

**Subject:** Food Technology

**Year:** 7

**Practical Lessons:** Fruit salad;  
couscous salad; pizza toast;  
pancakes; pasta salad.

Quiz 1:

Safety	<b>Preventing physical harm</b> to a person, e.g. cuts and burns.
Hygiene	<b>Preventing illness</b> , e.g. food poisoning from bacteria.
Hazard	<b>Anything</b> that has the <b>potential</b> to harm someone, e.g. an oven or knife.
Contamination	When an <b>unwanted substance</b> gets <b>onto</b> the <b>food</b> .
Antibacterial spray	Used for <b>cleaning</b> to kill <b>99.9%</b> of <b>bacteria</b> .

Quiz 2:

Bacteria	Tiny <b>living things</b> that may cause <b>food poisoning</b> if ingested.
Food poisoning	<b>Illness</b> caused by <b>bacteria</b> on food.
Vomiting	<b>Being sick</b> , a symptom of food poisoning.
Diarrhoea	<b>Loose stools</b> , a symptom of food poisoning.
Nausea	<b>Feeling sick</b> , a symptom of food poisoning.

Quiz 3:

High risk food	A <b>food</b> that is likely to carry <b>bacteria</b> .
Refrigerator	Used to chill food to <b>1-4°C</b> , slowing down the growth of bacteria.
Freezer	Used to chill food to <b>-18°C</b> , stopping the growth of bacteria.
Danger zone	The temperature where bacteria multiplies quickly, <b>5-63°C</b> .
Temperature probe	A piece of equipment used to check that high risk foods are cooked properly to <b>75°C</b> , ensuring that the bacteria are killed.

Quiz 4:

Eat Well Guide	A guide to show the <b>correct amount</b> of each <b>food group</b> that should be eaten daily.
Balanced diet	A <b>diet</b> made up of the <b>correct amount</b> of each of the <b>food groups</b> .
Nutrients	The <b>chemicals</b> found in <b>foods</b> , needed for the body to function correctly.
Source	<b>Foods</b> that <b>contain</b> a certain <b>nutrient</b> .
Function	The <b>job</b> that a <b>nutrient</b> performs in the <b>body</b> .

Quiz 5:

Fruit and vegetables	<b>40%</b>
Potatoes, bread, rice, pasta and other starchy carbohydrates	<b>38%</b>
Beans, pulses, fish, eggs, meat and other proteins	<b>12%</b>
Dairy and alternatives	<b>8%</b>
Oils and spreads	<b>1%</b>

## Home Learning Tasks

- Your first homework task is to learn the keyword definitions/ key facts, as close to word for word as you can (the words in **bold** are the most important ones).
  - You could do this using one of the following methods: look, cover, write, check; black pen green pen mindmap; flash cards; any other method that works for you.
  - However, there needs to be **evidence** of you learning the words, you cannot simply read over them!
  - You will have 2 weeks to learn each set of words/ facts, and then you will complete a quiz in class.
  - If you do not do well in the quiz I will ask to see evidence that you revised for the quiz.
- Your second homework task is to complete online skills assessments following each practical lesson. This will enable you to see how you are progressing with these skills, and which ones you need more practice on.

## Reminders

- Please email Miss Dickman ([dickmanl@theebbsfleetacademy.kent.sch.uk](mailto:dickmanl@theebbsfleetacademy.kent.sch.uk)) if you have any food allergies and/ or moral/ religious observations related to food (e.g. halal, vegetarian, etc.).
- Students are required to bring in containers for practical lessons, in order to take their food home. This is part of their required equipment for practical lessons.
- There will be a £10 cost associated with this course, known as the Technology fund, to cover the cost of ingredients and materials used. This must be paid online via ParentPay.