Year 7 Food Knowledge Organiser: Where Food Comes From

Seasonal Foods

What is seasonal food?

Food grows at different times of year in England. The time that food is ripe for eating is known as its season. Food grows in different countries at different times, so if food is not in season in England, it can be transported from another country.

Why is eating seasonal food whenever you can a good idea?

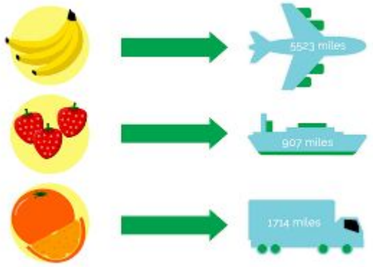
- Seasonal foods are fresher.
- Seasonal foods taste better, as they are full of flavour.
- Seasonal foods have less environmental impact because carbon footprints are reduced.
- Local foods supports the local community.

What are Food Miles?

The distance food has travelled.
Less food miles are better for the environment.

How to reduce them:

Eat seasonal, local food where possible



What is a Carbon Footprint?

The amount of energy you use during your lifetime.

How to reduce it:

Don't fill the kettle (only boil what you need)
Reduce food waste
Eat seasonal, local food where possible
Reuse/Recycle food packaging

Food Waste

What is food waste?

Food waste is food that is discarded, lost or uneaten.

What is the difference between best before, use by and sell by date?

- Best Before date: It means the product will taste best up until that date. It is still edible and okay to eat a little past the listed date, though you may notice a slight change in texture, flavour, or colour.
- Use by date: The date that food should be used by. After this it may be unsafe.
- Sell by date: a date marked on a perishable product indicating the recommended time by which it should be sold.

Tips for reducing food waste

- Reduce
- Reuse
- Redistribute/recycle
- First in first out
- Store food correctly – use your freezer
- Don't cook too much
- Know the difference between best before and use by dates

Year 7 Food Knowledge Organiser: Food Safety

Bacteria

What are bacteria?
A micro organism that multiply in certain conditions.

Where can bacteria be found?
Everywhere!

Are all bacteria bad?
No- some are good and essential for normal bodily function.

How can you reduce the risk of bacteria?
- Storing food separately
- Storing and cooking foods at the correct temperatures

Can we kill bacteria by putting them in the fridge?
No- but keeping food chilled at the correct temperatures will slow bacterial growth.

The 4 C's

Cleaning - wash your hands properly

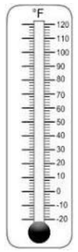
Cooking - make sure you cook food properly or you could make someone very ill

Chilling - keep it chilly silly

Cross contamination - keep raw meat and cooked food apart

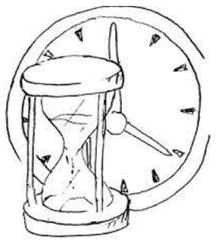
What do bacteria need to multiply?

Water: bacteria need moisture to grow

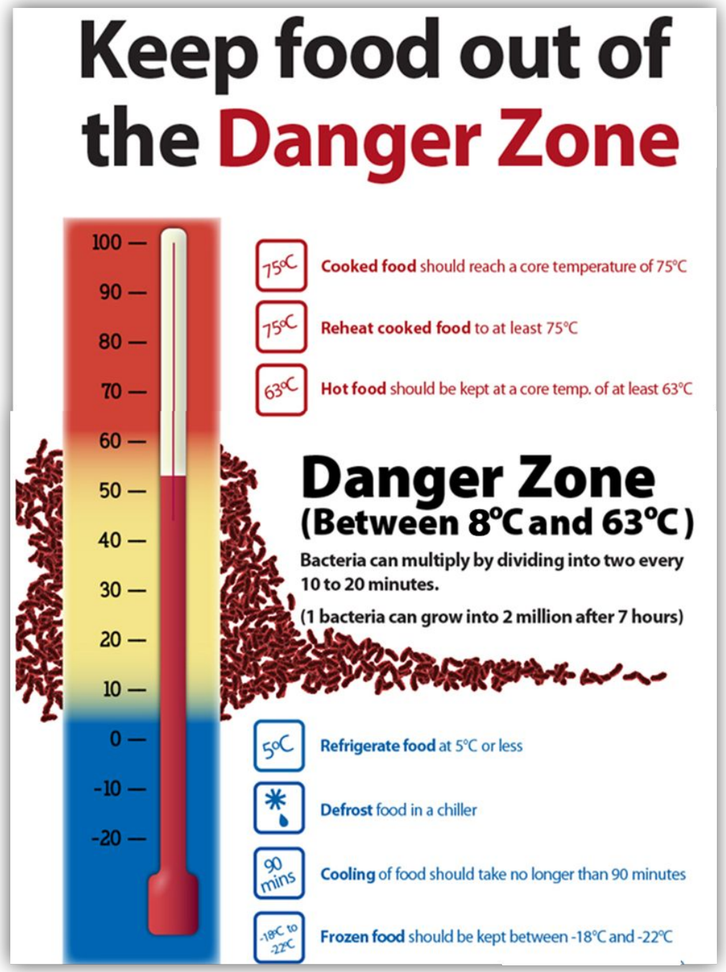


Temperature: bacteria grows when warm

Food: provides the energy for bacteria to grow, multiply and produce toxins



Time: if food is exposed to these things for a long time they will quickly multiply

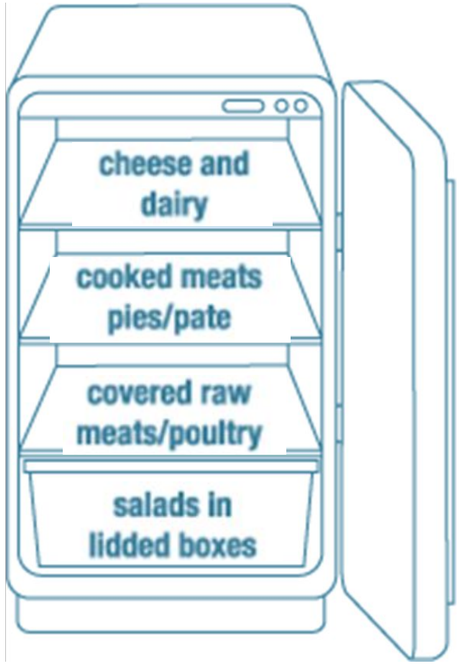


Storing Food

Temperature is really important to keep food safe. The following temperatures should be used:

Refrigeration	Fridges should run at 5°C or below.
Freezing	Freezing of food at -18°C or below will stop bacteria multiplying.
Cooking	Temperatures of 75 °C or above kills almost all types of bacteria.
Danger Zone	The temperature range where bacteria is most likely to reproduce: 8°C-63°C.

To prevent cross contamination (the spreading of bacteria), foods must be stored separately. Follow the rules of food storage within a fridge:



Year 7 Food Knowledge Organiser: Principals of Nutrition

What is the Eatwell Guide?
The Eatwell Guide is a guide that shows you the different types of food and nutrients we need in our diets to stay healthy.

Why is the Eatwell Guide important?
The Eatwell Guide shows you how much (proportions) of food you need for a healthy balanced diet.

What are the consequences of a poor diet?
A poor diet can lead to diseases and can't stop us from fighting off infections.

What are the sections on the Eatwell Guide?

1. Fruit and vegetables
2. Potatoes, bread, rice, pasta and other starchy food
3. Dairy and alternatives
4. Beans, pulses, fish, egg, meat and other proteins
5. Oils and spreads

5 healthy eating guidelines	
Guideline	Reason
Eat less fat	Too much leads to obesity, heart disease, type 2 diabetes
Eat less salt	Too much leads to strokes and high blood pressure
Eat less sugar	Too much leads to obesity, bad teeth, type 2 diabetes
Eat more fibre	Helps you poo
Eat more fruit and vegetables	Good immune system

Nutrients needed for a balanced diet

Fat

Function:
Energy
Warmth
ection of organs

Sources:

Saturated Fat (Bad Fats)	Unsaturated Fat (Good Fats)
Meat	Avocado
Processed Foods	Nuts
Lard	Olive oil

Too much
- Obesity
- Type 2 diabetes
- Heart Disease

Carbohydrates

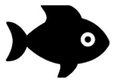
Function:
Energy
Fills you up
Source of fibre

Sources:
Bread
Pasta
Rice
Wheat
Potatoes
Cereals

- We should consume no more than 30g of sugar per day
- Eat wholegrain where possible

Too Much	Too little
Weight Gain	• Lack of energy • More likely to snack

Protein



Function:
vth and Repair
Energy

Sources:

Plant	Animal
Nuts	Eggs
Quorn	Fish
Beans	Meat
Lentils	

Too much
Turns to fat if not turned into energy

Water

Keeps us hydrated.

Source
Drinks, fruit and vegetables, soup.

Function	Too little
• Controls body temperature. • Gets rid of waste in the body.	• Dehydration leads to headaches, irritability and loss of concentration.

Fibre

Function:
It helps us poo
It helps to get rid of waste

Source:
Wholegrain, whole wheat, wholemeal cereals, Peas and beans

Too Little
- Constipation
- Bowel Cancer

Vitamins:

Fat Soluble – Vitamin A, D, E and K
Water Soluble – B Vitamins and Vitamin C

Source – Eating a range of foods with supply the body with these vitamins

Minerals:

Calcium
Function: Help us to have strong bones and teeth.
Source: Calcium – milk, cheese, other dairy
Iron
Function : Makes haemoglobin in the red blood cells
Source : Red meat, leafy green vegetables