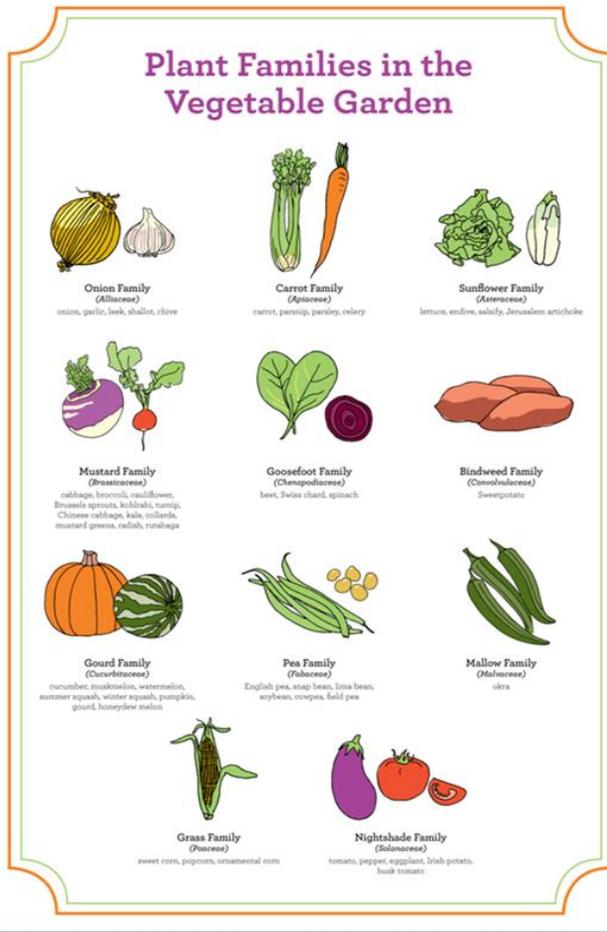


# Year 7 Food Knowledge Organiser 'Groovy Greens'

## Key Vocabulary

- Vegetables
- Brassicas
- Tubers
- Season
- Method
- Stir fry
- Product Analysis
- Stalk
- Ingredients
- Fungi
- Equipment
- Wok
- Evaluation
- Pod and seed
- Sauté
- Stock
- Research
- Recipe
- Design
- Onion

Can you confidently and safely work in the kitchen to make healthy food products?



**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

**How many portions of fruit and vegetables should we eat, daily?** As a minimum, we should eat at least 5 portions each day.

**How many glasses of water should we drink daily?** As a minimum, we should drink 6-8 Glasses of water each day.



**Food Preparation Techniques**  
 Vegetable preparation – stir fry, mashing, grating, dicing, chopping, peeling, cook hard to soft  
 Blending – to make a smooth soup  
 Measuring – both liquids and solids



**Peel**



**Knife Skills – Vegetables**



**Claw**



**Bridge**

**Evaluations and Sensory Analysis**

**Appearance:** flat, bright, burnt, cloudy, colourful, crunchy, dull, even, lumpy, patterned, smooth, undercooked, watery. **Taste:** bland, meaty, spicy, salty, zesty, sweet, strong, creamy, sharp, mild, tasteless.

**Texture (Mouthfeel):** chilled, firm, flaky, runny, sharp, sticky, tough, hot, juicy, rubbery, chewy, crumbly, crunchy, dry, soggy, brittle, natural. **Aroma:** aromatic, scented, rancid, strong, spicy, savoury, weak, acrid, musty, pungent, appealing, fragrant, scented, bland, tart.