

Design Technology—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

Key Vocabulary	
Tier 3 vocabulary	Definition
Cross contamination	Transferring potentially harmful bacteria (microorganisms) from one thing to another
Microorganism	A tiny living thing eg; bacteria, moulds and yeasts
Food poisoning	Illness caused by bacteria or other toxins in food, typically with vomiting and diarrhoea
Carbohydrate	One of the three macronutrients, used in the body for energy
Complex carbohydrate	These are starchy carbohydrates and release energy slowly eg; pasta, bread and potatoes
Simple carbohydrate	These are sugary carbohydrates and release energy quickly eg; cakes, sweets and high sugar fizzy drinks
Protein	One of the three macronutrients used in the body for growth and repair
Nutrient	A substance that provides nourishment essential for the maintenance of life and for growth
Macronutrient	A nutrient needed in the body in large amounts
Micronutrient	A nutrient needed in the body in small amounts
Tier 2 vocabulary	
Detergent	Definition
Detergent	A water-soluble cleansing agent which combines with dirt to make them more soluble. Also called washing up liquid
Personal hygiene	Maintaining cleanliness of one's body and clothing
Nutrition	The process of providing or obtaining the food necessary for health and growth
Mould	A microorganism that can cause food to spoil
Fibre	Nutrients that are resistant to the action of digestive enzymes
5 a day	Guidelines for eating fruit and vegetables
Calorie	A measure of the amount of energy in food
Cuisine	A style of food from a country or region
Danger zone	The temperature range that bacteria multiply rapidly 5°C to 63°C

Important ideas

The eatwell plate



Claw grip

Create a claw by partly curling your fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand. It is the best method to use when food needs to be cut into slices or diced.



Bridge hold

Create a bridge over the food with your hand. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food. It is especially useful for cutting circular items into halves and quarters, e.g. tomatoes, apples.



Cold **food** must be kept at 8°C or below. This is a legal requirement in **England**, **Wales** and **Northern Ireland**. It is recommended to set your **fridge** at 5°C to make sure that **food** is kept cold enough.

Facts/Context/Historical
relevance/dates

Why Food Is Cooked

- To make it safe to eat
- To improve its shelf life (makes it last longer)
- To develop flavours
- To improve texture
- To make it easier to digest

The four conditions bacteria need to grow;

Food, moisture, warmth and time.

High risk foods are moist and high in protein eg; cheese, meat, milk and cooked rice. These must be covered and stored in the correct shelf in the fridge or freezer.

Foods that should not be stored in the fridge: Dry pasta, flour, sugar, dried fruit, unopened canned foods, chocolate, cereals

Ready to eat
foods, produce,
dairy & leftovers

Raw beef, pork,
fish & eggs

Poultry

