

SUBJECT: Year 9 Technology

UNIT: Y9 Food



Safety

- Sharp knives: never walk around with a knife. Use the *bridge hold* and *claw grip* to cut safely.
- Hot liquid: drain hot liquid carefully over the sink using a colander.
- Saucepans: turn panhandles in from the edge, so they are not knocked.
- Hot equipment: always use oven gloves when placing food in and out of the oven.
- Spills: wipe up immediately.
- Electrical equipment: always follow instructions.

Allergies and intolerances

These are the 14 ingredients (allergens) that are the main reasons for adverse reactions to food:

- Celery
- Cereals Containing Gluten (including wheat)
- Crustaceans (such as prawns, crabs and lobsters)
- Eggs
- Fish
- Lupin
- Milk
- Molluscs (such as mussels and oysters),
- Mustard
- Peanuts
- Sesame
- Soybeans
- Sulphur Dioxide and Sulphites
- Tree nuts eg. almonds, hazelnuts

Eggs- Nutrients:

- Easily digested protein needed for growth
- Essential vitamins, A,D,E, K and B groups – but no vitamin C
- Minerals in iron, phosphorus and zinc
- 80-90 kcal an egg – and they are low in saturated fat

Food Labelling- legal requirements:

- The name of the product
- Ingredients list
- Date mark
- Weight or volume
- Preparation instructions
- Place of origin
- Allergen information
- Storage conditions
- Lot (or batch) number/mark
- Nutrition information
- Name and address of manufacturer

Basic Cooking Methods



Boiling



Simmering



Stewing



Poaching



Steaming



Deep Frying



Shallow Frying



Stir Frying



Broiling



Baking



Grilling



Roasting

