

ALWAYS REMEMBER food safety



Food safety is essential in the kitchen to prevent illnesses from food. Never forget the Four C's - cleaning, cooking, chilling and cross contamination to protect against deadly bacteria and food poisoning.

When food is cooked well properly, germs which cause food poisoning are killed. It is a must to cook meat poultry, fish and eggs very well. Incorrect food storage and unclean dishes are also a common cause of food poisoning

YEAR 8 KNOWLEDGE ORGANISER

HEALTHY BREADS



STAPLE FOODS - BREAD



Bread is a staple food made from flour, salt, water and if yeast is used the bread will be risen and soft. Bread is often made from wheat flour, but other grains, such as corn and rye can also be used. Originally, flour was made by crushing wheat grains between stones but now machines are used. Wholemeal bread contains dietary fibre, is healthy and uses the whole grain. Different countries from around the world eat different types of bread. Bread is a good source of carbohydrate.

SENSORY TESTING



KEY VOCABULARY

Aesthetic
Appearance
Texture
Aroma
Flavour
Taste
Sweet
Savoury
Evaluate

When testing food, we use our senses and this is known as sensory testing. We decide how food smells, looks and what sort of texture it has. We can use descriptions, we can rate food with a mark out of 10 or rank according to which we prefer most. Before a food is sold on the market it must be tested to make sure that it is good enough to sell. There will be lots of times when you need to test the food you have cooked. You may then decide that it needs improving, eg it may need more colour or it could be the wrong texture.

KEY VOCABULARY

Dough
Yeast
Gluten
CO₂
Raising agent
Leavened
Wholemeal
Healthy
Multi cultural
Sensory properties
Sustainability
knead
Staple food
Food poisoning
4C's

DEEPER LEARNING

The ingredients in bread

The main ingredient of bread is bread flour, which adds **bulk to the product** and makes up largest part of the dough. Bread flour also provides gluten, a protein which helps the bread rise. A small amount of sugar can be added to the bread during making which acts as food for the yeast to help it become active. Yeast is a fungus and when added to warm water, it produces CO₂ gas which rises the bread. Salt is needed when making bread strengthens the dough. Water must be warm to activate the yeast and when added it will bind the ingredients. A small amount of oil stops the dough from drying out.