LITHERLAND HIGH SCHOOL

LIVO CATCH-UP 10

Year 7 Food Technology

Health and Nutrition



1 HEALTH AND SAFETY

- **Hazard** = something that could cause harm.
- **Precaution** = action to reduce risk.

Always:

- wash hands
- tie hair back
- no jewellery
- clean spills
- use oven gloves.



2 WEIGHING AND MEASURING

- Use **scales** for grams (g).
- Use a measuring jug for millilitres (ml).
- **Measure** accurately and safely.
- Use metric and imperial units.



3 WHAT IS FIBRE?

- Fibre comes from plant foods.
- Supports digestion and overall health.
- Too little fibre can affect digestion.
- Identify fibre on food labels.



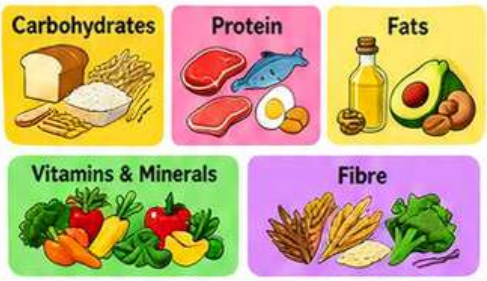
4 THE EATWELL GUIDE

- Shows food groups for a healthy, balanced diet.
- Include a variety of food groups.
- Relate foods to nutrients.



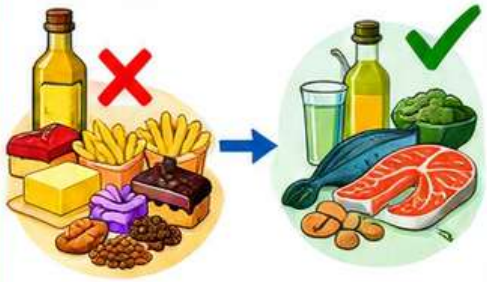
5 FOOD GROUPS AND NUTRIENTS

- **Carbohydrates** provide energy.
- Different foods contain different nutrients.
- A balanced diet includes a variety of foods.



6 FAT IN OUR DIET

- **Fat** has a role in the diet, but too much can affect health.
- Choose healthier alternatives and adapt menus.



7 HEALTHY LIFESTYLES

- Plan balanced meals that suit different needs and activities.
- Everyday food choices affect long-term wellbeing.



8 SOURCING FOOD LOCALLY

- Local food may be fresher, supports local farmers and can reduce transport emissions.
- Challenges include seasonal availability, cost and limited choice.
- Food miles = distance food travels.



9 SENSORY ANALYSIS

- Use five senses – sight, smell, taste, touch and hearing – to evaluate food.
- Describe texture, flavour, aroma, colour and appearance.
- A fair test keeps conditions consistent.



10 COOKING AND FOOD SKILLS

- **Conduction** = direct contact.
- **Convection** = moving air/liquid.
- **Radiation** = infrared waves.
- **Examples:**
  - Frying = conduction
  - Boiling = both (moving liquid/convection)
  - Grilling = radiation
- Safe hygiene and correct equipment matter.



YOUR CATCH-UP 10

1. Define hazard and precaution.
2. Which tool measures grams?
3. What is fibre?
4. What does the Eatwell Guide show?
5. Name a nutrient/food group.
6. Why avoid too much fat?
7. What is a balanced meal?
8. Give one benefit of local food.
9. Name the five senses.
10. Define conduction.

FINAL CHECK

- ☐ I can identify hazards and precautions.
- ☐ I can measure ingredients accurately.
- ☐ I can explain fibre and its role.
- ☐ I can describe the Eatwell Guide and a balanced diet.
- ☐ I can discuss fat and healthier choices.
- ☐ I can explain benefits/challenges of local sourcing.
- ☐ I can evaluate food using senses.
- ☐ I can describe heat transfer methods.

NOW I'M READY TO REJOIN THE LESSON!



Kindness • Integrity • Tenacity