

# YR7 Knowledge Organiser: Introduction to Food Preparation & nutrition

## Getting to Know the Kitchen

- No running in the food room.
- No coats or bags in the room.
- Bring labelled containers to practical lessons.
- Stay with your allocated partner in your kitchenette.



## Food Safety - The 4 Cs

**Cleaning:** Wash hands, surfaces & equipment to remove bacteria.

**Cooking:** Heat food to 75°C+ to kill bacteria.

**Chilling:** Store food 0-5°C to slow bacterial growth.

**Cross-contamination:** Prevent spread of bacteria between raw & cooked foods.



## Getting to Know the Cooker

**Hob:** Boiling, frying, simmering (e.g., rice, stir-fry).

**Grill:** Grilling/browning (e.g., cheese on toast, sausages).

**Top Oven:** Baking/warming (e.g., pastries).

**Bottom Oven:** Roasting, casseroles (e.g., roast chicken).



## Sensory Evaluation

- Taste: Flavour (e.g., sweet, salty).
- Texture: Feel (e.g., crispy, smooth).
- Appearance: Look of food (e.g., colour, shape).
- Aroma: Smell (e.g., spicy, fresh).

## Time Plan

A detailed recipe showing timings, food safety & the order of work

- Includes: Ingredients, Equipment, Order of Work, Timings.
- Mise en place: 'Everything in its place' - prepping before cooking e.g. weighing ingredients.

## Cooks

### Fruit salad: Food skills

- Measure.
- Peel.
- Slice.
- Combine and mix.



### Kung Pao: Food skills

- Measure.
- Crush.
- Slice and shred.
- Stir fry.
- Simmer and boil.
- Drain.



### Pizza toast: Food skills

- Weigh.
- Measure.
- Slice.
- Grate.
- Spread.
- Grill.



### Christmas yule log: Food skills

- Measure.
- Mixing
- Decorating



**IMPORTANT!!**- Always check the classroom for your set ingredients and what practical you have.

## Keywords:

Personal hygiene  
Bridge hold

Claw hold

Cross-contamination  
Chilling

Taste

Texture  
Aroma

Appearance

Sensory  
evaluation

## Knife Skills

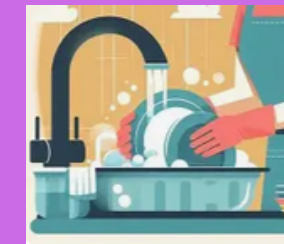
**Bridge Hold:** Grip food with your hand in a bridge, shape cut through gap underneath the bridge.



**Claw Grip:** Fingers curled under, hold food like a claw for safe slicing.



## Other skills



## **1. Revision Questions.**

What are the two safe knife skills you have learned, and how do they keep you safe?

What are the 4 Cs of food safety, and why are they important in the kitchen?

What are the different parts of the cooker and what cooking methods can you use on each?

In sensory evaluation, what do the terms taste, texture, appearance, and aroma mean?

What does mise en place mean, and why is it useful before you start cooking?