

Cooking methods and heat transfer

Boiling – Uses water in a pan on a hob to cook food such as Rice. Moist heat. Conduction & convection.

All in one – Putting all the ingredients in one pan or bowl and mixing until together.

Rubbing in – using fingertips to coat flour with fat to prevent gluten formation.

Grilling – Uses infrared rays to heat up one side of the food. E.g. toasting bread or Barbequing burgers. Dry heat. Radiation.

Baking – Using the oven to bake things such as cakes and scones. Dry heat. Conduction and Convection.

Creaming Method – pressing butter and sugar against the side of the bowl to trap air.

Dairy foods

Milk – Comes from cows, sheep, goats. Can be skimmed, semi skimmed or full cream.

Yogurt – Made from milk using a culture to thicken it. It can come in many forms and flavours.

Cheese – Mature to mild. Cheese is made from milk. It is judged on its strength from 1-5.

Cream – is used to make butter. It is the fat on milk which is skimmed off.

Nutrition on packaging

The traffic light system enables us to see in a snap shot if the food is high or low in fat, sugars and salt.

Look at the nutritional information on food packaging. Per 100g:

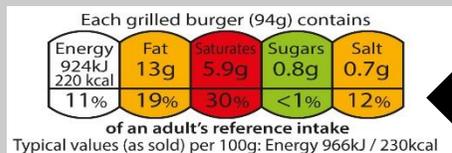
How many calories does it have? 481

How much salt? 1.3.

How much sugar? 16.6g

How much fibre? 3.6g

Is it healthy?



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Nutrition Information

AVERAGE VALUES	PER 100g	PER BISCUIT (14.7g)
ENERGY (kJ) (kcal)	2014 481	296 71
FAT	21.3g	3.1g
of which SATURATES	10.1g	1.5g
CARBOHYDRATE	62.9g	9.2g
of which SUGARS	16.6g	2.4g
FIBRE	3.6g	0.5g
PROTEIN	7.2g	1.1g
SALT	1.3g	0.2g

Typical number of biscuits per pack: 27

Energy is measured in KJ or KCal

Saturated fats can cause heart disease and high cholesterol

Fibre helps aid digestion and keeps us full and regular

Keywords

1. **Staple food**—A food that forms the main part of the meal, is cheap to buy and is filling such as potatoes or bread.
2. **Paddy fields**—These are flooded fields where rice is grown.
3. **Bran**—The outside ‘skin’ of a grain which has lots of fibre. Bran flakes are made from this part.
4. **Endosperm**—The main part of the grain which is milled to make flour. It contains carbohydrate.

5. **Durum wheat**—A special type of wheat used to make pasta.
6. **00 Flour**—A very fine flour used for making thin smooth pasta.
7. **Pasteurisation**—Milk is heated after milking to kill the food poisoning bacteria .
8. **Homogenisation**—Milk is spun in a centrifuge to stop the fat separating during the bottling process.

Types of cereal

- Rice
- Corn (Maize)
- Wheat
- Oats

Cereal products

- Rice Krispies, rice, risotto, rice flour
- Cornflakes, nachos, corn oil, corn flour
- Bread, pasta, Weetabix
- Flapjacks, porridge, oatcakes

What does green mean?	What does amber mean?	What does red mean?
If there is mostly green on the label, then this is telling you straight away it is low in that nutrient and a healthier choice!	This means the product is neither high nor low in the specific nutrient. You can eat foods with all or mostly amber on the label most of the time.	Red doesn't mean you cannot eat the product, but means the food is high in fat, saturated fat, salt or sugar. We should be cutting down on foods with lots of red on the label, or if they are eaten, to have less often and in small amounts.

1. Command Words

1	Name	Recall one or more pieces of information.
2	State	Write down what the term in the question means.
3	Give	Recall one or more pieces of information.
4	Describe	Give an account in words of someone or something including all of the relevant characteristics, qualities or events.
5	Explain	Make an idea, situation or problem clear by describing it in detail revealing relevant data or facts
6	How	Discuss the creation of something giving specific references to support.