

Food Preparation and Nutrition Knowledge Organiser Year 7

- When planning to cook, it is important to select the most suitable ingredients, equipment and food skills for successful results.
- Around the world people use a range of different ingredients, equipment and cooking techniques to prepare food.
- When planning to cook, consideration should be given to current healthy eating advice, the needs of different people and occasion.

To ensure that a recipe works, it is important to weigh and measure ingredients accurately.



A recipe is made up of 3 parts:

- ingredients: a list of all the ingredients needed (metric);
- equipment: a list of all the equipment;
- method: how to make the dish.

Food skills

There are a number of food skills which enable a variety of increasingly complex dishes to be prepared and made.

These can include:

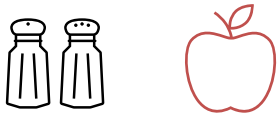
- beating, combining, creaming, mixing, stirring and whisking;
- blitzing, pureeing and blending.
- kneading, folding, forming and shaping;
- knife skills;
- rubbing-in and rolling-out;
- use of the cooker: boiling/simmering/poaching, frying, grilling, roasting and baking.

Food skill	Food skill	Food skill	Food skill
Bake	Fry and sauté	Portion / divide	
Beat	Glaze and coat	Prove	
Blitz, puree and blend	Grate	Roast	
Casserole	Grill	Roll-out	
Chill	Juice	Rub-in	
Core	Knead	Sift	
Cream	Layer	Snip	
Crush	Mash	Spread	
Cut out	Measure	Stir-try	
Cut, chop, slice, dice and trim	Melt, simmer and boil	Weigh	
Decorate and garnish	Microwave	Whisk	
Drain	Mix, stir and combine	Zest	

There are a number of simple healthier ways to prepare and cook foods.

Recipes can be made healthier by:

- changing the cooking method;
- not adding salt to food;
- adding fruit or vegetables;
- removing, adding or changing an ingredient;
- changing the portion size.



Many recipes can be adapted to produce exciting and original alternatives.

PREPARATION AND COOKING

Safety

- Sharp knives: never walk around with a knife. Use the *bridge hold* and *claw grip* to cut safely.
- Grater: hold grater firmly on a chopping board. Grate food in one direction and leave a small amount at the end to prevent injury to knuckles.
- Hot liquid: drain hot liquid carefully over the sink using a colander.
- Saucepans: turn panhandles in from the edge, so they are not knocked.
- Hot equipment: always use oven gloves when placing food in and out of the oven.
- Spills: wipe up immediately.
- Electrical equipment: always follow instructions.