

## How to wash up

1. Rinse any dishes that are really dirty / or leave to soak if food is stuck to the pan.
2. Fill the washing up bowl full of hot soapy water, the hotter the better.
3. Using a washing up cloth wipe the dishes inside and out.
4. Place upside down onto the draining board



Perishable foods must be kept in the fridge. These foods are mainly high protein and do not have a long shelf life. If not stored correctly foods deteriorate and any bacteria present will multiply.

Fridge temperature should be between 1-5°C



## Food poisoning

Illness caused by eating food or drink that has been contaminated by bacteria and other toxins.

Bacteria grow if the conditions are right

- Food ( high protein foods e.g. fish/meat/eggs/cream/milk)
- Warmth - body temperature 37°C
- Time
- Moisture

**Be aware** bacteria can become **dormant** when **frozen** but **become active** when **defrosted**

Symptoms of food poisoning = vomiting and diarrhoea  
Keeping food safe, clean preparation areas and good personal hygiene is essential in producing safe food.

## Equipment



sieve

colander

Cooling rack

**Weighing & measuring** is important to do accurately in order for recipes to be successful.



**Digital scales** give the most accurate reading e.g. 100g



**Spring balance scales** are not as accurate as you may have to sometimes guess when the marker is in

between two numbers  
There are 1000g in 1Kg  
500ml = 1 pint  
25g = 1oz



## Sensory testing

Using descriptive words helps to explain how your food has turned out. We use our senses

- Taste – sweet/sour/bitter/salt/umami
- Appearance (look)
- Texture (mouth feel)
- Aroma (smell)

Regularly using your word bank will help you to write detailed accounts of how well your food has turned out and how you can begin to make improvements.

Senses	Examples of descriptive words
Taste	Sweet, sour, burnt, bitter, bland, salty, fruity, creamy, herby, meaty, undercooked
Appearance	Colourful, dry, greasy, smooth, watery, risen, lumpy, shiny, golden, flat, thick
Texture	Soft, crunchy, hard, slimy, gooey, powdery, juicy, rubbery, spongy, crispy
Aroma	Burnt, meaty, herby, syrupy

**Four main raising agents** are used in cooking:

**the main function is to make food light and airy e.g. cakes**

- **Air** – egg whites, beating creaming, rubbing in.
- **Steam** – profiteroles, choux pastry, Yorkshire pudding.
- **Carbon dioxide** – yeast fermentation, baking powder, self raising flour.
- **Chemicals** – bicarbonate of soda & baking powder



Tea spoon (tsp)  
Dessert spoon (dsp)  
Tablespoon (tbsp)



Pallet knife



Fish slice



Baking tray



grater

## Healthy Eating



**Diet**—the food you choose to eat.

**Balanced diets** - A diet that contains all the nutrients in the correct amounts.

**Energy needs**- the average amount of food energy Needed by individuals, usually measured in Kcals

**5 –a–day** – we need to eat at least 5 portions of fruit & vegetables a day

**The Eatwell Guide** – is a healthy eating guide to show you the type of foods You should be eating and the amounts

**Malnutrition** – Lack of proper nutrition caused by not having enough of the right foods to eat (common in developing countries or where natural disasters have occurred) or eating too much of the wrong foods.(common in USA & UK)



**Food related diseases** – caused by eating too much of the wrong foods & lack of exercise.

**Obesity** – being very overweight, carrying more body fat than is healthy.

**Heart disease** – a build up of fatty deposits in the coronary arteries.

**Type 2 diabetes** – a condition where the body's sugar levels cannot be controlled properly.

**Constipation** – If you don't eat enough dietary fibre (found in the cell walls of cereals, fruits & vegetables).

There are **5 nutrients** each has a specific job to do in our bodies

1. **Protein** = growth & repair and is found in mainly **animal foods e.g. meat, fish, milk & dairy, eggs**  
**vegetarians will get their protein from plants e.g. soya, tofu ( made from soya milk) beans, nuts & seeds.**
2. **Carbohydrates** = provides us with energy to help us to breathe, keep our organs working & physical activities. Found in bread, pasta, rice, bananas, yams, potatoes and sweet things.
3. **Fats** = gives us energy, vitamins A, D, E & K, insulates us and helps to protect our organs. Fat are found in animal sources like butter, lard, milk, cheese, meat, cream and oily fish. Saturated fats can be harmful and are mainly from animals. Unsaturated fats are better for us e.g. olive oil, rapeseed oil, vegetable oils.
4. **Vitamins & 5. Minerals** = these are essential nutrients and have 100s of different functions in the body. They are found in a range of foods so aim to eat a rainbow of coloured foods  
Dietary fibre is not a nutrient but is essential to a healthy diet, drinking 6-8 glasses of water a day and taking regular exercise also play an important role in having a healthy diet.



## Knife skills

Safe methods to use when preparing fruit & vegetables is to hold with the **bridge** and grip with the **claw** method



Bridge



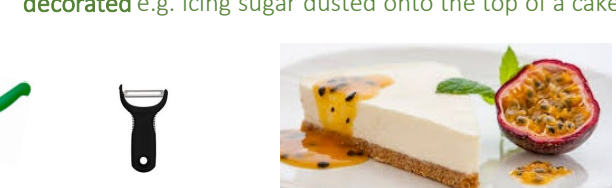
Claw



Vegetable knife



Speed peeler



**Food styling** - is the art of arranging food that looks tasty and fresh. Particularly important when food is being presented /photographed. **Garnish** - is a decoration on a savoury food e.g. chives over a poached egg on toast. Sweet foods can be **decorated** e.g. icing sugar dusted onto the top of a cake

