

1. Weighing and Measuring

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For good results in most **recipes**, **accurate** weighing and measuring is essential. When you are baking with flour, sugar and liquids, you must measure accurately or your cooking will be spoiled. If you weigh out too much sugar or too little raising agent, your cakes would not rise or you could spoil the taste and/or texture.

Food can be weighed in **Grams (g)** and there are **1000g** in a **Kilogram (kg)**. Liquid is measured in **Millilitres (ml)** or **litres**.



2. Kitchen Safety



Claw grip



Bridge hold

Kitchens can be dangerous places. To keep safe:

- Be aware of sharp equipment such as knives, peelers and graters- store them carefully and use the bridge hold and claw grip when chopping.
- Take care with hot equipment and food/ liquids- turn pan handles in, always use oven gloves and avoid splashes when stirring or draining foods.
- Wipe up spills quickly so you do not slip over
- Be aware of others in the kitchen
- Report any accidents to the teacher

3. Food Hygiene

COLOUR CODED CHOPPING BOARDS
RAW MEAT
RAW FISH
COOKED MEAT
SALAD & FRUITS
VEGETABLES
DAIRY & BREAD



100 °C	Boiling Water bacteria will be destroyed
75 °C	Cooking/Reheating
63 °C	Minimum Hot Holding
37 °C	Body Temperature ideal temperature for bacteria to grow
8 °C	Food Storage store food at this temperature or below
5 °C	Fridge Temperature
-18 °C	Freezer Temperature bacteria won't grow but may not die

All the above temperatures are guidelines only

Understand the 4 C's Concept

- C – Good Hygiene practice prevents **Cross Contamination**
- C – Effective **Cleaning** removes harmful bacteria and stops them spreading
- C – Effective **Chilling** prevents harmful bacteria multiplying
- C – Thorough **Cooking** kills bacteria



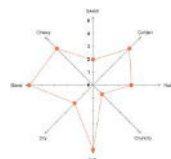
4. Enzymic Browning



Enzymic Browning is an oxidation reaction that takes place in some foods, mostly fruit and vegetables, causing the food to turn brown.

5. Sensory Testing

In order to be able to evaluate our products we will need to use all our senses in order to be able to clearly explain key factors about our cooking outcomes



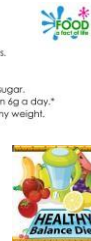
6. Healthy Eating



8 tips for eating well

1. Base your meals on starchy foods.
2. Eat lots of fruit and veg.
3. Eat more fish.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – not more than 6g a day.*
6. Get active and try to be a healthy weight.
7. Drink plenty of water.
8. Don't skip breakfast.

Notes – * figure for adults only.
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Fruit and Vegetables

Nutrients- Vitamins and minerals

Examples- Strawberries, apples, carrots and cauliflower

Potatoes, bread, rice, pasta and other starchy carbohydrates

Nutrients- Carbohydrates

Examples- Cereals, wholemeal pasta, brown rice

Dairy and dairy alternatives

Nutrients- Calcium, Protein

Examples- Milk, cheese, yoghurt, almond milk

Beans, pulses, fish, eggs, meat and other proteins

Nutrients- Protein

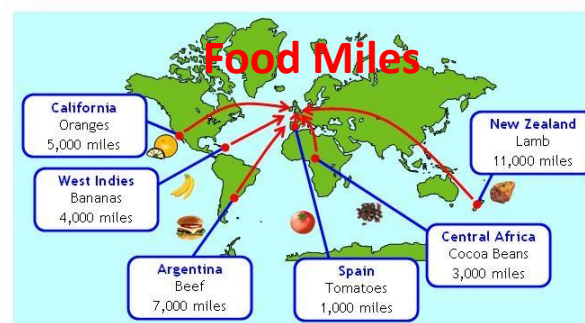
Examples- Oily fish, chick peas, soya, eggs

Oils and spreads

Nutrients- Fats

Examples- Olive oil, sunflower spread

7. Environmental Issues



Seasonal Produce



Keywords



Extended reading



Quiz



Video links



Revision Techniques

