

# Year 7- Knowledge Organiser- DT – Food

Eatwell guide,  
nutrients, carbohydrates, vitamins, protein, dairy,  
fats,  
macronutrient, micronutrient, balanced diet,  
healthy, water.

## Kitchen Safety Rules



- Always wash your hands before and after handling food.
- Tie back long hair.
- Wear an apron and roll up your sleeves.



- Keep food preparation surfaces clean.
- Wash fruit and vegetables under cold water before use.



- Always ask an adult before handling knives or going near hot things.



- Handle knives and other sharp equipment with care.



- When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.



- Turn handles of saucepans away from the front of the stove when cooking.
- Use oven mitts when taking hot dishes from the oven or microwave.



- Do not run around the room where food is being prepared.
- Wipe up food spills immediately.



- Store food appropriately in sealed containers. Always keep raw meat away from cooked meat at the bottom of the fridge.
- Wash kitchen and eating utensils after use in hot soapy water.



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### Health and safety

**make sure all  
equipment used  
and stored  
correctly**

**Heat, knives,  
cooking, washing,  
hygiene, slip, trip,  
fall, accident,  
confident, fire,  
standards,  
correct, safe,  
hygienic,  
temperature,  
oven gloves,  
warning signs.**

## Balanced Meals

**Base your meals on starchy foods.**

**Eat lots of fruit and vegetables.**

**Eat more fish.**

**Cut down on saturated fat and sugar.**

**Try to eat less salt- no more than 6g a day.**

**Get active and try to be a healthy weight.**

**Drink plenty of water.**



**Balanced diet. Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.**



**This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.**



# Balanced diet.

- Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.
- This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.
- Cooking methods.
- The students will need to research a minimum of 5 different cooking methods and explain what dishes are cooked this way and is the method healthy or unhealthy.
- Please do not just copy and paste the first five methods that appear on google. My top tip is to talk to your family and write down the cooking methods you use at home as a family. I am not prying into your home life but looking for your knowledge of cooking methods that you are aware of and not just copied from an internet page. Pictures may be added to support your research.



# Evaluating your work.

Evaluations should be your chance to reflect upon the practical lesson and write about the good points and focus on how to make progression in lessons.

- Key words that could be used....
- Methodical, consistent, tidy, team work, colourful, creative, progression, restaurant, standard, fresh, appearance, quality.
- Below are two examples of sentences that are marked at bronze and gold grades. Bronze is a low grade and gold is the top grade.
- Example.
- I made a nice fruit salad in the lesson and it looked appetising. Bronze.
- Or, in our last lesson I made an amazing fruit salad with a range of different colourful fruits. I cut the fruit into consistent size pieces and this helped me make a dish that was restaurant standard. Gold.
- Balanced diet. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.
- This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.