



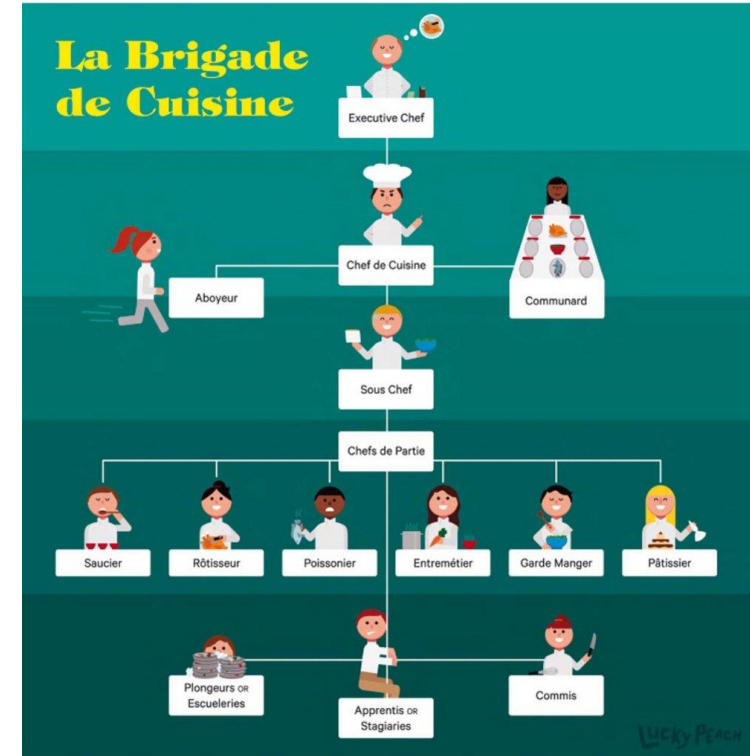
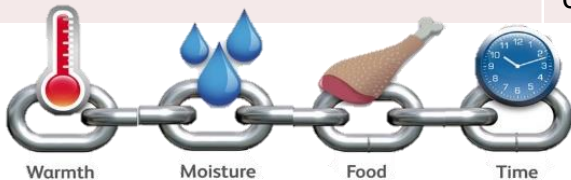


Knowledge Organiser: Year 9 Food & Nutrition

keyword	definition
bacteria	microscopic single-celled organisms
food bourne	an illness that has come from consuming contaminated food
moulds	an often fuzzy surface growth of fungus on damp or decaying material
spores	a reproductive cell that can develop into a new individual without uniting with another reproductive cell
sources	something that supplies what is needed
function	to serve a certain purpose
attributes	characteristics, properties or features




compare	Identify differences and similarities between two or more sources of evidence
describe	Write about the key features of a source of evidence using factual details
discuss	Build up a balanced argument with supporting details
evaluate	Make a judgement about or give an opinion on a source of evidence backed up by supporting details
explain	Give reasons or causes for. Show an understanding of how or why something has occurred.

Source of illness	What it causes
bacteria 	M- mouth waters and increases in saliva. H- Headache. S- skin gets clammy and sweaty. G- you get stomach ache and diarrhoea and vomiting. C- circulation decreases resulting in low blood pressure.
moulds 	Moulds release irritants and sometimes, toxic substances. Inhaling or touching mould spores may cause an allergic reaction, such as sneezing, a runny nose, red eyes and skin rash. They can also make you sick.





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Nutrients	What it does to our bodies	In which foods can I find it
Macro-nutrients		
Carbohydrates	Provide the body with energy as well as protects the muscles. It also helps to regulate the amount of sugar that is in the blood as well as helping the body to absorb calcium.	 <ul style="list-style-type: none"> • Oatmeal • Yams • Sweet Potatoes • Brown Rice
Protein	Build and repair the body's tissue, help to make enzymes, hormones and other body chemicals. It is the majorly building blocks of bones, muscles, skin and the blood.	 <ul style="list-style-type: none"> • Eggs • Almond • Chicken Breast • Greek Yogurt
Fat	Acts as an energy source for the body, insulate the body, protect vital organs. It also helps proteins to fulfill their functions as well as help the body to absorb fat-soluble vitamins.	 <ul style="list-style-type: none"> • Avocados • Dark Chocolate • Eggs • Nuts

mineral	function
calcium	helping build bones and keep teeth healthy
iron	creates healthy red blood cells that carry oxygen around the body
potassium	helps your nervous system work properly

bacteria	sources	symptoms
Campylobacter	<ul style="list-style-type: none"> • unclean water • dairy • meat • poultry 	<ul style="list-style-type: none"> • high temperature • vomiting • cramping
Listeria	<ul style="list-style-type: none"> • ready to eat meat • soft cheese • ready-made sandwiches • raw sprouts 	<ul style="list-style-type: none"> • flu like symptoms • miscarriage with pregnancy
Salmonella	<ul style="list-style-type: none"> • faeces • meat • poultry • raw eggs 	<ul style="list-style-type: none"> • cramps • vomiting • flu like symptoms
Staphylococcus	<ul style="list-style-type: none"> • sneezing • coughing • not washing your hands 	<ul style="list-style-type: none"> • cramps • sickness • nausea
Bacillus Cereus	<ul style="list-style-type: none"> • soil • rice 	<ul style="list-style-type: none"> • cramps • vomiting

Food production plans:

Dovetailing - fitting together easily and conveniently.

Contingency is a future event that is possible but unlikely – we need to plan for these **just in case**.

Mise en place - the preparation of ingredients (weighing, measuring, peeling, chopping etc.) **before** you start cooking.

