

1. THE EATWELL GUIDE	2. CHOPPING AND PREPARATION SKILLS	3. SPECIAL DIETS
<p>Nutrition – Nutrition is when we have foods that are needed for health and growth.</p> <p>Eatwell Guide – The Eatwell guide is a policy tool which shows how we can eat healthily and have a balanced diet. The Eatwell Guide is made up of 6 parts.</p> <ul style="list-style-type: none"> •Carbohydrates •Protein •Fats and oils •Fruits and vegetables •Dairy and alternatives •Hydration <p>Excess – An amount of something that is more than necessary, permitted, or desirable.</p> <p>Section - Any of the more or less distinct parts into which something is or may be divided or from which it is made up.</p>	<p>When using a knife it is important to use it safely to prevent accidents.</p> <p>When carrying a knife it should be pointed to the floor.</p> <p>Using the claw and bridge technique for chopping can prevent accidents from happening.</p> <p>A chopping board should always be used when preparing and chopping foods.</p> <p>When washing up equipment it is important to use hot soapy water to destroy harmful bacteria on the equipment.</p> <p>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.</p> <p>Equipment should be dried thoroughly to prevent chemical hazards.</p> <p>Equipment can often be an object or tool we use to help us complete activities.</p>	<p>A special diet may include a person who chooses to eat differently for a range of reasons or those forced to do so by food allergies.</p> <p>Some examples of special diets are:</p> <p>Vegetarian—A person who doesn't eat meat from an animal, including poultry (birds) or fish. E.g. A vegetarian wouldn't eat chicken but would eat eggs.</p> <p>Vegan - A person who doesn't eat meat from an animal and doesn't eat the by products from an animal either. E.g. A vegan wouldn't eat chicken or eggs.</p> <p>Vegans and vegetarians believe that eating these foods are contributing to animal cruelty.</p> <p>Lactose intolerance—A person who has problems digesting lactose which is a sugar found in dairy products.</p> <p>Coeliac / Gluten free— A person who finds it difficult to digest gluten which is found in pastry, bread and food made from wheat.</p> <p>There are also many different special diets that are followed because of religious and cultural beliefs. Some examples are Halal, Kosher and lacto-vegetarianism.</p>
4. COMMODITIES (WHEAT)	5. COMMODITIES (EGGS)	6. THE ENVIRONMENT
<p>Commodity—A raw ingredient or agricultural product that can be bought and sold, such as wheat, eggs or coffee.</p> <p><i>E.g. We use a range of commodities when cooking and baking.</i></p> <p>Origin – Where something comes from.</p> <p>Wheat is a basic commodity used in many different dishes and meals across the world.</p> <p>Wheat based foods are a great source of energy and can be found in the carbohydrate section of the eatwell guide.</p> <p>Wheat is the largest crop that is harvested in the world.</p> <p>Wheat originated from the Middle East and has been harvested for thousands of years.</p> <p>The harvesting of wheat has changed over the years and now machinery is used to speed up the process.</p>	<p>Commodity—A raw ingredient or agricultural product that can be bought and sold, such as wheat, eggs or coffee.</p> <p><i>E.g. We use a range of commodities when cooking and baking.</i></p> <p>Origin – Where something comes from.</p> <p>Rearing - bring up and caring for a child or animal until it is fully grown.</p> <p>Ethical sourcing is the process of making sure products are sourced are collected in a responsible way, that makes sure the workers involved are safe and treated fairly.</p> <p>Sourced— Where something comes from.</p> <p>Organic - Organic meat, poultry, eggs, and dairy products that come from animals are given no antibiotics or growth hormones.</p> <p>Organic food is produced without using harmful pesticides and fertilizers.</p>	<p>Recycling—The action or process of converting waste into new reusable materials.</p> <ul style="list-style-type: none"> • Reduce—Lowering the amount of waste produced. • Reuse—Using materials repeatedly. • Recycle—Using materials to make new products. <p>Materials that are commonly recycled are: plastic, metal, glass and paper.</p> <p>In the UK we have separate bins for recycling. For items that you are not allowed to put on the 'kerbside' supermarkets have specific recycling stations for us to dispose of our waste.</p> <p>Plastics and glass bottles must be cleaned before being recycled.</p> <p>Try to scrunch test! If you scrunch the material and it stays scrunched, it is recyclable. If it moves back to its natural shape, then it is not.</p>