

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

Food packaging logo



Cross contamination



Safe chopping techniques

Bridge

Claw



Energy balance



Hygiene checks



Measurements

	Teaspoon (tsp)
	Tablespoon (tbsp.)
	Measuring jug
	Wooden spoon
	Digital scales

Food Labelling

* These are a legal requirement

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Eatwell Guide

