DT	DEVELOPED FOOD TECHNOLOGY	Year 8	Term 5

1. CHOPPING SKILLS

When using a knife it is important to use it safely to **prevent** accidents. When carrying a knife it should be pointed to the floor.

Prevent - To avoid (try to stop) something from happening.

Using the ***claw and bridge*** technique for chopping can prevent accidents from happening.

A **chopping board** should always be used when preparing and chopping foods.

When washing up ***equipment*** it is important to use hot soapy water to destroy harmful ***bacteria*** on the equipment.

When washing up equipment, equipment should be placed ***upside down*** on the draining board of a sink to allow the excess water to drain away.

Equipment should be dried thoroughly to prevent chemical hazards.

2. CARBOHYDRATES

Carbohydrates are part of the Eatwell Guide. They are a food source that give us energy.

Carbohydrates are the body's main source of **energy**, they help us to perform all our **daily functions**.

Without carbohydrates we would be very **tired**.

There are two types of carbohydrates.

Those that provide energy over a long period of time and those than give us short bursts of energy.

Starch carbohydrates give us energy for a longer period of time. Eg. Bread, pasta and potatoes.

Sugar carbohydrates give us energy for a short period of time. Eg. Biscuits, milk and fruit juice.

Carbohydrates are produced mainly by ***plants*** during the process of ***photosynthesis.***

3. FATS

Fats and oils—Represent one of three main food groups within the diet (Macronutrient).

Function of fat—Is to protect our internal organs.

Saturated fats tend to be solid at room temperature and from animal sources, while unsaturated **fats** are usually liquid and from plant sources.

Saturated fat examples: meat, butter, cream and eggs.

Unsaturated fat examples: Plants, oils, fish, seeds and nuts.

Fats can be both **visible** and **invisible.** ***E.g. fat on a steak vs avocados.***

Too many saturated fats can cause harm to your health. Some of the implications are:

Increased risk of joint problems, strain on NHS (obesity), high blood pressure, heart disease, attacks and strokes and type 2 diabetes.

4. PROTEINS

Protein—Represent one of three main food groups within the diet (Macronutrient).

Protein is essential for the growth, maintenance and repair of body tissue.

Repair - To restore (something damaged, faulty, or worn) to a good condition

Amino Acids – Are 'building blocks' of the body.

Proteins are made up of **amino acids** – these can be thought of as the building blocks of the body.

We need protein for a number of reasons, including:

- the **growth** of nails, hair and muscles
- the **repair** of our muscles, body tissue and organs.

Examples of proteins are fish, beans, red meats and pulses.

5. HYDRATION AND WATER

Hydration— Involves ensuring the body has enough water to function properly.

Water makes up over two thirds of our body. We need water in our bodies to:

Act as a lubricant for joints and our eyes.

- It is helps create saliva
- It helps get rid of waste
- It helps regulate the bodies temperature.

The body loses water all the time, when we go to the toilet, from sweat and also evaporation from skin. If we do not consume enough water, we become dehydrated.

Excess— An excess is too much of a product.

Deficiency—A deficiency is having too little of a product.

6. VITAMINS AND MINERALS

Vitamins— Vitamins and minerals are essential nutrients because they perform hundreds of roles in the body.

They help heal wounds, and support your immune system. They also convert food into energy, and repair cells.

Vitamins are **chemicals** found **naturally** in food.

With the **exception of Vitamin D**, which can be manufactured through the action of sunlight on the skin, vitamins cannot be made by the body, and must be **provided by the diet**.

Soluble—Something that can be dissolved in a liquid, usually water.

There are two types of vitamins.

Fat soluble: Vitamins are absorbed into fats in the diet and are stored in the bodies fatty tissue and live.

Water soluble: Vitamins are carried to the bodies tissue but are not stored.