

Edward Peake Church of England Middle School

Food

Topic: Food Preparation and Nutrition

Year: 7

What should I already know?

- The health and safety rules of working in the kitchen.
- How to follow a recipe.
- How to use the bridge and claw technique to prepare fruit and vegetables.
- How to weigh and measure ingredients.
- How to use the hob and oven safely.
- How to wash and dry up and put equipment away.
- How to use sensory words to describe cooked dishes.
- Where ingredients come from, and when they are in season.

What will know by the end of the unit?

- How to prepare, combine and shape tuna and chicken.
- How to use the hob for water and dry based methods.
- How to make sauces.
- How to set a mixture.
- How to make, shape and finish a dough.
- How to select and adjust a cooking process.
- How to test for doneness.
- How to carry out a sensory analysis.
- How to store food safely.

Vocabulary

Sensory analysis	Collection of data that comes from human senses.
Simmer	Boiling gently.
Perishable	A food likely to decay or go bad quickly.
Gelatinisation	The method of thickening a sauce.
Accuracy	The degree to which something is correct.
Cross contamination	Where a substance that could be harmful transfers from one surface to another.
Function	The purpose of an ingredient in a recipe.
Coagulation	When the egg sets the mixture once it has exceeded 70 degrees C.
Binds	To join the ingredients together.

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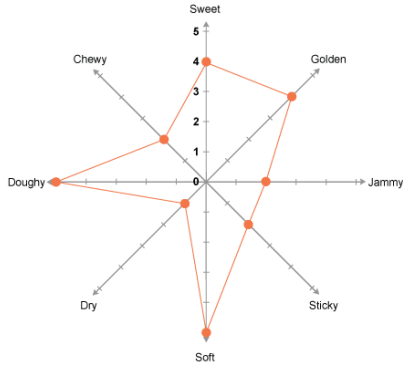
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Sensory Analysis

Sensory analysis is used to develop a product. It evaluates the appearance, aroma, taste and texture of a dish.



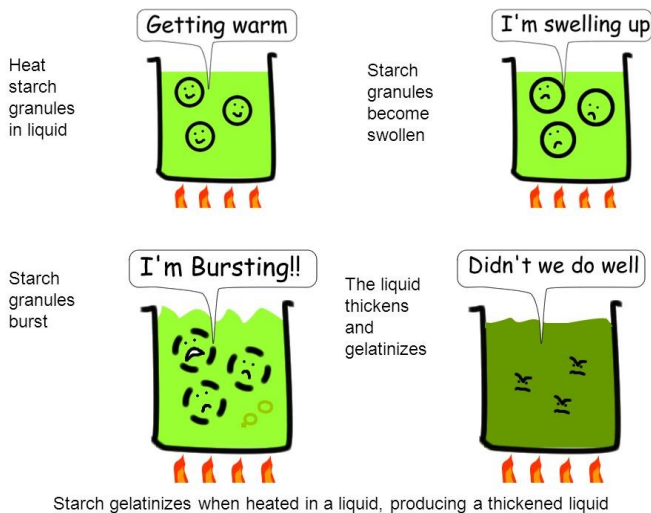
It shows you where things have gone well and where improvements to the dish could be made.

Key information

- A use by date is the date food should be eaten by before it becomes a risk of giving you food poisoning.
- A best before date is the date past which the food may no longer be at its best but it will not cause you any harm.
- Cross contamination is when bacteria from raw meat is transferred to other foods or surfaces.
- The function of an ingredient is the role it plays in a recipe.

Science Behind The Methods

Gelatinisation



Coagulation

Coagulation:
This is when the egg sets the mixture once it has exceeded 70°C.
Example: quiche filling



You add milk, egg and other ingredients into a quiche.

Before this mixture is cooked it is very **runny**.

When you put the mixture in the oven it the egg sets causing the filling to **harden**.

Investigation tasks

1. Investigate the different functions of ingredients and explain them for a number of recipes.
2. Can you modify the chilli recipe to make a bolognaise sauce?
3. What other recipes can you find that use coagulation?
4. Can you modify the filling of the savoury plait, can you modify the shaping so you have a number of smaller plaits?
5. Research into different nutrients that foods provide us. Can you plan a suitable weekly menu for a teenager that enables them to get the right amount of each nutrient?