

# Food Preparation & Nutrition

## Yr7 Food – Term 1/ Autumn



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### Cooker Safety

- Use oven gloves when putting food in or taking it out of the oven
- The pan handle should face to the side of the cooker so that it is not accidentally knocked off
- Use a wooden spoon when stirring food on the hob as metal conducts heat
- Match the size of the pan with the hob ring

### Knife Safety

- Carry sharp knives by your side, blade downwards pointing towards the floor
- Use the appropriate size knife for the food to be cut
- Use the bridge and claw method when cutting
- Never place knives in washing up water where they can't be seen
- Wash carefully with the sharp edge of the blade facing away from you



Scan to know more about knife safety

### The 4 C'S

The 4 C's cover the main ways to prevent food poisoning

<b>Cleaning</b>	Cleaning the kitchen is important to keep food safe and to prevent bacteria from spreading
<b>Cooking</b>	Bacteria is destroyed at temperatures above 60°C
<b>Chilling</b>	The reproduction of bacteria is slowed down at lower temperatures
<b>Cross Contamination</b>	Cross contamination occurs when bacteria is transferred from food or surface to another.

Scan to learn more about the 4C's

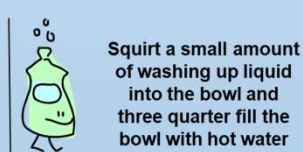


### Food safety pillars:

- [Cleaning & Sanitising](#)
- [Personal Hygiene](#)
- [Food Storage](#)
- [Temperature Control](#)
- [Food Handling](#)



### The Washing Up Procedure



Using hot, soapy water, wash the cleaner items first followed by the more soiled items



Have your washing up inspected by the teacher



Put the dried items of equipment away in the correct cupboard



Remove the washing up bowl and clean the sink using the special cleaner. Remove any pieces of food from the plughole and put in the bin



Clean and dry the washing up bowl and place upside down over the taps

After having your sink checked put the used dish cloths and tea towels into the laundry basket



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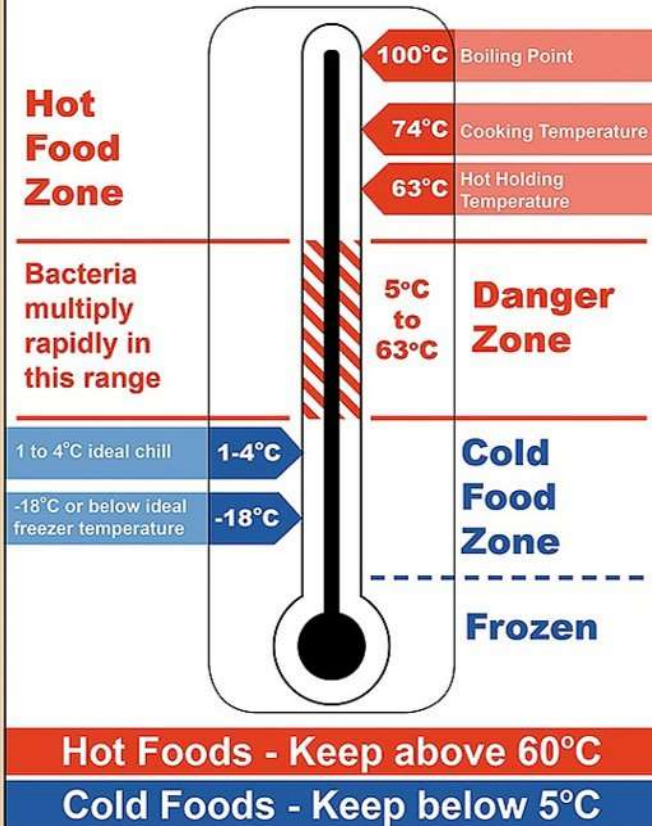
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### Food Safety Temperatures



### Food storage

- **Use by:** do not eat after this date.
- **Best before:** You can eat food after this date but it might not be at its best.

### Fridge storage

Top shelf	Prepared salads and vegetables
Next shelf	Dairy
Next shelf	Cooked meat / ready to eat foods
Next shelf	Eggs
Next shelf	Unprepared salads and vegetables
Next shelf	Raw meats / raw fish
Drawer	Salads and vegetables
Door	Condiments, jams, juices with natural preservatives, bottled water

### Personal hygiene



Key terms	Definition
<b>Personal hygiene</b>	Keeping yourself clean
<b>Pathogenic bacteria</b>	Bacteria that causes food poisoning
<b>Food spoilage bacteria</b>	Food that becomes unsafe to eat with visible warning signs

Key terms	Definition
<b>Perishable foods</b>	Foods that become unsafe to eat or spoil quickly if not kept refrigerated
<b>High risk foods</b>	Foods that are more likely to harbour dangerous bacteria if not kept within a certain temperature

