



# Year 7 Knowledge Organiser MYP - Food Technology

## Section 1:1 - Key vocabulary - Related concepts

**4Cs:** chilling, cooking, cleaning, cross-contamination.

**Function** - How does the product work

**Form** - What does your product look like?

**Aesthetics** - How does your dish look?

**Innovation** - How creative/unique is your work/product

**Evaluation** - How successful your dish is?

**Target Market** - Who are you making your product for? What are their needs?

**Ergonomics** - How easy your product is to use/consume?

## Section 1:2 - Safe use of knife and main cutting techniques

### Bridge Method

Create a bridge with your hand over the food, then guide the knife under the **bridge** and over the item.

**Cut** into the item by pressing the knife down and pulling it out of the **bridge**.



### Claw Method

Start by shaping your hand as if you are about to **pinch**, resting the **tips** of your fingers on the food and your thumb **behind** your fingers.

Hold down the food with your little finger and thumb, your other fingers should act as **stability** and control whilst you cut. With your knife in the other hand, move the knife in a cutting motion, allowing the knife to **brush** against your knuckles as you cut. Gently move your claw hand **away** from the knife as it cuts



## Section 1:2- Chopping Boards

**Red** - Raw Meat

**Blue** - Raw Fish

**Yellow** - Cooked Meat

**Brown** - Vegetables

**Green** - Salads & Fruit

**White** - Dairy/Bakery



### Bacteria Bites:

<https://www.youtube.com/watch?v=nkVY08aqC28&t=330s>



## Section 1:3 - Hygiene and Safety

Hygiene	Safety
Wash your hands before beginning practical work	Do not run
Tie back long hair	Take care when using knives
Do not wear nail varnish	Mop up spills immediately
Remove jewellery	Take care with electricity
Always wear an apron	Turn pan handles to the side
Do not cough or sneeze on food	Use oven gloves to remove food from the oven
Do not lick your fingers	Be aware of the emergency exits and the procedure should there be a fire
Make sure utensils and cutlery are washed and dried thoroughly	Report any problems to the teacher
Clean all worktops at the end of the lesson	If you are not involved with practical work sit away from those who are

## Section 1:4 - Washing Up

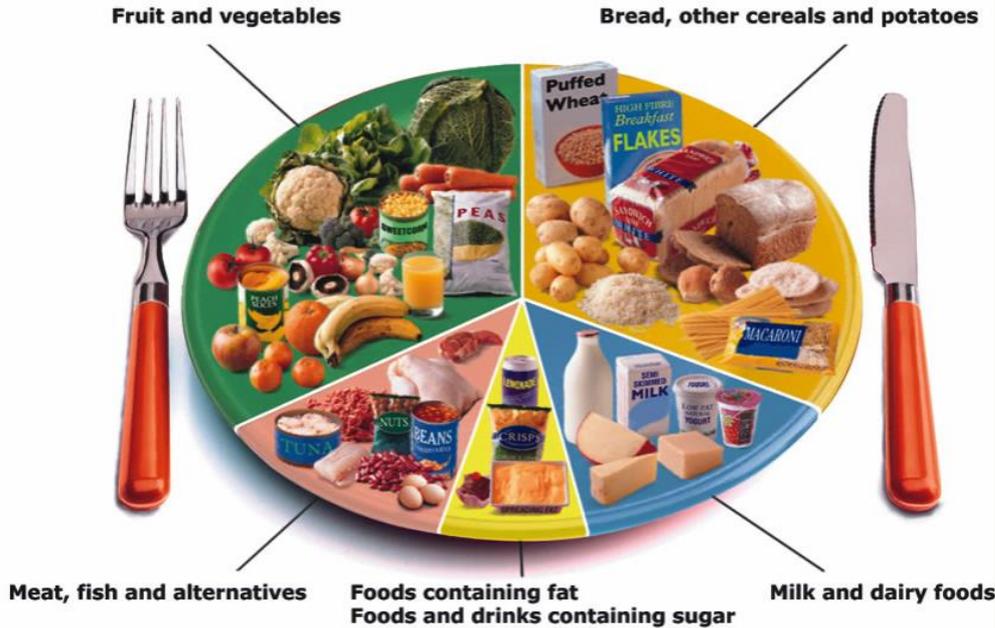
1. Wipe down the draining board and clean the washing up bowl
2. If necessary, change the washing up water
3. Scrape any food scraps onto a paper and put in the bin
4. Remove any food trapped in the plughole
5. Stack clean, dry dishes on a clean surface Wash the cleanest dishes first and then the dirty dishes
6. Empty the dirty water out of the bowl
7. Put the clean dishes away in the correct storage area
8. Put any really dirty pans to soak
9. Collect a clean towel and dish cloth
10. Dry dishes thoroughly with a clean tea towel
11. Fill washing up bowl with hot water and washing up liquid

### Japanese Cuisine and Vocabulary

Udon	Rice vinegar
Teriyaki	Wasabi
Gyoza	Soy sauce
Sashimi	Miso
Sushi	Nori
Ramen	Nigiri
Tempura	
Sesame	



## The Balance of Good Health



There are five main groups of valuable foods

### Section 1:5 - Equipment & Devices

Measuring Jug, Paring Knife, Wooden Spoon, Chopping Board, Palette Knife, Baking Tray, Greaseproof paper, Pan, Grater, Colander, Glass Bowl, Oven, Hob, Grill, Tea Towel, Dish Cloth, Oven Gloves

### Section 1:7 - Food Miles

Food miles are a way of attempting to measure how far food has travelled before it reaches the consumer. It is a good way of looking at the environmental impact of foods and their ingredients. It includes getting foods to you, but also getting waste foods away from you, and to the landfill.

<https://www.youtube.com/watch?v=90Opt06QF9WY>

### Section 1:6 - Nutrients and Dietary Requirements

**Vegetarians** - people who do not consume meat or meat products.

**Vegans** - people who do not consume meat, fish and dairy products. Some do not consume honey as well as that comes from animals.

**Pescaterians** - people who do not consume meat, but eat fish.

**Religious diets popular in Japan:** Shinto is vegetarian diet; Buddhism is lacto-vegetarian diet.

**Carbohydrates** - found in bread, pasta, rice, other cereals and starchy vegetables, like potatoes.

**Proteins** - found in meat, fish, eggs, dairy products, soya and some meat alternatives.

**Fats** - found in oils, butter, nuts, oily fish and animal fat.

**Minerals and Vitamins** - biggest amount found in different fruit and vegetables and dairy.

**Water** - found in most food, but mainly people get 20% from food and 80% from drinks.

**Fibre** is a type of indigestible carbohydrate and found in fruits, vegetables, beans and oat bran. It is needed to help your digestive system work properly.

### Section 1:8 - Key Terms

Claw	Bridge	Peel
	Grate	Slice
Baton	Batonnet	Julienne
	Brunoise	Diet
	Vegan	Vegetarian
	Pescaterian	Lacto-vegetarian