

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

	Teaspoon (tsp)
	Tablespoon (tbsp.)
	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



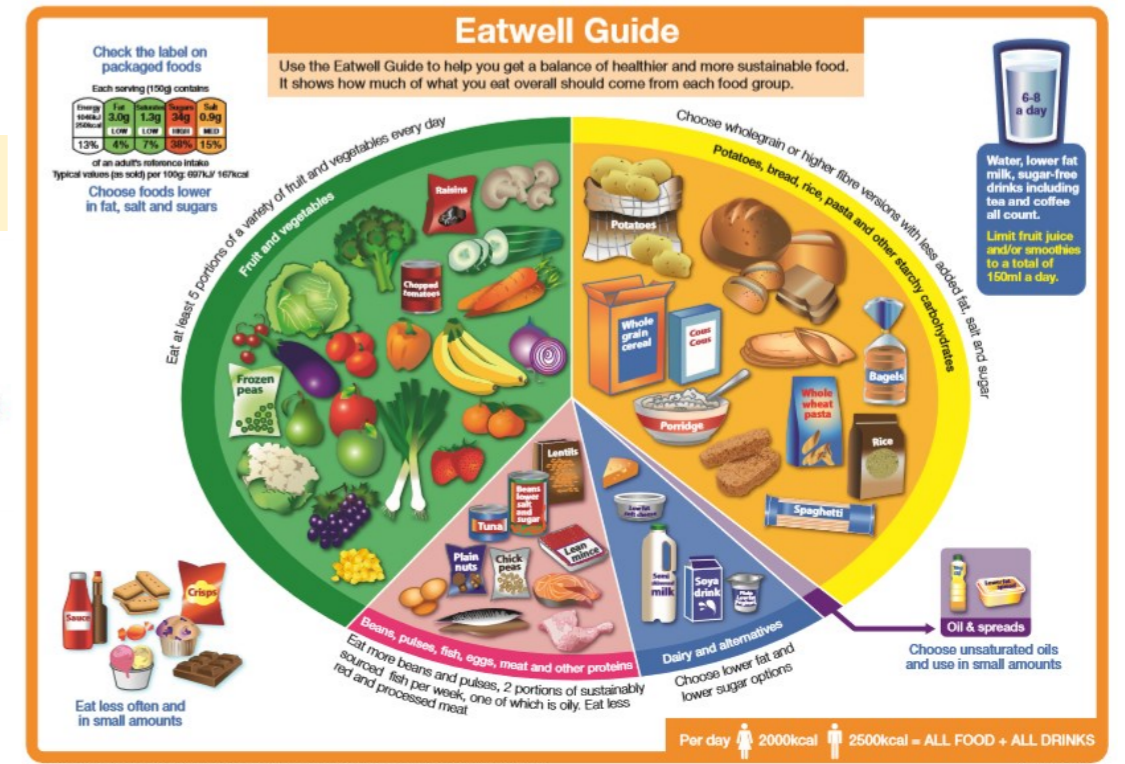
Safe chopping techniques

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.

Check the label on packaged foods. Each serving (100g) contains: Energy 2.0g, Fat 1.3g, Sugar 24g, Salt 0.9g. Typical values per 100g: 13%, 4%, 7%, 28%, 15%. Choose foods lower in fat, salt and sugars.

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.

Per day: 2000kcal (woman), 2500kcal (man) = ALL FOOD + ALL DRINKS