

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:

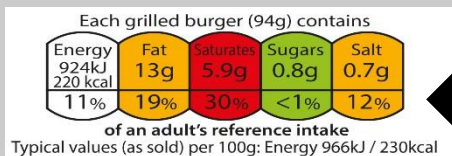
How many calories does it have? 481

How much salt? 1.3.

How much sugar? 16.6g

How much fibre? 3.6g

Is it healthy?



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. |

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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

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. |