









Year 7 Food

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| 1 | Food Safety | Food is stored, prepared, cooked and served correctly to prevent food poisoning. | 11 | Combining | Adding a range of ingredients together e.g combining butter and sugar together as part of the cake making process.  |
| 2 | Personal Hygiene | To ensure your hygiene is to a good standard e.g hands washed, showered daily. | 12 | Shaping | Modelling food to create an attractive for. E.g. pizza base |
| 3 | Health and Safety | To follow health and safety rules to prevent accidents to yourself and others e.g. no running in the food room. | 13 | Grating | Producing coarse or fine threads by repeatedly rubbing a food on the side of a grater e.g. cheese  |
| 4 | Rules | A list of tasks you need to follow e.g. wear an apron. | 14 | Healthy Eating | To eat a range of healthy foods e.g. fruit and vegetables. |
| 5 | Skills | A range of practical skills you will need to learn and develop. E.g knife skills/ sauce making | 15 | Eatwell Guide | Government healthy eating guidelines in the form of a pie chart that shows how much/ how little of each food group your diet should contain.  |
| 6 | Preparing | The preparation of ingredients before you start to cook. E.g weighing/ peeling | 16 | Obesity | To be overweight. |
| 7 | Cooking methods | Frying, steaming, baking, roasting etc | 17 | Diabetes | A disorder where blood glucose levels stay too high because the pancreas either can't produce enough insulin or the body resists it. |
| 8 | Weighing | Measuring ingredients by weight.  | 18 | Balanced diet | To eat a range of foods from each food group. |

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| 9 | Measuring | Assessing the volume/ amount of ingredients.  | 19 | Consequence | a result of a particular action or situation, often one that is bad or not convenient. |
| 10 | Organisation | the action of organising something: E.g organisation of working areas. | 20 | Simmering | Cooking food slowly in hot water or other liquid to make it tender. |
| 21 | Boiling | Cooking food in boiling water or other liquid to make it tender. | 28 | Frying | A fast method of cooking using a small amount of fat to cook food in a frying pan. |
| 22 | Absorb | To soak up a liquid. E.g. sponge/ water | 29 | Sustainability | A sustainable process or material is one that can be used without causing permanent damage to the environment or using up finite resources. |
| 23 | Bridge hold | Create a bridge over the food with your hand. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.  | 30 | Food Miles | The distance that food is transported as it travels from producer to consumer. |
| 24 | Claw hold | Create a claw by partly curling your fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.  | 31 | Fairtrade | A charity that partners with food suppliers to try and improve their working conditions and income.  |
| 25 | EHO | Environmental Health Officer. | 32 | 6R's | Reduce, reuse, rethink, recycle, repair, refuse |
| 26 | Hazards | Something that could cause harm. | 33 | Annotate | To describe an object/ image using written text. |
| 27 | Baking | Cooking food in a hot oven without adding extra fat during the cooking process. | 34 | Modification | To alter a product to improve its overall quality/ design. |