

# Food Preparation & Nutrition

## Yr8 Food – Term 3/ Summer



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### Sensory Evaluation

Judging food based on appearance, taste and texture. All our senses -Sight, sound, smell, taste and touch work together and send signals to our brain that tells us what our food tastes like. Food producers use sensory evaluation to:

- Checks that a product meets expectations  
Eg: has the correct appearance, texture, aroma and taste
- Makes sure that a food product compares to other similar products such as a competitor's product
- Checks on the quality and shelf life of a product .

**Taste buds detect the five elements of taste which make up the flavour of food.**



Umami is a taste that is described as savoury or meaty

### Vegetarian Diets

**Lacto - ovo vegetarian:** eat dairy foods and eggs but not meat or fish

**Lacto - vegetarian:** eat dairy foods but not eggs, meat or fish

**Vegan:** do not need any animal produce including honey

**Reasons for following a vegetarian diet include:**

Not liking animals being killed for food, unhappy with animal welfare/factory farming, religious beliefs, perceived to be healthier, cheaper, disliking the texture flavour of meat and environmental concerns

**Deficiency alert!** People who do not eat meat and fish can easily lack iron and vitamin B12 in their diet and can overeat cheese and cheese products that are high in fat.

Vegans must eat a wide range of vegetable proteins such as wholegrains, pulses and nuts to make sure that they are including enough protein in their diet.



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### Culture & religion

Traditional food is influenced by the area's **climate** and **geography**. People eat or avoid certain foods due to their religious beliefs

- **Jews** – kosher food
- **Muslims** – halal food
- **Sikhs** – no beef/ pork
- **Hindus** – vegetarian
- **Buddhist** – vegan diet



### Nutritional needs

vary according to

- Age
- Gender
- Activity level
- Overall health



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### Diabetes type 2

Insulin resistance  
body can't use glucose



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### Allergies & intolerances

There are 14 main food allergens



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### Coeliac disease

Intolerance to the protein (gluten) found in wheat, rye, barley & oats



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### Cardiovascular Disease

Obesity can lead to high blood pressure and blocked arteries



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Food Allergy	Food Intolerance
This is when the body's <b>immune system reacts unusually to specific foods</b> . Although allergic reactions are often mild, they can be very serious	This is much more common than food allergy and is <b>not caused by the immune system</b> .

The onset of food intolerance symptoms is usually **slower**, and may be **delayed by many hours after eating the offending food**. The symptoms may also last for several hours, into the next day, and sometimes longer.

### Labelling

Within the European Union, any of the **14 foods** listed below need to be highlighted in the ingredients list when used in a pre-packed food – for example in bold or capitals.

Cereals containing gluten – for example wheat, barely and rye

Crustaceans – for example lobster and crab

Lupin (type of legume)

Molluscs – for example mussels and oysters

Nuts – for example almonds, hazelnuts, walnuts, pistachios and Cashews

Sulphur dioxides and sulphites (preservatives used in some foods and drinks, specially cooked meats)



Allergy	Food type	Facts	Symptoms The symptoms of a food allergy almost always develop a few seconds or minutes after eating the food.	Treatment
Nut allergy Aner Alaxis	Nuts and Peanuts.	This can be life-threatening.	Symptoms often occur quickly after coming into contact with nuts: Difficultly breathing, vomiting, dizziness and a rapid heartbeat.	If someone has a reaction to nuts their body may go into anaphylactic shock. The sufferer should be treated with an injection of adrenaline (EpiPen) and an ambulance should be called immediately.
Eggs	Eggs and other Foods containing egg in the ingredients	Egg is a common food that people are allergic to, especially children. Sometimes children with an allergy to eggs grow out of it.	Symptoms include: <ul style="list-style-type: none"> <li>tingling or itching in the mouth</li> <li>a raised, itchy red rash hives – in some cases, the skin can turn red and itchy, but without a raised rash</li> <li>swelling of the face, mouth angioedema. throat or other areas of the body</li> <li>difficulty swallowing</li> <li>wheezing or shortness of breath</li> <li>Feeling dizzy and lightheaded</li> <li>feeling sick (nausea) or vomiting</li> <li>abdominal pain or diarrhea</li> <li>Hay-fever like symptoms, such as sneezing or itchy eyes.</li> </ul>	There are 2 main types of medication that can be used to relieve the symptoms of an allergic reaction to foods antihistamines – used to treat mild to moderate allergic reaction adrenaline – used to treat severe allergic reactions anaphylaxis.
Fish	Fish and other Foods containing fish in the ingredients	People who are allergic to fish are often advised by their doctor to avoid all fish.		
Lactose intolerance	Cow's Milk	Lactose intolerance is an adverse reaction to cow's milk. People may suffer this adverse reaction because the protein component of milk is not tolerated or because the milk sugar, called lactose, is not tolerated. If a person is unsure which component of milk they do not tolerate, then it is preferable to avoid both and to follow a milk-free diet. This would mean avoiding not only cow's milk, but all other animal milks such as sheep, goat and buffalo etc	<ul style="list-style-type: none"> <li>Stomach pain and bloating</li> <li>Diarrhea</li> <li>Increased gas</li> <li>Constipation</li> </ul> Other Symptoms pay include: <ul style="list-style-type: none"> <li>Headaches</li> <li>Fatigue</li> <li>Loss of concentration</li> <li>Muscle and joint pain</li> <li>Mouth ulcers</li> <li>Problems urinating</li> <li>Eczema</li> </ul>	Changing your diet - making sure you choose foods and drink that do not contain lactose.