Design Technology - Year 8 - Food Preparation and Nutrition

You will rotate around Food, Graphics, Engineering and D&T throughout the year completing different projects and developing lots of new skills and knowledge

LEES BROOK COMMUNITY SCHOOL

Key Vocabulary

Tier 3 vocabulary	Definition
Food miles	The distance a food product travels from where it's grown to where it's sold
Free-range	A farming technique where farm animals have more space to move and live naturally
Organic farming	A more natural way of farming eg; growing crops without pesticides and artificial fertilisers
Seasonal foods	When certain foods are harvested and at their best at specific times of the year
Food sustainability	A method of growing food that has a minimal impact on the environment
Food recycling	Some left over food or peelings from preparing foods that we throw away could be put to use by recycling them into a compost heap or the garden waste bin collection
Food reusing	Using leftover food to make another meal
Food reducing	Limiting the amount of food that we waste

Tier 2 vocabulary	Definition
Import	Something that is bought into a country
Export	Something that is sold to another country
Consumer demand	What people who buy items want, what they desire
Carbon footprint	The impact a product has on the environment
Food provenance	Where ingredients and the foods made from them originally come from.
Plant crops	Farming plants which grow seeds, fruits, vegetables and grains such as potatoes, oats, carrots, apples
Climate	The weather in different countries eg; dry, humid, cold and wet
Rearing livestock	Farming cows, sheep, pigs and goats to be sold and used in food processing
Dairy farming	Farming dairy cattle (cows) for their milk to be sold to make cheese, butter, yoghurt
Fisheries	Farming freshwater fish eg salmon, trout
Preserved	Methods used to keep food fresh eg; smoking, salting, canning, pickling and drying

Important ideas

What is Fair Trade?

Fair trade. Fair trade is a way of buying and selling products that allows the farmers to be paid a fair price for their produce, and have better working conditions. Trade is 'unfair' when farmers receive very low income and have poor conditions while the companies that sell their products make lots of money from them

Examples of some Fairtrade foods;

Chocolate, bananas, coffee, tea, wine, sugar

The following eight pieces of information must appear by law on food labels:

✓ name of food or drink

✓ list of ingredients (including additives and allergens)

✓ weight or volume

✓ date mark

✓ storage and preparation conditions

✓ name and address of the manufacturer, packer or seller

✓ country of origin and place of provenance

✓ nutritional information

✓ Additional information may also be provided such as cooking instructions or serving suggestions.

Facts/Context/Historical relevance/dates

Sensory Analysis
Why do we do product testing?
Here are the areas you can use to analyse:

Appearance	What the food looks like, colours, shapes, texture
Aroma	How food smells
Texture	How food feels in your mouth, this is also called mouth-feel
Taste	The flavour of a food

Food allergies
An allergy is a reaction the body has, in food this can be very severe and can result in anaphylactic shock. Allergens must be identified in the ingredients list. They may appear in bold, italics or be underlined.

INGREDIENTS
Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflower, **Wheat** flour, Cream (**milk**), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley

ALLERGY ADVICE
For allergens, see ingredients in **bold**

The 14 most common food allergens;

Foods containing gluten, present in wheat, barley and rye	Crustaceans	Eggs	Fish
Peanuts	Soybeans	Milk	Nuts
Celery	Mustard	Sesame seeds	Sulphur dioxide
Lupin	Molluscs	The presence of any of these in pre-packaged products has to be declared.	