

LEARN SHEET: Year 7 Food Technology

Vocabulary you need to know:

Bridge	Holding the item to be cut between your fingers in a bridge shape
Claw	bending your fingers with knuckles over finger tips as a safe hold when chopping
Fairtrade	Food bought for fair prices from farmers in the third world
Food miles	How far from farm to plate
Simmer	To cook slowly after boiling
Enzymic browning	The browning reaction of fruit and vegetables when cut
Eatwell plate	The balanced diet
Carbohydrate	A food group- energy
Protein	A food group- body repair and growth
Fibre	Nutritional element that helps with excretion of waste
Diary	A food group- from a cow
Vegetarian	Does not eat meat products
Grill	Part of the oven for grilling
Hob	part of the oven for boiling/frying
Fish slice	A spatula
Oxidation	Mixing with air

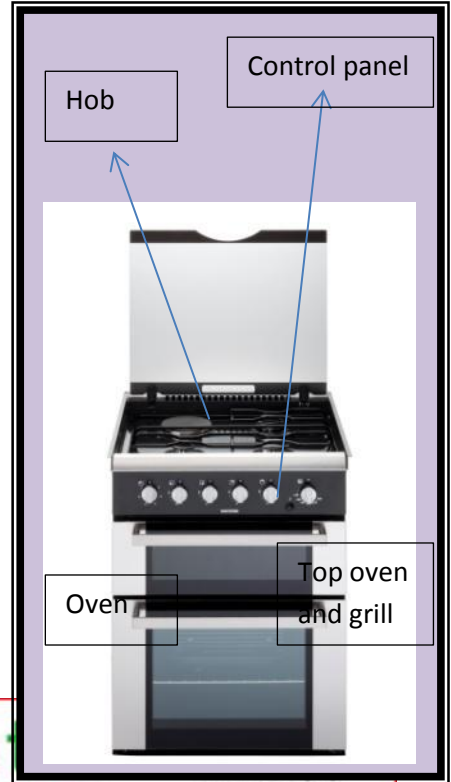
Health and Safety-

Chopping boards

Chopping board colour coding

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

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Annotations- a note by way of explanation or comment added to

Use the eatwell plate to help you eat a healthy, balanced diet.

the eatwell plate

Fruit & vegetables
 Eat lots! At least 5 portions. A third of your day's food. Good for vitamins, minerals, fibre. Fresh, frozen, tinned, dried or 100% juice all count.

Bread, rice, potatoes, pasta and other starchy foods
 Base every meal on starchy foods. A third of your day's food. Good for energy-giving carbohydrates, and for vitamins, minerals, fibre. Choose wholegrain, wholemeal or 'high fibre' varieties.

Meat, fish, eggs, beans and other non-dairy sources of protein
 Eat moderate amounts only. About 2 or 3 portions a day. Good for protein, minerals, vitamins. Pulses (beans, lentils) are a good alternative to meat.

Milk & dairy foods
 Eat moderate amounts only. About 2 or 3 portions a day. Good for calcium, protein, vitamins. Choose lower fat versions.

Foods and drinks high in fat and / or sugar
 Eat and drink these only occasionally and in small amounts. Cut down on saturated fat. Choose lower fat and lower sugar versions when you can. Avoid salty foods.

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