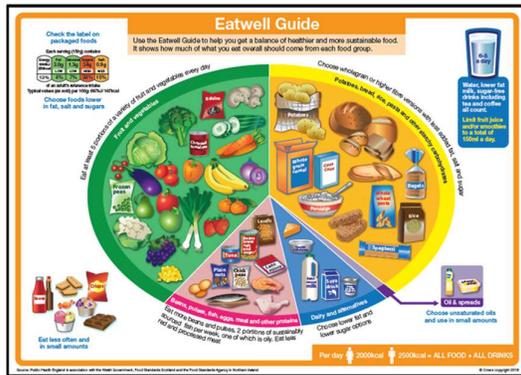


Knowledge Organiser – Food Technology YEAR 9



All nutritional discussions centre on the Eatwell Guide. The topic covered in year 9 is Food Survival, focusing on the nutritional needs of Adolescents.

The calorie increase for teenagers can be great, depending on your **PAL (Personal Activity Level)**. Males need **2500** calories per day, for active teenagers, this can increase to **2755**. Females require **2000** calories a day, but active teenagers can need **2110**.

Nutritional Needs of Adolescents Key Points:

Growth and development are rapid during the teenage years and the demand for most nutrients is high.

National survey data shows that adolescents' intake of saturated fatty acids, salt and added sugars are above the recommended intake.

Some teenagers have low intakes of some vitamins and minerals (in particular vitamin A, iron, calcium, zinc and iodine).

Overweight and obesity are prevalent in British adolescents. In 2013, in England, 34% of boys and 39% of girls aged 13 – 15 years were overweight or obese.

It is recommended that young people should do at least 60 minutes of activity of moderate intensity every day. (The amount of activity done is known as PAL – Personal Activity Level).

Only 14% of boys and 8% of girls aged between 13 – 15 years are meeting these guidelines.

Taken from The British Nutrition Foundation.

Practical Knowledge:

Eggs are nutritional power packs, containing protein, fats, vitamins and minerals.

They are useful in cooking as the yolk can bind ingredients (quiche), coating (chicken goujons), glazing (sausage rolls), enriching (any food it is added to). Egg whites have the ability to form a foam, which means that it hold air when whisked (meringues and Swiss rolls).

There are 5 main cake making methods: all-in-one and creaming (Victoria sandwich), whisking (Swiss roll), rubbing in (fruit cakes), melting (gingerbread).

There are 6 different pastries to learn about: shortcrust (quiche), sweet shortcrust (mince pies), puff or flaky (sausage rolls), choux (chocolate eclairs), hot water crust (pork pies), and filo pastry (spring rolls).

Cakes and pastries are high in calories; fat and sugar. Clever ways with changing ingredients or methods of cooking can reduce some of the fat and sugar.

Use these high calorie foods as a treat (Birthday cake) or when your PAL is high.

BE SNACK AWARE!