

SUBJECT: Year 8 Technology

UNIT: Y8 Food



Diet and health

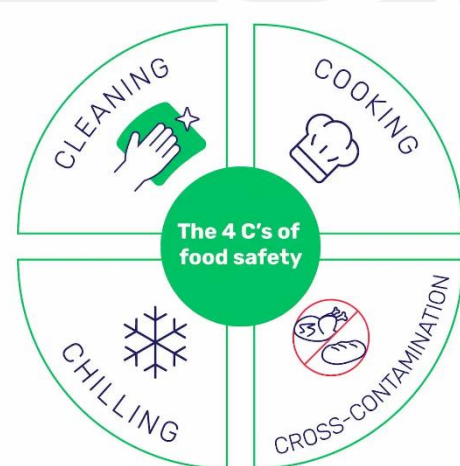
There is a link between a poor diet, and the risk of developing some diseases.

This includes the risk of:

- cancer
- coronary heart disease (CHD)
- Osteoporosis
- Iron deficiency anaemia
- Tooth decay
- Type 2 Diabetes

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.



Bread- Functions of ingredients

Flour: Flour provides the structure and texture of bread. The gluten in flour gives the bread its chewy texture and helps it rise. **Yeast:** Yeast is responsible for the rising of bread dough. It produces carbon dioxide gas, which gets trapped in the dough, causing it to rise.

Water: Water is needed to activate the yeast. It also helps to create the steam that is necessary for the crust to develop during baking.

Salt: Salt is added to bread dough for flavour and it also strengthens the gluten and helps to prevent the dough from becoming too sticky.

Sugar: Sugar is added to bread dough to provide food for the yeast and to help with browning during baking. It also contributes to the flavour of the bread.

Fats: Fats, such as butter or oil, are added to bread dough for flavour and to help keep the bread moist.

Adjectives of TASTE

- | | | |
|-------------|--------------|------------|
| ● Acidic | ● Juicy | |
| ● Bitter | ● Lemony | |
| ● Burnt | ● Malty | |
| ● Buttery | ● Mild | |
| ● Cheesy | ● Minty | |
| ● Citrusy | ● Moist | |
| ● Creamy | ● Peppery | ● Seasoned |
| ● Eggy | ● Pickled | ● Sharp |
| ● Fermented | ● Plain | ● Smokey |
| ● Fiery | ● Rancid | ● Sour |
| ● Fishy | ● Raw | ● Spicy |
| ● Flavorful | ● Refreshing | ● Stale |
| ● Fresh | ● Ripe | ● Strong |
| ● Fried | ● Roasted | ● Sugary |
| ● Herbal | ● Rotten | ● Tangy |
| ● Hot | ● Rubbery | ● Tender |
| ● Icy | ● Salty | ● Yeasty |
| ● Infused | ● Savoury | ● Zesty |



MACRONUTRIENTS

CARBS

Bread
Cereal
Corn
Fruit
Oats
Pasta
Potatoes
Rice
Veggies

PROTEIN

Chicken
Egg whites
Fish/Seafood
Lean beef & pork
Soy
Turkey
Low-fat milk
Low-fat Greek yogurt

FAT

Eggs
Cheese
Fatty/oily fish
Nuts & seeds
Full-fat yogurt
Whole milk

Avocado
Butter
Canola oil
Coconut oil
Flaxseed
Olives
Olive oil