginger, cinnamon or mixed spice with the flour.

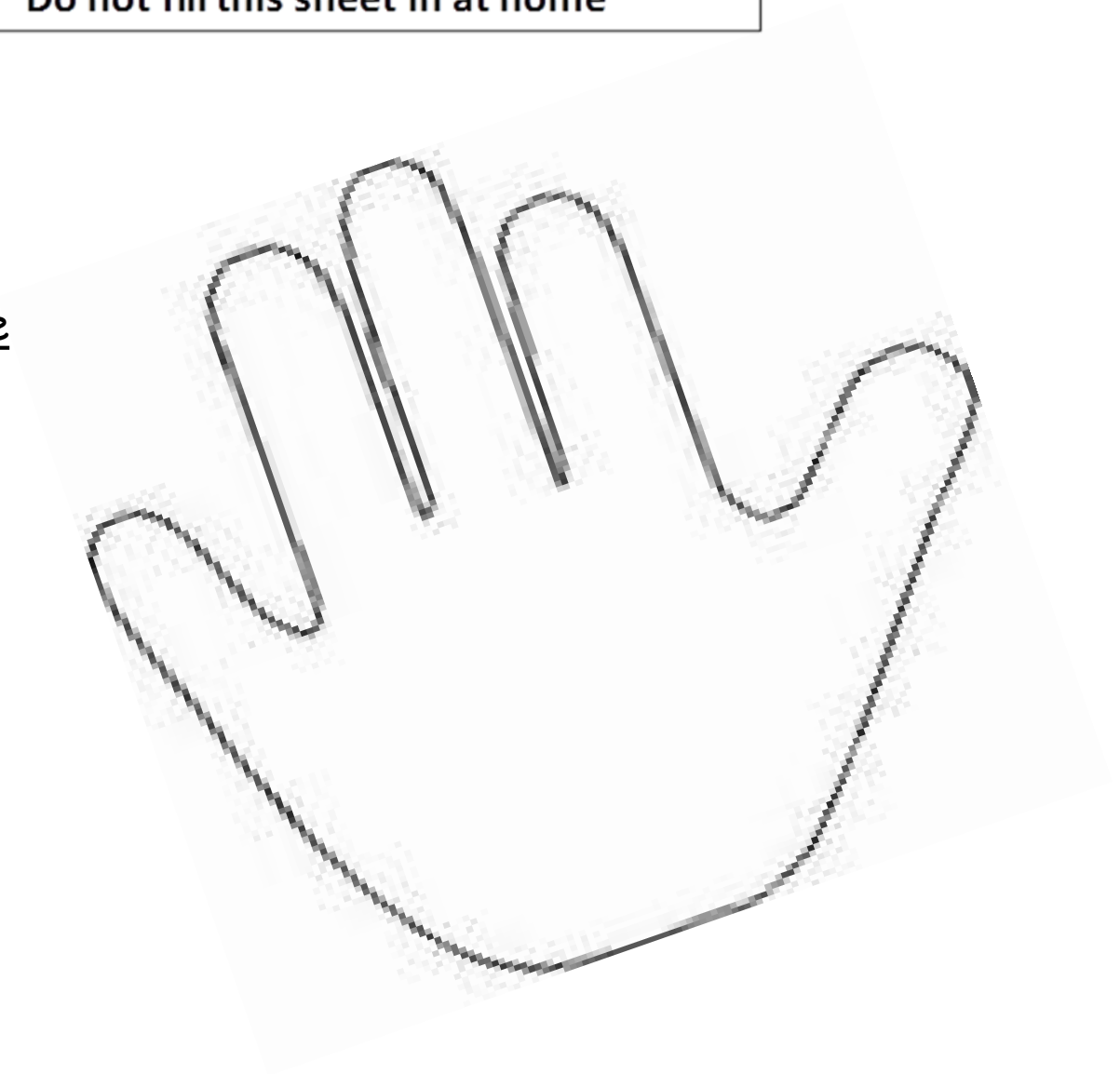


Do not fill this sheet in at home

# Test

What are the 5 main nutrients? Tick which ones are macro or micro nutrients

Name of nutrient	Macro nutrient	Micro nutrient



..... Marks/6



# Maths questions

Molly wants to decorate some cakes.

Each cake will have **3 cherries**.



Molly has **48 cherries**.

How many cakes can she decorate?



\_\_\_\_\_

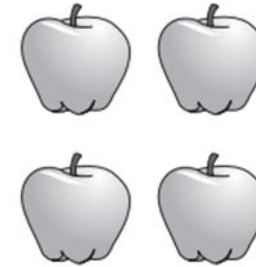
1 mark

(a) Jack buys **four** apples.

He pays with a **£2** coin.

He gets **£1.20** change.

How much does **one** apple cost?



\_\_\_\_\_ p

1 mark

(b) Oranges cost **15p** each.

Raj has a **£1** coin.



What is the greatest number of oranges Raj can buy with £1?



\_\_\_\_\_ oranges

1 mark

Watch the video for the two links and complete the quiz

<https://hegartymaths.com/simple-division-its-meaning>

<https://hegartymaths.com/related-addition-subtraction-facts>

5 - Simple division & its meaning

3 - Related addition & subtraction facts

Do not fill this sheet in at home

# Diet Related diseases

Research:

## Scurvy

1. Which vitamin is it related to?
2. What are the symptoms?
3. In the past why did sailors get Scurvy?
4. Who was Captain Cook and how did he solve the problem on his voyages?

<https://blog.42courses.com/home/2018/5/30/how-captain-cook-solved-the-problem-of-scurvy-on-british-ships>



## Flapjacks Ingredients

100g /4oz butter  
75g /3oz golden syrup  
75g /3oz soft brown sugar (or granulated)  
200g /8oz rolled oats  
Additional – dried fruit



Evaluation

WWW

EBI

# Test

## 1. Scurvy

Which vitamin is it related to scurvy?

List 3 symptoms of scurvy?

In the past why did sailors get Scurvy?

Who was Captain Cook and how did he solve the problem on his voyages?

..... Marks/7

# Revision

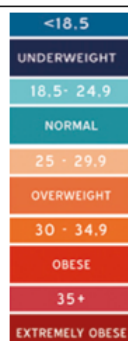
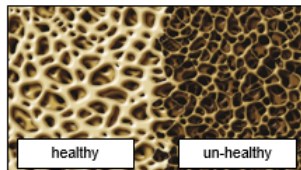
Revise for : End of module test – This is all the tests through the module amalgamated.

Use the Knowledge Organiser and your previous test notes

## 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 Potatoes, pasta, rice
Protein	Growth and repair of the body Secondary source of energy	Meat, fish, milk, eggs cheese, lentils, soya, nuts, wheat, beans and peas
Fat	Protection and insulation (warmth) of the body. Gives the body some energy	Butter, Cheese, Oily fish, meat
Vitamin A	Help eyes see in dim light Healthy skin and tissue	Liver, eggs, butter, soft spreads, carrots and apricots
Vitamin B	Transfer and release of energy Formation of red blood cells	Cereals, meat, fish, eggs, dairy products, pulses, yeast products
Vitamin C	Healthy skin. Helps the body heal faster and helps resist infection.	Fruit and vegetables e.g. oranges, 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, chocolate, dried fruit, cereals
Calcium	Keeps bones and teeth strong Healthy muscles and nerves	Dairy foods, white bread, canned fish, green leafy vegetables
Water	For all body actions Removes waste products	Drinking water, fruits and milk

### Sustainability & Environment

• Air & water pollution affecting health in animals, humans and plants • Use of fertilisers, damaging land, polluting water supplies, affecting 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.
Gluten Intolerant Coeliac	Cannot digest gluten in the small intestine. Avoid foods such as bread and cakes. These can be made with gluten-free flour
Lactose Intolerant	Cannot digest the sugar lactose, it is found in milk and dairy products. Lacto-free products have be eaten.

Chopping Board Coding



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

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Student Password: STUDENT3

