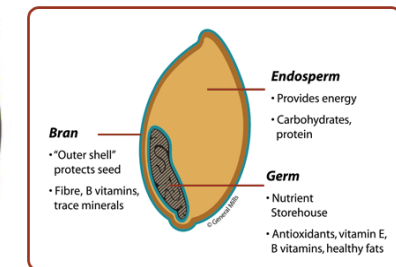




Y7: Food & Nutrition Knowledge organiser

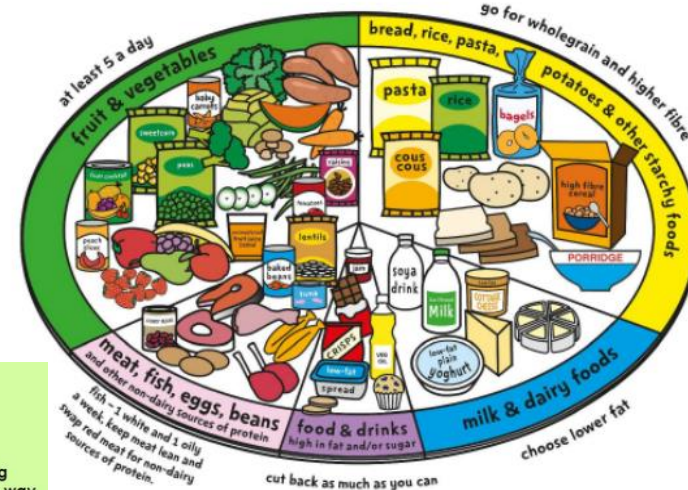


Food Miles From Farm to fork



Brown Flour – This usually contains the whole grain. It still includes all the nutrients from the grain.
White Flour – This usually contains just the endosperm. Most of the bran and wheatgerm have been removed during the milling process.

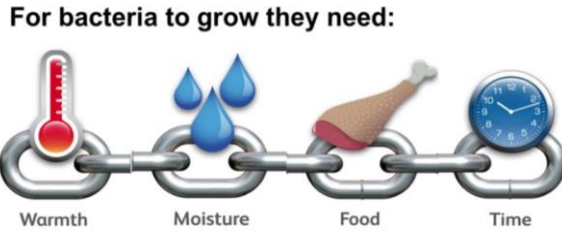
Food that comes from local sources [the UK] doesn't have many food miles. Food that is imported from other country has lots more food miles, this can cause pollution.
 When food is in season in the UK it means it is ready to harvest. Food like strawberries are in season in summer. There are lots of them and they are cheap. They don't have many food miles.



Chilled food is kept at 0 - 5°C. These foods need to be stored at a cool temperature to stop any potential Harmful Bacteria from growing in/on it.



Know the difference between...
Kitchen safety preventing accidents and harm
Personal hygiene keeping yourself clean
Kitchen hygiene keeping the kitchen and equipment clean



An ambient condition is usually somewhere in the range of 15° to 25°C. Room temperature. Products include tinned foods and any other shelf stable products.



- Washing up effectively
Hot water naturally lifts away food and grime off your dirty dishes, which means less effort trying to scrub food off.
- Hot water is more capable at removing grease from dishes, which makes them squeaky clean.
- As recommended by the public health organization you can kill germs by sanitizing your dishes: Wash your dishes in very hot water to kill any bacteria.

What is Fairtrade?

Fair trade aims to transform the lives of poor farmers in the developing world by enabling them to use their skills and resources to trade their way out of poverty.

It aims to improve equality amongst different groups and ensure that everyone receives a fair price for their produce.

Key elements of fair trade

Fair trade sets out to:

- create opportunities for poor farmers (producers)
- ensure trading is fair, both in terms of payment and prices
- ensure that children are not being exploited
- ensure there is no discrimination
- ensure working conditions are safe.

