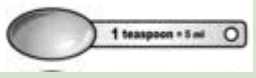
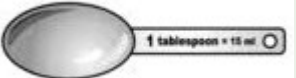


Knowledge organiser: Year 7 Food

Key words & Definitions

1	Sensory words	Words to describe the taste, smell, texture, appearance of food.
2	Energy balance	To maintain body weight the calories eaten need to balance with the amount of calories burned.
3	Eatwell guide	Government recommendations on eating healthily and achieving a balanced diet. It also shows portion control.
4	Government 8 healthy eating guidelines	Government Tips for healthy eating.
5	Method	Plan showing steps for making a recipe.

Measurements

	1 Teaspoon = 5 ml	Teaspoon (tsp)
	1 Tablespoon = 15 ml	Tablespoon (tbsp.)
	19 oz. = 2 CUP 14 oz. = 1 1/2 12 oz. = 1 1/4 10 oz. = 1 1/2 8 oz. = 1 CUP 6 oz. = 3/4 4 oz. = 1/2 2 oz. = 1/4	Measuring jug
		Wooden spoon
		Digital scales



eatwell 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 try to be a healthy weight
- 7 Drink plenty of water
- 8 Don't skip breakfast

Seasonal foods

Cross contamination



Hygiene checks



Safe chopping techniques

Bridge

Claw



Energy balance




Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8 a day (Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day.)

Check the label on packaged foods. Each serving (100g) contains:
 Energy: 2.0g, 1.3g, 24g, 0.9g
 Fat: 13%, 4%, 7%, 28%, 15%
 of an adult's reference intake. Typical values per 100g. 100% = 100% without. Choose foods lower in fat, salt and sugars.

Eat at least 5 portions of a variety of fruit and vegetables every day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar.

Choose unsaturated oils and use in small amounts.

Per day: 2000kcal (men), 2500kcal (women) = ALL FOOD + ALL DRINKS