

# Food Preparation & Nutrition

## Yr9 Food – Term 3/ Summer



North Oxfordshire Academy  
The best in everyone™  
Part of United Learning

K  
N  
O  
W  
L  
E  
D  
G  
E  
  
O  
R  
G  
A  
N  
I  
S  
E  
R

### Food Provenance

Knowing where food is grown, reared and caught and how it is produced and transported

**Intensive Farming** – A method of farming aimed at increasing the amount of food produced

**Free Range Farming** – A method of farming where animals have access to outdoor space

**Sustainable** – Meets the needs of the present without making it difficult for future generations to meet their own needs.

**Food Miles** – The distance food travels from farm to fork

**Carbon Footprint** - the total amount of greenhouse gases (including carbon dioxide and methane) that are generated by our actions

**Food miles:** The distance a food travels from producer to final consumer.



SCAN ME

Find out about seasonal foods

### Sustainability

#### We waste food because:

1. We prepare more than is needed
2. It is not used before it goes off

In the UK we throw away 7 million tonnes of food and drink each year. If this food goes into landfill sites, it decays and produces greenhouse gases.

#### Food wasted the most is:

- Fresh vegetables, salad & fruit
- Bread & cakes
- Drinks

#### Use By Date

The date the food is no longer safe to eat

#### Best Before Date

The date up to which the food is at its best quality. After this date it is still safe to eat.



SCAN ME

Scan to find out useful tips for reducing food waste

### Seasonal Foods: Available at certain times of the year

#### PRO'S

- Locally grown
- Food miles will be low
- Support local farms and businesses
- More nutritional
- Cheaper

#### CON'S

- Can be served too often so become repetitive
- If the food cannot be sold or used quickly enough it can be wasted



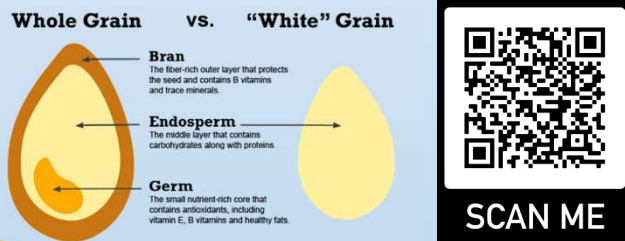
**Primary Processing:** The process of converting raw food materials into food that can be eaten

**Secondary Processing:** Changing primary food products into other types of products

### Primary processing of wheat

Involves separating the outer layers of the grain from the inner layers by **Milling**.

Wheat is ground down to make flour.



### Primary processing of milk

Milk is produced by female mammals to feed the young. In the UK we mostly consume milk from cows but it is also available from sheep and goats. Primary processing involves heat treating the milk to destroy pathogenic bacteria so that it is safe to drink. This is normally by **Pasteurisation** – heating the milk to a high temperature for a short time and then cooled rapidly.

### Secondary processing of milk

Milk is made into cheese and yoghurt. **A starter culture** (bacteria) is added to warm milk. The starter culture causes the sugar in the milk to turn to Lactic Acid, which gives the flavour to the cheese and yoghurt and makes them last longer.

### Secondary Processing of wheat

Flour is used to make bread, baked goods, pasta, pancakes, dumplings and to thickener for sauces.



Find out how bread is made

Find out how to make pasta

**Fairtrade:** Fair commercial relationship between producers in developing countries and buyers.

**Traceability:** Ability to follow the movement of food in all their stages (production, processing, distribution)

**Food quality assurance logos:**

