









Year 7 Food

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.

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.