

Knowledge Mat: Food

Key Knowledge for Year 10

Term 1

- Principles of Nutrition.
- Diet and Good Health.
- Fruit and Vegetables.
- Milk, Cheese and Yoghurt.

Term 2

- The Science of cooking Food.
- Food Spoilage.
- Food Provenance and Waste.
- Meat, Poultry, Fish and Eggs.

Term 3

- Cultures and Cuisines.
- Technological Developments.
- Factors affecting Food Choice.
- Butter, Oil, Margarine, Sugar and Syrup.
- Beans, Nuts and Seeds, Soya, Tofu and Mycoprotein.

Wider Experiences / Try to do

- Develop an awareness of different cultural diets and topical food issues.

The big questions:

- **Why** does nutrition play an important role in life?
- **How** can I develop my skill level when preparing a range of different recipes?

Vocabulary

Intolerance

An inability to eat a food without causing adverse effects.

Primary/Secondary Processing

When wheat is processed, flour is the primary process then the secondary process is when the flour is made into bread/cakes etc.

Dextrinisation

When a carbohydrate turns brown when heated e.g. bread becomes toast.

Caramelisation

Effect of heat on sugar.

Non-starch Polysaccharide

Dietary Fibre.

Amino Acids

The building blocks of protein.

Dovetailing

Two recipes are made at the same time.