LITHERLAND HIGH SCHOOL

# LIVO CATCH-UP 10

## Year 8 Food Technology

## Nutrition and Culinary Skills




### 1 HAZARDS AND PREVENTION

- **Hazard** = something that could cause harm.
- **Prevention** = action to reduce risk.
- **Common hazards:**
  - hot oil and surfaces
  - sharp knives and utensils
  - raw meat and cross-contamination
  - slips and trips



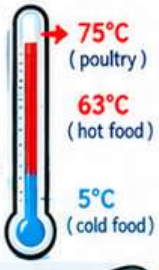

### 2 FOOD HYGIENE AND SAFETY

- Wash hands regularly and for 20 seconds.
- Keep raw and cooked foods separate.
- Store food at the correct temperatures.
- Keep work surfaces and equipment clean.
- Wear clean clothing and tie hair back.




### 3 FOOD SAFETY TEMPERATURES

- Cook poultry to 75°C (or until juices run clear).
- Keep hot food above 63°C.
- Keep cold food below 5°C.
- Reheat food to at least 75°C.
- Use a food thermometer for accuracy.






### 4 THE EATWELL GUIDE

- A balanced diet gives us the nutrients we need to be healthy.
- Eat a variety of foods from each food group.
- Choose lower fat, lower sugar and lower salt options.



### 5 NUTRIENTS AND THEIR JOBS

- **Carbohydrates** provide energy.
- **Protein** builds and repairs body tissues.
- **Fats** provide energy, help absorb vitamins.
- **Vitamins & Minerals** keep us healthy and support body functions.
- **Fibre** helps digestion and keeps you full.



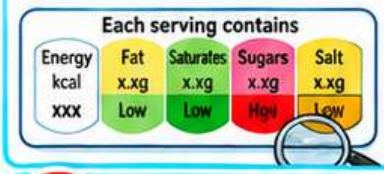
### 6 CULINARY SKILLS

- Use a range of cooking methods: boil, grill, roast, fry, bake, steam.
- Prepare, cut and shape ingredients safely and correctly.
- Use and care for utensils and electrical equipment.
- Follow a recipe and work accurately.
- Make adjustments to improve flavour, texture and appearance.



### 7 FOOD CHOICES AND DIETS

- Consider different diets: vegetarian, vegan, halal, kosher, gluten free, allergies and intolerances.
- Read and follow food labels.
- Be aware of added sugar, salt and saturated fat.
- Make healthier choices when planning meals.







### 8 MEASURING, WEIGHING AND CONVERTING

- Use scales and measuring jugs.
- Know common metric conversions:
  1kg = 1000g | 1 litre = 1000ml
  1 tbsp = 15ml | 1 tsp = 5ml
- Use the correct equipment for accuracy.



### 9 PRACTICAL COOKING

- Follow a method step by step.
- Use correct knife skills (claw grip).
- Avoid cross-contamination.
- Check food is cooked and seasoned.
- Consider presentation and texture.




### 10 YOUR CATCH-UP 10

1. What are hazards and how can they be prevented?
2. Why is hand hygiene important in the food room?
3. What is the safe cooking temperature for chicken?
4. Name the 5 food groups in the Eatwell Guide.
5. Which nutrient helps build and repair your body?
6. Name two cooking methods and give an example.
7. What are the risks of cross-contamination?
8. How many grams are in 1kg? How many millilitres are in 1 litre?
9. Name two diets and give an example of each.
10. Why is it important to follow health and safety rules in the kitchen?

### FINAL CHECK

- ☐ I can identify hazards and risks in the kitchen.
- ☐ I can explain how to prevent food poisoning.
- ☐ I can name the nutrients and their functions.
- ☐ I can explain the Eatwell Guide and food groups.
- ☐ I can use metric measurements and conversions.
- ☐ I can describe key cooking methods and techniques.
- ☐ I can explain why different diets are important.
- ☐ I can follow a recipe and cook safely and confidently.
- ☐ I can evaluate my own cooking and suggest improvements.

NOW I'M READY TO REJOIN THE LESSON!



**Kindness • Integrity • Tenacity**