

## Knowledge Organiser – Food Technology YEAR 8



### Facts about the Eatwell Guide:

- 33% starchy carbohydrates – wholegrain where possible
- 33% fruits and vegetables – 5 – 8 portions, more veg!
- 15% milk and dairy or alternatives – soya, lactose free
- 12% protein foods – meat, fish, pulses, eggs, soya

### ENERGY BALANCE:

People need different amounts of energy and nutrients during their life. The teenage years (adolescence), is a time of rapid growth. The body is changing from the age of 11 – 18 years. Teenagers can also be very active. Boys may need up to 2755 calories a day, girls 2110 calories, depending on: height, activity, lifestyle and gender. Being overweight or underweight has risks.

### POSITIVE/NEGATIVE ENERGY BALANCE:

- Positive energy
- Negative energy
- Energy balance

Energy In > Energy Out = weight gain.

Energy In < Energy Out = weight loss

Energy In = Energy Out = stable weight

### PRACTICAL APPLICATION:

Bread – strong flour is needed for bread as it has more GLUTEN, the protein needed for the bread to prove and keep its shape. Salt is used for flavour and sugar feeds the yeast. Yeast can be fresh or dried and BUDS to make the bread prove, producing carbon dioxide, which is killed off when the bread is put into a hot oven.

The Red Tractor logo on meat means that it is British produced and is **FACTORY STANDARDS ASSURED**. We can eat it knowing that the animals involved have been treated well, kept in natural conditions where possible and if needed, killed humanely. Meat should be stored at 5oC, in a fridge and cooked to 75oC to make sure that harmful bacteria have been killed.

Foods which are more likely to contain food poisoning bacteria are known as **HIGH RISK FOODS**. Examples of these are: meat, fish, eggs, dairy products, rice and foods which have already been cooked.

The **DANGER ZONE** for bacterial growth is 5 – 63oC. Warm, moist conditions encourage bacterial growth and you must think of the 4 Cs when preparing animal products: **COOKING, CLEANING, CHILLING AND CROSS-CONTAMINATION** (passing bacteria to food which is going to be eaten without further cooking).

The groups of people most susceptible to food poisoning are; very young, very elderly, pregnant women and those who are already ill.

Reducing sugar in foods is to be encouraged. Sugar can lead to type 2 diabetes, obesity and tooth decay.

Reducing fat and salt in foods is also to be encouraged, to help prevent obesity, heart disease and strokes.