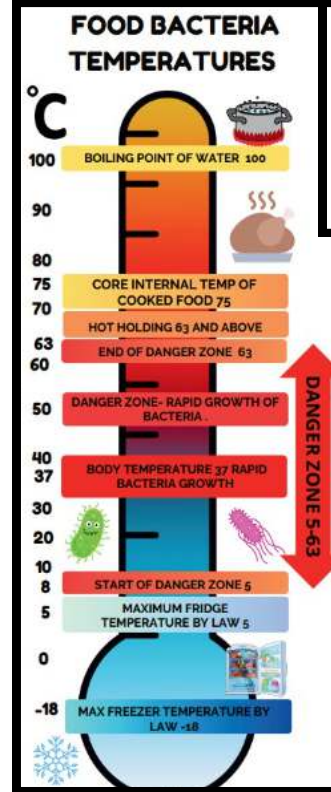


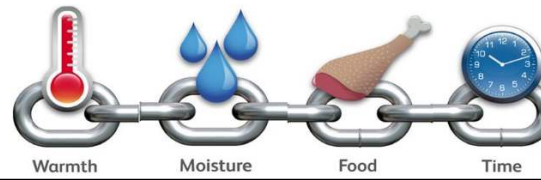
Year 7 Food Technology

EATWELL GUIDE

- Governmental guidance on healthy eating
- Encourages the right proportions of food groups to be eaten for a healthy, balanced diet
- includes foods high in salt and saturated fats that are bad for us in a warning triangle
- 6-8 glasses of water a day
- 5 portions of fruit and vegetables a day (5 a day)



For bacteria to grow they need:



- Temperature: Bacteria grows at temperatures between 5-63°C. This is known as the danger zone. The optimum temperature is body temperature at 37°C.
- Food/moisture: Bacteria mostly grows on foods high in moisture content eg raw or cooked meat, dairy and eggs
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Cross contamination

Surface to surface contamination that spreads bacteria. Ways to avoid: Washing hands, different coloured chopping boards, cleaning down surfaces and equipment after use.



FOOD LABELLING

- Food labels give us information about nutrition in a food product so we can make a decision on what's healthy to eat or not

FATS

- Function- concentrated energy, insulation of body, protection of organs
- Deficiency- tired, loss of weight
- Excess- Weight gain, risk of obesity and heart disease
- Sources- animal fats and plant fats and oils eg olives
- Saturated fats- block arteries, found in takeaways and processed foods
- Unsaturated- found in plant sources, reduce risk to heart disease and obesity

PROTEIN

- Function- growth and repair of cells, 2nd source of energy
- Deficiency- tired, loss of weight, body slow to repair after illness
- Excess- weight gain, risk of obesity, kidney damage
- Source- meat, fish, dairy, eggs, nuts, seeds, beans
- HBV- Animal products, contain all essential amino acids
- LBV- Plant based, do not contain all essential amino acids

CARBOHYDRATES

- Function- 1st source of energy and gives fibre
- Deficiency- tired, loss of weight, poor digestion
- Excess- weight gain, risk of obesity and heart disease
- Source- starches eg bread, pasta and sugars
- Complex- starches- keep you full and long lasting
- Simple- sugars- short lasting
- Dietary fibre- helps your digestion

VITAMINS AND MINERALS

- Vitamins needed in milligrams
- Minerals needed in micrograms
- Vitamins fat and water soluble and contained in either water or fat based foods
- Minerals found in the ground and absorbed by animals through eating or plants through photosynthesis
- Each has own function eg calcium for bones and teeth
- Vitamin A for good skin and vision