

**1 Health & Safety:** • Wash hands in soapy water. • Tie long hair back. • Wear and apron and tuck tie in. • Roll back sleeves.

**Working with high risk foods:** • High risk foods are foods which help support the growth of bacteria. Examples are meat, eggs, shellfish, cooked rice, fish, dairy. • Always keep high risk foods in the fridge. • Always check use by dates before use. • Ensure high risk foods are cooked to a core temperature of 75°C. • Always prepare high risk foods on correct chopping board. • Always wash hands after handling high risk foods.

**When using the cooker:** • Turn pan handles in away from edge of cooker • Always turn hob off when not in use. • Never leave food cooking on the hob unattended. • Be careful not to let food boil dry. • Never touch an electric hob when turned off, it may still be hot. • Don't leave metal spoons in pans when cooking as they can become very hot. • Always use oven gloves when removing food from the oven.

**Knife Safety:** • Specific types of knives are designed for different cutting and shaping tasks. • Knives are dangerous if not handled correctly and care should be taken at all times. • A flat and stable cutting surface is essential to avoid injury when cutting food. • The bridge and claw holds enable you to cut safely.

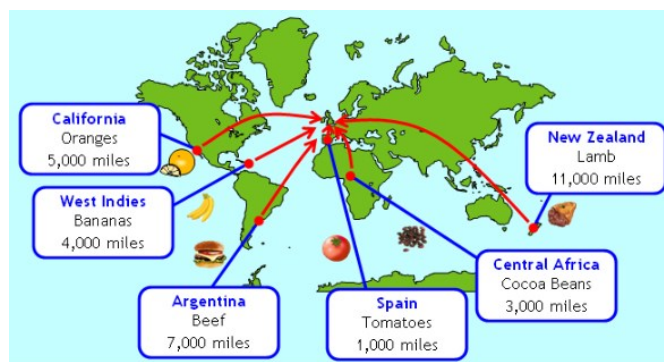


**2 Vegetarians**

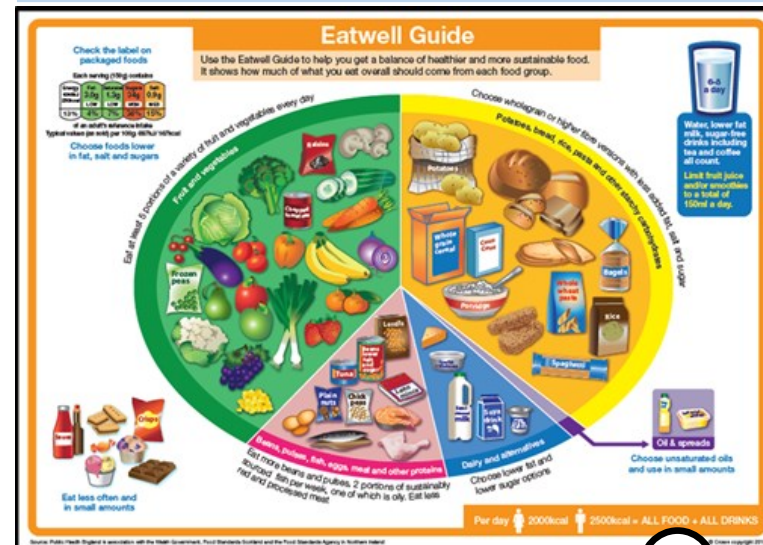


**Vegans** do not eat meat, eggs or dairy. They do not consume anything from an animal. Vegans eat vegetables, grains and pulses.  
**Lacto-ovo vegetarians** do not eat meat but eat both dairy products and eggs. They also eat vegetables, grains and pulses.  
**Lacto vegetarians** do not eat meat or eggs but eat dairy products. They also eat vegetables, grains and pulses.

• **Food miles** means the distance that food travels from where it is grown to where it is bought. This is an environmental concern because of the CO2 emissions from transport.  
 • **Seasonal foods** means foods that are in season. Choosing these reduces food miles



**Year 7 Catering Knowledge Organiser**



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**Eatwell Guide Key Messages**

Eat at least 5 portions of a variety of fruit and vegetables every day.

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.

Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).

Choose unsaturated oils and spreads and eat in small amounts.

Drink 6-8 cups/glasses of fluid a day.

If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

**Food intolerances** are much more common than food allergies. The symptoms of an intolerance are noticed after the food has been eaten, and include bloating and stomach pain.

A **Food allergen** is a substance or food that may cause an allergic reaction. Some are mild, but others can be very serious if the correct treatment is not given quickly.

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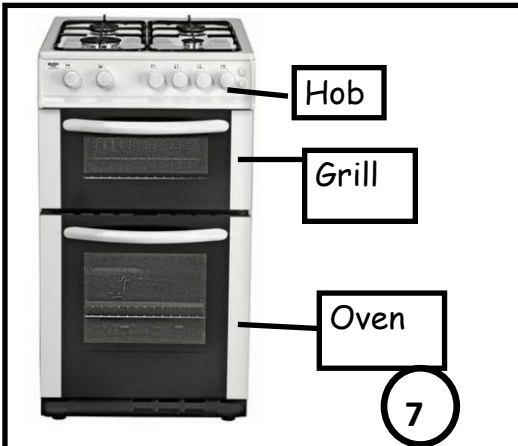
Fruit category	Examples
Soft	Raspberry, blackberry, redcurrant, strawberry
Citrus	Orange, lime, lemon, grapefruit,
Stone	Plum, apricot, peach, cherry
Tree	Apple, pear
Exotic	Banana, kiwi, melon, pineapple, mango
Dried	Currant, date, sultana, raisin

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Vegetable category	Examples
Leaves	Cabbage, salad leaves, spinach
Stems	Celery, chard, asparagus
Roots	Carrots, parsnips, beetroot, turnips, swede, radish, ginger
Bulbs	Onions, garlic, shallots, leeks, spring onions, fennel
Tubers	Potatoes, sweet potatoes, yam
Seeds	Peas, broad beans, runner beans, lentils
Vegetable fruits	Tomato, cucumber, aubergine, avocado

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Age group	Nutritional needs
Pre-school children 1-4 years	All nutrients are important, especially protein, vitamins and minerals. Limit the amount of free sugars and salt in foods and drinks
Children 5-12 years	All nutrients are important, especially protein, vitamins and minerals. Limit the amount of free sugars and salt in foods and drinks
Adolescents (teenagers)	Protein, Calcium and vitamin D, Iron and Vitamin C
Adults	Calcium and vitamin D, Iron and vitamin C
Older adults	Fibre Calcium and Vitamin D Iron and Vitamin C



	Cooking method
<b>Cooking with Fat</b>	Shallow frying, sautéing, stir frying
<b>Cooking with water</b>	Boiling, steaming, simmering
<b>Cooking with dry heat</b>	Grilling, baking, roasting, dry frying, toasting

**Food that is grown** in the UK includes crops such as wheat and barley. Also fruits and vegetables such as apples, potatoes and soft fruits such as strawberries and raspberries.

**Food that is reared** in the UK includes cows for meat and milk, sheep, pigs and chickens for meat and eggs.

**Food that is caught** in the UK is fish and shellfish such as mackerel, haddock, mussels, scallops and salmon.

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