

Keywords

Cross Contamination	The transference of bacteria from one surface to another.
Pathogen	A microorganism such as bacteria which can cause harm or disease.
Bridge Hold	
Claw Hold	
Macronutrient	A nutrient needed in large amounts, measure in grams eg, carbohydrates.
Micronutrient	A nutrient needed in smaller amounts, measured in micrograms eg, vitamins
Sensory	Using our senses to test food products.

Eatwell Guide

Government advice for choosing a healthy balance of foods.



Green = Fruit and vegetables
Yellow = Starchy carbohydrates
Purple = Oils and spreads
Blue = Dairy
Pink = Protein

The size of the sections relates to how much you should eat eg 5 portions of fruit and veg, 2-3 protein

Macro	Carbohydrates	Protein	Fats
Function	Main source of energy	Muscle growth & repair	Insulation, Organ protection, Hormone Production
Source	Bread, Pasta, Rice	Meat, Fish, Eggs	Butter, Oils, Sprads
Types	Starches and Sugars	HBV and LBV	Saturated and Unsaturated

COLOUR CODED CHOPPING BOARDS

RAW MEAT

RAW FISH

COOKED MEAT

SALAD & FRUITS

VEGETABLES

DAIRY & BREAD

FAT TOM - FOOD SAFETY



COOKING ZONE

DANGER ZONE

COLD ZONE



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

Food Preparation & Nutrition Year 9 - Introduction to GCSE