

NUTRITION

PROTEIN – Growth and repair of cells (Meat, beans, fish, dairy)

CARBOHYDRATE – Energy – Sugar and Starch (Starch – bread, pasta, rice. Sugar – sweets, fizzy drinks)

FAT – Insulation, energy (Saturated – animals - butter. Unsaturated – vegetables – oils)

VITAMINS AND MINERALS – Do a wide range of jobs in the body

FIBRE – Vegetables, wholemeal flours, pasta – aids digestion

A

HOMEMADE V FAST FOODS

Homemade - positives

- Know what's in it
- Lower fat, sugar and salt
- No artificial additives
- Choose own ingredients – know their food provenance
- Energy used in making

Fast food - negatives

- High in sugar, fat and salt
- Artificial additives
- Not fresh
- Throw away utensils etc



B

FOOD PROVENANCE

Traditional – Foods that are passed through generations and are consumed over a long period of time

Traditional British Foods – Fish and chips, pasty, Scones, Roast

WALES – Bara Brith
SCOTLAND – Haggis
IRELAND – Soda Bread
ENGLAND – Bakewell Tart



C

Scones are related to the ancient Welsh tradition of cooking small round yeast cakes on stones, that later changed to griddles. Today's scones are baked in the oven.
 Cornwall – jam then cream
 Devon – cream then jam



D

Cornish Pasties – A Cornish food eaten by poorer working families who could only afford cheap ingredients such as potatoes, swede and onion. Meat was added later. The D-shape enabled tin miners to re-heat them underground as well as eat them safely. The crust was used as a handle which was then discarded due to the high levels of arsenic in many of the tin mines.

E

Great British Breakfast - The full breakfast became popular in the British Isles during the Victorian era is a breakfast meal, usually including bacon, sausages, eggs, and a variety of other cooked foods

F

FOOD SCIENCE

FOOD CHOICE

BMR – Basal Metabolic Rate – The energy your body needs whilst it is at rest

PAL – Physical Activity Level – The extra energy needed for how active you are

All food provides energy. Fat and Sugar provide LOTS of energy

BMI – Body Mass Index – Height, weight, sex and age is used to give you a number to indicate whether you are over/ under weight

OBESITY – When your BMI is over 30 (you are largely overweight)

BALANCE: INPUT V OUTPUT

G

TIMELINE OF BRITISH FOODS

17th Century – Only ate what they could catch/ rear (meat) and what they could grow (fruit and vegetables) – Stews, roasts

18th/19th Century – British troops occupied India. They returned with spices which were used to recreate Indian dishes– Curries, Kedgree.

H

20th Century – The introduction of technology. TV – cooking shows. Shops – importation of food, more variety available. Cookery books. Fridges, Freezers.

Today – Fast foods. Drive throughs, order on ine, mobile apps, Buy one get one free

FOOD IN INDUSTRY

Shortening – This is when fat is rubbed into flour with the finger tips. The fat coats the flour preventing bonds from forming. This results in a product with a crumbly texture. (Scones and Pasties)

I

Methods of Heat transfer

Conduction Heat is transferred through contact - HOB

Convection Heat is transferred through air flow – hot air rises, cold air sinks – OVEN. **This can also happen in a liquid on the hob!**

Radiation Heat is transferred as it radiates onto the food – GRILL & MICROWAVE

J

Radiation-Conduction-Convection



BRITISH CUISINE



Glazing – Brushing the top of a product with egg or milk to give it a golden shine

K

Pane – Flour, egg, breadcrumbs – coating a food

L

FOOD YR 8 INTERNATIONAL CUISINE

NUTRITION

Macronutrients are the nutrients we need in larger quantities that provide us with energy: **fat, protein and carbohydrate.**

Micronutrients are mostly **vitamins and minerals**, and are **equally important but consumed in very small amounts.**

A **non-nutrient** is something that has **no calorific value**, but **plays an important role within the overall health** of the body. **Fibre and Water**

M

Food Waste: ALL the food we throw away
Food Security: Ensuring everyone has access to safe, nutritious affordable food

W

Curry
We could improve the nutrition of a curry by

- Adding vegetables to the sauce
- Making a homemade sauce
- Making our curries vegetarian
- Using lean meat
- Using a low-fat cream or replacing it with a yoghurt
- Serving with brown rice
- Using an oil to fry rather than butter

N

Naan bread
Garlic, Coriander, Peshwari, Plain Keema
Naan bread is often served with butter or Ghee on the top – these are saturated animal fats

O

FOOD PROVENANCE

FOOD SCIENCE

FOOD IN INDUSTRY

FOOD CHOICE

FOOD SAFETY

COOKING AND FOOD PREPARATION

Food from other countries
France – Pain au chocolat, croque monsieur, snails
Italy – pizza, pasta, ciabatta, risotto
Spain - Paella
Greece – Greek salad
China – Stirfry, chicken chow mein, prawn crackers
Japan - Sushi

P

Why is food different in other countries?

- Lifestyle, income, time available to prepare and cook
- Cost of food
- Time of day and eating habits
- Food availability and seasonality – climate
- Enjoyment, celebrations, preferences and social aspects of food
- Ethics/ moral beliefs/ religion
- Nutrition
- Culture/ tradition

Q

India – Naan bread, curry, mango chutney, raita, poppadoms, lime pickle

Curry – There are many different types of curry available varying in ‘hotness’

Most Indian dishes are vegetarian. Hindus don’t eat beef (Cows are sacred in their religion) Muslims don’t eat pork (Pigs are dirty). India dishes use a lot of spices as these are grown in hot climates like India

S



INTERNATIONAL CUISINE

Religion	Beliefs	Can not eat
Buddhism	Think about eating in 5 ways. What food is, why we eat, where food comes from, when it should be eaten, how it should be eaten	Meat and dairy products, alcohol
Christianity	Food and drink is part of Gods creation	No restrictions
Hinduism	Food has energies that people take in when eating	Beef –sacred
Islam	Laws are found in the Qu’ran	Pork, alcohol
Judaism	Food has to be ‘kosher’ e.g. animals that chew the cud - cows	Pork, Shellfish,
Rastafarianism	Food must be natural and clean	Pork, fish no longer than 30cm
Sikhism	Vegetarians	No meat, tea, coffee or alcohol

R

Tandoori ovens – these are clay ovens that are set into the ground. Naan breads are stuck to the side to cook in the heat from the fire below

T

Taste buds

The tongue map shows areas which are more sensitive to a particular taste, not the areas which exclusively recognize a taste. We can still taste bitterness on the tip of our tongue, however we are more sensitive to it at the back of the tongue. Likewise, we can taste sweetness on the back as well as the front but are more sensitive to sweetness at the front

U

Herbs & Spices

Herb = Leaf of the plant. Bay leaf, Parsley, Sage, Rosemary

Spice = Any other part of the plant – (bark, seeds, root) Cumin, Nutmeg, Cinnamon, Ginger

V