



## Highsted Knowledge Organiser

### Food Preparation & Nutrition Year 8 Term 5

What I need to know

Macronutrients and Micronutrient functions and sources

Understand the importance of meal planning

Know how to use different parts of cooker

Key Vocabulary:

Seasonal

Nutrients: Macronutrients, micronutrients

#### Nutrients

There are two different types of nutrients:

- macronutrients;
- micronutrients.

There are three macronutrients that are essential for health:

- carbohydrate;
- protein;
- fat.

There are two types of micronutrients:

- vitamins;
- minerals.

#### Using the Oven:

Always wear oven gloves to put food in and out of the oven.

Preheat oven at correct temperature for 10mins

#### Using the Grill:

Always leave the door opened when using the grill.

Use oven gloves to take food in and out of the grill.



- 1** Don't shop when you are hungry - you're more likely to pick up foods with a high fat or sugar content
- 2** Compare prices and brands - sometimes the only difference can be the packaging!
- 3** Avoid supermarket toiletries - these items are much cheaper in discount stores such as 'savers'
- 4** Don't be tempted - sweets and snacks are placed by checkouts to encourage impulse buys
- 5** Promotions & offers - normally placed end of aisles however it is only a deal if it's an item you need or will use!
- 6** Try to only shop once a week - multiple smaller shops can add up!
- 7** Take your own bags - all shops now charge for plastic bags!
- 8** Look lower on the shelf! - shops arrange popular brands and higher priced items at eye level, cheaper alternatives will be on the bottom 2 shelves!
- 9** Stick to your list - stick to your list to avoid increased cost and impulse purchases
- 10** Use loyalty cards - earn points, vouchers and money off coupons whilst you shop

Challenge question:

Can you CREATE a meal plan for a day for someone with a special diet.

Suggested reading: BBC good food recipes. Food fact for life



## Highsted Knowledge Organiser

### Food Preparation & Nutrition Year 8 Term 6

What I need to know

Understand how to make different sauces

Understand Mexican staple foods

Key Vocabulary:

Sauce

Gelatinisation

Roux

Reduction

A sauce is a well-flavoured liquid which has been thickened.

#### Starch based sauces

- Starch thicken mixtures
- Gelatinisation is when liquid and starch are mixed together and heated, the mixture thickens.
- Are usually thicken with flour, cornflour or arrowroot.
- Can be used to makes sauces, gravies & glazes

**Making a roux** : is a traditional way of making a white sauce.

Steps to making a roux

1. Melt fat and flour
2. Add milk gradually, bring the white sauce to a boil
3. Take the sauce off heat and add other ingredients such as cheese

Cheese sauce can be served to make cauliflower cheese or macaroni cheese

**Reduction sauces** are made when liquid is simmered over heat so that the water content evaporates. This leaves concentrated well-flavoured sauce.

- Tomato sauce is an example of reduction sauce : used to make bolognaise

#### Mexican Cuisine



Challenge question:

CREATE a mind map of as many different types of sauces as you can. Identify each, give reason why sauce has been used. Explain how the sauce has been thickened.

Suggested reading: BBC good food recipes. Food fact for life