

# Year 7- Food

## What is a bacteria?

A micro organism that multiply in certain conditions.

## Where can bacteria be found?

Everywhere!

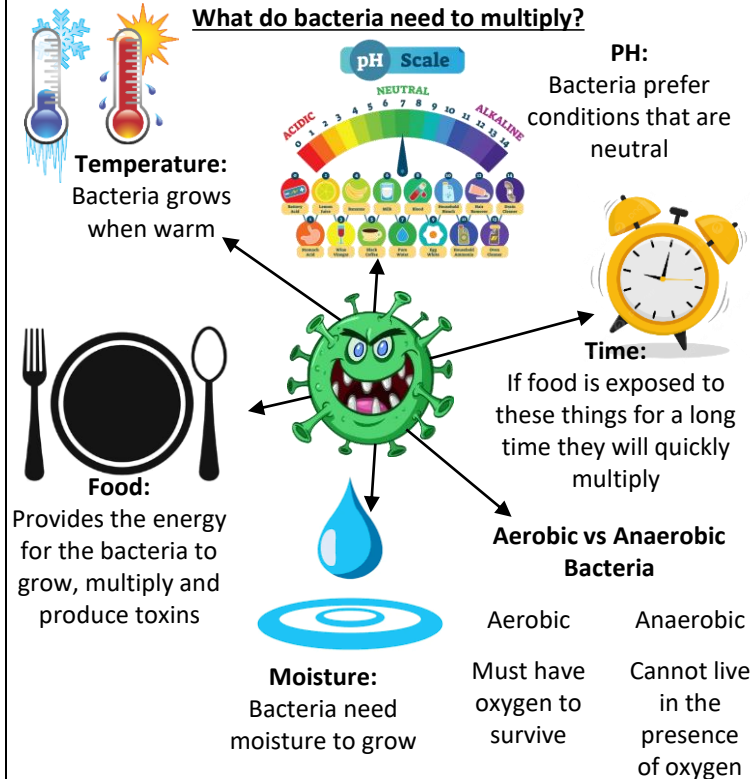
## Are all bacteria bad?

No- some are good and essential for normal bodily function.

## How can you reduce the risk of bacteria?

- Storing food separately
- Storing and cooking foods at the correct temperatures

## What do bacteria need to multiply?



## At what temperature is food stored?

Temperature is really important to keep food safe. The following temperatures should be used:

Refrigeration	Fridges should run at 4°C or below
Freezing	Freezing of food at - 18°C or below will stop bacteria multiplying
Cooking	Temperature of 75°C or above kills almost all types of bacteria
Danger Zone	The temperature range where bacteria is most likely to reproduce: 5°C- 63°C

High risk foods - ready-to-eat food that will support the growth of pathogenic bacteria easily and does not require any further heat treatment or cooking". Such foods are usually high in protein and moisture require strict temperature control and protection from contamination and include: cooked meats , cooked shellfish.

PREVENT CROSS CONTAMINATION  
USE CORRECT COLOUR CODED CHOPPING BOARDS



## Where in the fridge do we store food?

To prevent cross contamination (the spreading of bacteria), foods must be stored separately. Follow the rules of food storage within a fridge:



Most bacteria grow rapidly at body temperature (37°C), but can grow between 5°C and 63°C. This is known as the danger zone. The more time food spends in the danger zone the greater the risks of harmful bacteria growing. Therefore it is vitally important that we try to keep food out of the danger zone during the production processes.

## Personal Hygiene - Food Preparation

1. Always wash your hands before handling food.
2. An apron should be worn at all times.
3. Hair should be tied back.
4. Jewellery and watches should be removed.
5. Nail varnish should not be worn.
6. Never cough or sneeze near food.
7. Sleeves should be rolled up.

### What is the Eatwell Guide?

The Eatwell Guide is a guide that shows you the different types of food and nutrients we need in our diets to stay healthy.

### Why is the Eatwell Guide important?

The Eatwell Guide shows you how much (proportions) of food you need for a healthy balanced diet.

### What are the consequences of a poor diet?

A poor diet can lead to diseases and can't stop us from fighting off infections

### What are the food groups on the Eatwell Guide?

**Fruits and vegetables** give us plenty of fibre, vitamins, minerals, including folate, potassium and vitamins A and C. This group is needed to keep the gut healthy and protect us against diseases (good immune system).

**Potatoes, bread, rice, pasta and other starchy carbohydrates** provide the body's main source of energy.

**Beans, pulses, fish, eggs and meat** are sources of protein, vitamins and minerals. Protein is needed to build tissues and cells in the body for growth and repair.

**Dairy** and alternatives are good sources of protein and vitamins, and they're also an important source of calcium, which helps to keep our bones strong.

**Oils and spreads** are a source of essential fatty acids such as omega-3 – "essential" because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.

**Foods with added sugar and high in saturated fat** are not needed in our diet, so should be eaten less often and in smaller amounts. Foods with added sugar and high in saturated fat only have detrimental effects on the body and health.



### KEY WORDS

Cross Contamination	The transferring of bacteria from one source to another
Salmonella	Bacteria that is mainly found in the gut
Bacteria	Single celled organism that contaminates food and make the food unfit to eat.
Spatula	A tool that has a long handle and short, soft blade and that is used especially for mixing or spreading
Palette Knife	Round bladed long knife used for removing sponges
Cinnamon	An aromatic spice made from the peeled, dried, and rolled bark of a SE Asian tree
Aubergine	The purple egg-shaped fruit of a tropical Old World plant, which is eaten as a vegetable
Tomato	A glossy red, or yellow, pulpy edible fruit that is eaten as a vegetable or in salad
Courgette	A fruit eaten as a vegetable for the marrow family
Potato	A starchy tuber vegetable

### Knife Safety

#### Bridge



Make a bridge with your hand and grip the food firmly with your thumb and fingers. Slide the knife through the gap as if it is going through a tunnel and proceed to push the blade down to make your cut.

<https://www.youtube.com/watch?v=uhNvNMOMBg8>

#### Claw



When cutting foods, always place them in a stable position, preferably with a cut surface, flat against the cutting board. Guide the knife blade against the food with your free hand. Protect your fingertips by curling them inwards, using your knuckles to guide your knife.

<https://www.youtube.com/watch?v=wVJUD8SSQRA>



#### Conduction

The transfer of heat from one substance to another by **direct contact**.

#### Examples of conduction

- Fried egg (hob)
- Fried onions (hob)
- Stir Fry (hob)

#### Convection

The transfer of heat through a fluid or gas caused by **molecular motion**.

#### Examples of convection

- Boiled vegetables (hob)
- Boiled pasta (hob)
- Cakes and biscuits (oven)

#### Radiation

The transfer of energy the form of **electromagnetic waves**.

#### Examples of radiation

- Bacon (grill)
- Toast (grill)
- Burgers (grill)

