

Vegetarianism and Veganism

Vegetarians will often look for a symbol on their food and drink when they buy it to confirm that it doesn't include any animal products.

The symbol varies but often involves a green 'V'. The Vegetarian Society in the UK has an approved trademark. They put this on products after they have checked all the ingredients and ways in which the food is produced.



Vegans live a lifestyle which is fully plant-based. They avoid eating any animal products, including honey, eggs or dairy products and will not use or wear materials that come from animals, such as:

- leather
- fur
- wool

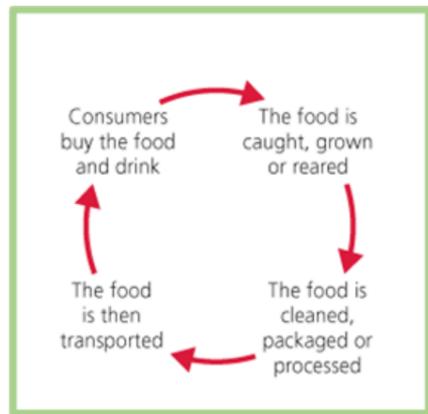


Safety Rules:

1. Always wash your hands in hot soapy water before starting practical work.
2. Wear an apron and tie long hair back.
3. Keep all perishable ingredients and prepared food in the refrigerator.
4. Wash all equipment. Work surfaces, the sinks and the top of the cooker when you have finished cooking.
5. Exercise caution when using, carrying and storing sharp knives.



Food Provenance



The distance food travels from field to plate, is a way of indicating the environmental impact of the food we eat.

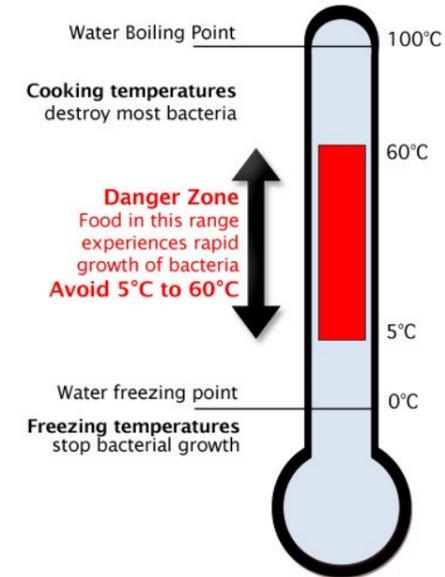
- Half the vegetables and 95 per cent of the fruit eaten in the UK are transported from other countries.
- Asparagus is only in season during May and June, but we want to buy it all year. It comes from Italy and Spain for a few months and the rest of the year it comes from Peru!
- Planes are powered by fossil fuel oil. When the oil is burnt it gives off carbon dioxide gas emissions which contribute hugely to global warming.
- cosmetics or soaps that are tested on or come from animals.

British Cuisine

Although Britain imports many foods we eat today, we still produce crops such as barley, wheat and potatoes. Livestock farming is important too, with chickens, turkeys, beef and dairy cows, pigs and sheep reared for food.

Coagulation

During the cooking process, coagulation happens as the proteins SET.



Key terms:

- Food poisoning** – the illness caused by eating food contaminated with pathogenic bacteria
- Danger zone** – the temperature range where bacteria will grow and reproduce.
- Energy balance** – to maintain normal body weight energy intake = energy out-put.

Food Assurance Schemes

A food assurance logo will be found on packaging, and this means that it guarantees that defined standards of food safety or animal welfare have been adhered to from farming all the way through the production line to the supermarket.



Food Waste – Why is Food Wasted in the Home?

Which foods do you think we waste the most

Think of other leftover food that you could create a different meal with?



This table shows ways to reduce food waste

Year 8 Food Technology Knowledge Organiser

Nutrients and functions

- Carbohydrate:** The only function of carbohydrate is to provide the body with energy.
- Fat:** Concentrated source of energy. Thermal insulation. Essential fatty acids – omega 3, 6, 9.
- Protein:** Growth and repair. Energy
- Vitamins:** A range of different micro-nutrients that have a range of functions, usually relating to the metabolism and use of other nutrients.
- Mineral:** A range of elements that have a wide range of functions.
- Fibre:** A complex carbohydrate that cannot be digested. Fibre swells up and creates bulk in the large intestine, making it easier to eliminate solid waste.
- Water:** Many functions – digestion and absorption of nutrients, body temperature regulation, elimination of waste, circulation of substances round the body. Most processes rely on water. 60% of the human body is water.

Dextrinisation

Foods that are a carbohydrate will dextrinise when they are cooked by dry heat.



Food groups

- There are five main food groups represented on the Eatwell guide
- Starchy carbohydrates** foods give us energy and should make up a third of our diet.
- Fruit and vegetables** should make up another third of our diet. They provide us with fibre and a wide range of vitamins and minerals.
- Milk and other dairy** foods give us fat, calcium and protein for growth and repair.
- Meat, fish, eggs and beans** also provide us with protein
- Foods high in fat and sugar** should make up only a small part of our diets.

Key terms

- Carbon footprint
- Local produce
- Seasonal
- Food miles
- Sustainable
- Environment
- Greenhouse gases

