

YEAR 7 DESIGN TECHNOLOGY: FOOD, FULLY EQUIPPED

A KEY VOCABULARY

	Key Term	Definition
1	Carbohydrates	Macronutrients required by all animals; made in plants by the process of photosynthesis.
2	Essential	A basic thing that you cannot live without.
3	Fat	Macronutrient which supplies the body with energy.
5	Function	The way in which something works or operates.
6	Luxury	Something that gives you a lot of pleasure but cannot be done often.
7	Measuring	To discover the exact size or amount of something.
9	Minerals	A chemical that your body needs to stay healthy.
9	Nutrition	The substances that you take into your body as food and the way that they influence your health.
10	Protein	A macronutrient that is essential to building muscle mass.
11	Quality Control	the process of looking at goods when they are being produced to make certain that all the goods are of the intended standard.
12	Scales	Equipment used to measure or compare the level of something.
13	Vitamins	A vitamin is an organic molecule that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism.
14	Weighing	To have a heaviness of a stated amount, or to measure the heaviness of an object.

B WORKING SAFELY

This method ensures that fingers are out of the way as the knife cuts through the food			
	Key Term	Definition	What it looks like
1	Bridge hold	Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.	
2	Claw hold	Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.	

C THE EATWELL GUIDE

The Eatwell guide is split into the following types		
	Type	What it looks like
1	Fruit and Vegetables	We should eat at least five portions of fruit and vegetables a day. Fruits and vegetables do not have to be fresh or raw – they all count, except for potatoes.
2	Hydration	Aim to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar-free drinks including tea and coffee all count.
3	Potatoes, Bread, Rice, Pasta and other starchy carbohydrates	All types of bread, bagels, rice, breakfast, cereals, oats, pasta, noodles, maize, cornmeal, polenta, Millet, spelt, couscous, bulgur wheat, pearl barley yams and plantains.
4	Dairy and Alternatives	Have milk and dairy food (or dairy alternatives) each day. These are good sources of protein, vitamins and calcium. Choose lower-fat options.
5	Beans, pulses, fish, eggs, meat and other proteins	These foods are sources of protein, vitamins and minerals, so it is important to eat some foods from this group.
6	Food/drink high in fat and/or sugar	These foods are not needed in the diet and should only be eaten in small amounts infrequently.