

Reason for Choice	Things to consider
Target Market	Think who the dish is for. Think about their nutritional needs. CHALLENGE TASK: Explain any dietary needs or allergies that may need to be considered.
Colour	Are the colours being used attractive, are they eye catching? Is there a selection of different colours? CHALLENGE TASK: Describe how the colours work together.
Texture	Think about the textures; do they work together? Are there different textures within the dish? CHALLENGE TASK: Explain how the textures work together.
Flavour	Think about the different flavours within the ingredients used in the dish. CHALLENGE TASK: Explain how they work with each other.
Cost	Comment on how affordable you think the dish is to make. CHALLENGE TASK: Explain how costs could be kept to a minimum.
Cooking Method	Explain the cooking methods used for the dish. CHALLENGE TASK: Explain how the method of cooking impacts on nutritional value of macro and micro nutrients within the ingredients.
Portion Control	Describe how the dish is to be equally portioned out. CHALLENGE TASK: Explain why portion control is important to the chef and to the customer.
Chef Skills	Describe the chef skills needed to make the dish. CHALLENGE TASK: Explain how you could provide an opportunity for the chef to display more complex skills.
Healthy Eating	Explain how the dish links to healthy eating. CHALLENGE TASK: Describe how you could make the dish a healthy product to eat.

Year 8 Food: Knowledge Organiser

Application of Skills: September – December

15% OF MEN KNOW
2,500
CALORIES (kcal)
IS THEIR RECOMMENDED DAILY CALORIE INTAKE

44% OF WOMEN KNOW
2,000
CALORIES (kcal)
IS THEIR RECOMMENDED DAILY CALORIE INTAKE



INSPIRE
BELIEVE
ACHIEVE



Macronutrients and Micronutrients








Macronutrients

- They are Essential.
- Provide calories for energy. Nutrient substances needed for growth, metabolism and for other body functions.
 - Carbs
 - Protein
 - Fat

Micronutrients

- They are Essential but in small amounts
- Enable the body to produce enzymes, hormones and other substances essential for growth and development.
 - Iron
 - Sodium
 - Magnesium
 - Zinc

	Vitamin A	Beneficial in treating eye disorders, skin infections
	Vitamin B9	Reduces risk of neural tube defects during pregnancy
	Vitamin B12	Provides relief from symptoms of anaemia, kidney and liver disorders
	Vitamin C	Helps treat scurvy, cancer and common cold
	Vitamin D	Aids in treating arthritis, tooth decay, diabetes and rickets
	Vitamin E	Improves blood circulation and slows down aging process
	Vitamin K	Reduces risk of menstrual pain and internal bleeding

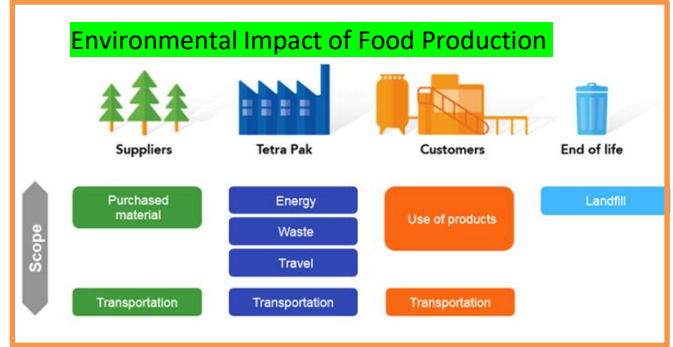
COOKING METHODS

Knowing the difference will save you time and money.

FOOD COOKS IN:

AIR	FAT	WATER	STEAM																
<p>DRY HEAT Produces rich flavour due to browning and caramelization</p> <p>BROILING - High dry heat from above - Caramelizes and browns surface</p> <p>GRILLING - Usually uses high dry heat from below - Caramelizes and browns surface</p> <p>ROASTING/BAKING - Cooks evenly over longer periods - Oven allows for consistent temperature control - There is no difference between "Roasting" and "Baking"</p> <p>SAUTEING - High heat and little oil - High heat prevents moisture loss</p> <p>PAN FRYING - Medium high heat - Requires more oil than Sautéing to prevent moisture loss</p> <p>DEEP FRYING - Considered "Dry Heat" due to using extremely high temperatures - Cooks very quickly and browns</p>	<p>MOIST HEAT Keeps food moist and prevent drying out</p> <p>STEAMING - High heat - Fast cooking time because it uses the steam released after water goes past 212°F (100 °C)</p> <p>BOILING - High heat - Food cooks submerged in liquid - Liquid is either absorbed by food or discarded when cooking is complete</p> <p>SIMMERING - Medium heat - Small bubbles gently break the liquid's surface - Used to infuse liquid with flavour from the food being cooked</p> <p>POACHING - Low temperature - Used for delicate foods like eggs - Liquid will slowly move but no bubbles form</p>	<p>COMBINATION HEAT Uses both dry heat and moist heat</p> <p>BRISAISING - Dry Heat = Pan fry or Sauté to brown the meat - Moist Heat = Add liquid to 1/3 the height of the meat</p>																	
<p>SLOW</p> <table border="1" style="width: 100%;"> <tr> <td>BOILING</td> <td>STEAMING</td> <td>SIMMERING</td> <td>POACHING</td> </tr> </table>	BOILING	STEAMING	SIMMERING	POACHING	<p>MOIST</p> <table border="1" style="width: 100%;"> <tr> <td>BRISAISING</td> <td>ROASTING</td> </tr> <tr> <td>STEWING</td> <td>SMOKING</td> </tr> </table>	BRISAISING	ROASTING	STEWING	SMOKING	<p>DRY</p> <table border="1" style="width: 100%;"> <tr> <td>GRILLING</td> <td>PAN FRY/SAUTE</td> </tr> <tr> <td>BROILING</td> <td>DEEP FRY</td> </tr> </table>	GRILLING	PAN FRY/SAUTE	BROILING	DEEP FRY	<p>FAST</p> <table border="1" style="width: 100%;"> <tr> <td>BOILING</td> <td>STEAMING</td> <td>SIMMERING</td> <td>POACHING</td> </tr> </table>	BOILING	STEAMING	SIMMERING	POACHING
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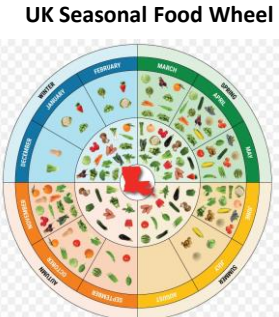
References: theculinarycook.com, wikieducator.org



CHALLENGE TASK: Apply the 5Rs not just the 3Rs

From the **3Rs** to the **5Rs**
Similar but better, using creative power to drive GC's sustainability

<p>3Rs</p> <p>Reduce Recycle Reuse</p>	<p>5Rs</p> <p>Reduce Recycle Reuse Refuse Renewable</p>
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Seasonal food refers to the times of year when the harvest or the flavour of a given type food is at its BEST.