

Food Technology

Year 7 homework booklet



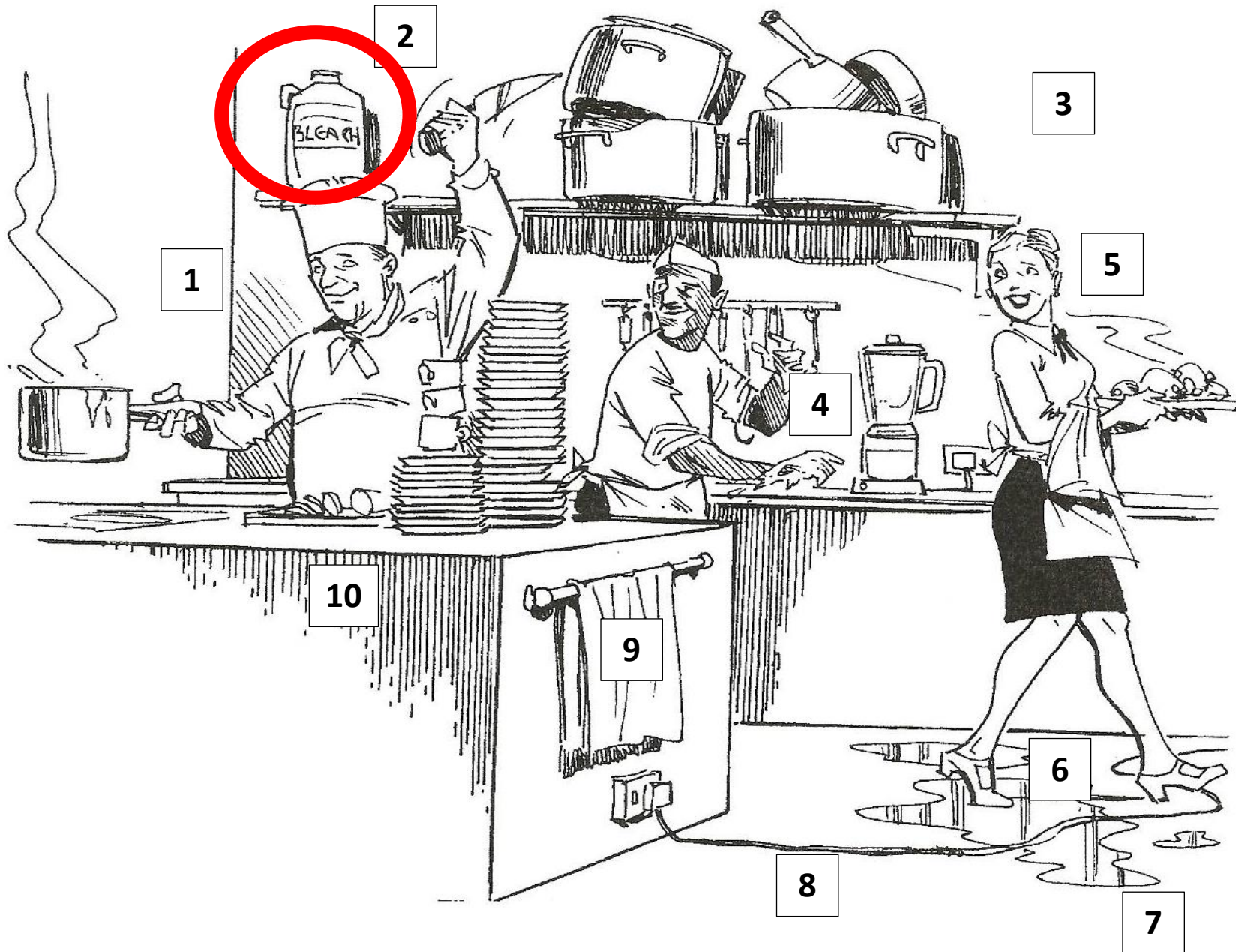
Student name: _____ **Class:** _____



Week	Task title	Summary	Pages	Date due
1	Health and Safety	Identify health and safety issues in the kitchen.	2-3	
2	Dish Preparation	Independence: Organise yourself for your practical.	4	
3	Weighing and Measuring	Demonstrate accuracy when weighing and measuring ingredients	5	
4	Dish Preparation	Independence: Organise yourself for your practical.	6	
5	Eatwell Guide	Demonstrating knowledge of nutrition.	7	
6	Dish Preparation	Independence: Organise yourself for your practical.	8	
7	Food Labels	How do food labels help with healthy food choices?	9	
8	Dish Preparation	Independence: Organise yourself for your practical.	10	
9	Revision	Get ready for your end of rotation knowledge checker.	11	

Kitchen Safety

Identify the **10** key health and safety faults in the picture below. No. 2 is shown as an example.



No.	<i>Can you describe how the fault may cause harm? No. 1 is shown as an example</i>
1	The chef is doing two things at once and could cut or burn someone.
2	
3	
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9	
10	

Use these key words to complete your 'harm caused' sentences: 1. burn – cut; 2. bleach – poisoning; 3 high - stacked – fall; 4 wet hands – electric shock (electrocute); 5. bump – burn; 6. high heels – fall; 7. Water – slip; 8. Wire – trip; 9. Towel – germs (bacteria); 10. Stacked – smash – cut

Weighing and Measuring

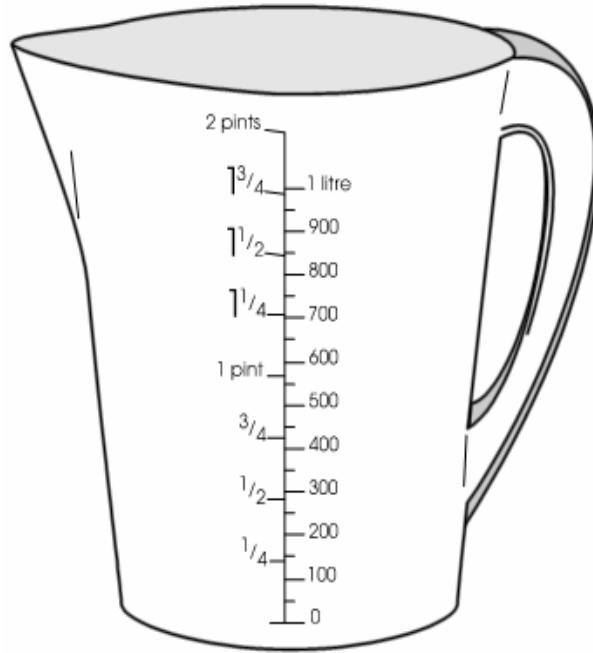
Recap: What weights and measurements do we use for our dry ingredients and liquids?

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Measuring liquids

Using the picture of the measuring jug can you mark on the following measurements?

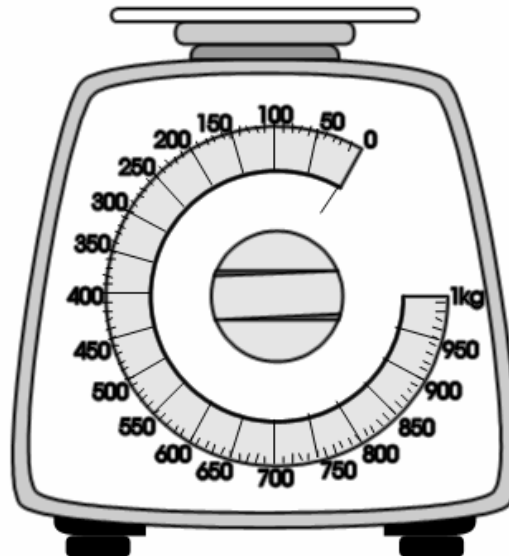
- 50ml
- 350ml
- 625ml
- 875ml



Weighing ingredients

Using the picture of the **spring** weighing scales can you mark on the following weights?

- 50g
- 350g
- 620g
- 880g



Write two top tips to ensure your weighing and measuring will be accurate when using the above equipment

Nutrition - Case Study

Georgie is a 13 year old student who often feels tired and lacking in energy. He frequently stays up late, so he doesn't wake up in time to have breakfast before school.

Below is a typical day's intake for Georgie.

Breakfast - Nothing, or sometimes a chocolate bar or biscuits

Mid-morning - Cake and squash

Lunch - Chips or pizza and biscuits

After school - Crisps, fizzy drink, biscuits

Evening Meal - 3 large sausages, spoon of mashed potato, gravy and a few peas

Bedtime - Coca cola, slice of cake and biscuits

Suggest some alternative meals/snacks for Georgie

Meal/Snack time	Healthier option

Challenge: Describe how one of your selection would help Georgia's healthy diet.

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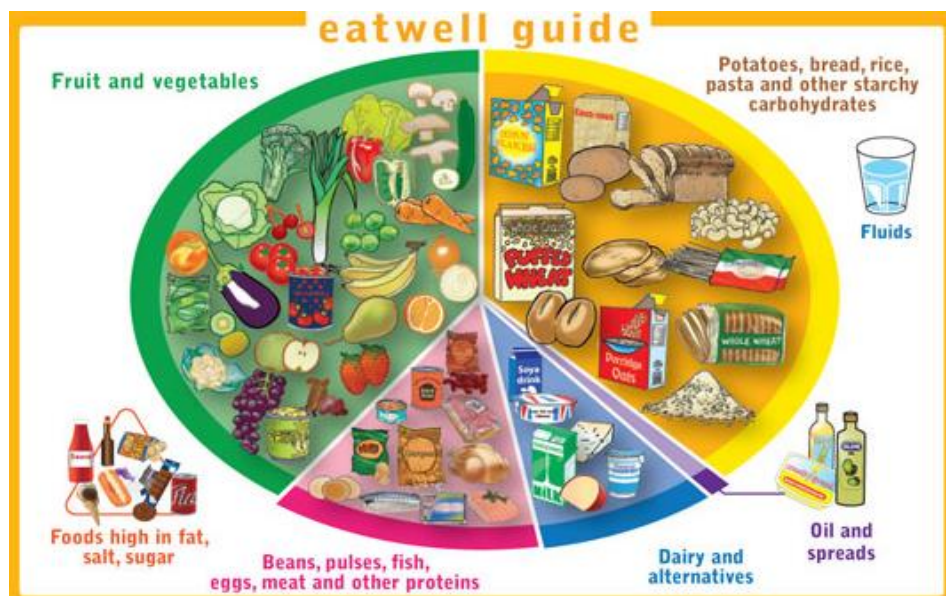
Food Labels

Find a food label and stick it in the middle of the box below.

Annotate 6 key points you can see on the label that will allow customers, who buy the product, the opportunity to make healthy food choices. (For example: does it have a traffic light label warning some of the ingredients can be unhealthy if eaten too often?)



Use this page to help you check your knowledge before our end of rotation test.



Carbohydrates = Slow release energy and Fibre.

Try and use wholegrain varieties.

Fruit and Vegetables = Vitamins and minerals for healthy body processes. Also Anti-oxidants which help remove toxins.

Meat, Pulses, Fish, Eggs, Beans = Protein giving our bodies growth, development and repair and energy.

Dairy and alternatives = Calcium for strong bones and teeth. Select low fat varieties.

Oils and Spreads = We need some fat in our diets for insulation and protection.

Foods high in fat, salt and sugar = Try to avoid these foods as much as possible.

8 Tips for healthy eating

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish – including a portion of oily fish each week
4. Cut down on saturated fat and sugar
5. Eat less salt – no more than 6g a day for adults
6. Get active and be a healthy weight
7. Don't get thirsty
8. Don't skip breakfast

Kitchen Safety

- Remove blazers, watches and jewellery
- Tie long hair up
- Wash hands before starting
- Wash up in Hot Soapy Water
- Dry hands on blue paper towel
- Store high risk food in the fridge
- Cook all meats and fish thoroughly
- Use the correct safety cuts



Bridge Grip



Claw Grip

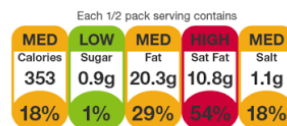


Food labels and Healthier choices

Ingredients listed in descending order

Allergens in bold

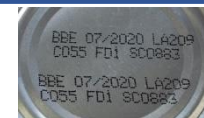
INGREDIENTS	
Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflower, Wheat flour, Cream (milk), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, Celery Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley	
ALLERGY ADVICE	
For allergens, see ingredients in bold	



of your guideline daily amount

Source: Food Standards Agency

Traffic light warning labels
Avoid the reds and try to eat more greens



Best Before =
Safe to eat
after this date
but not at it's



Use by = not
safe to eat
after this date