






Revision Pack Year 7 Exam 2021

Advantages and Disadvantages of CAD/CAM		
	Advantages	Disadvantages
CAD Computer Aided Design	<ul style="list-style-type: none"> • It's easier to make drawings more accurate. • You can edit or change things very easily and quickly. • You can make identical copies very easily. • You can show different materials and views. • You can add lighting or special FX • You can email designs (environmentally friendly) • You can store lots of designs on a computer. 	<ul style="list-style-type: none"> • Software and computers are very expensive. • You need training on the software – slow initially. • Viruses/hacking etc. • You need compatible software to share designs.
CAM Computer Aided Manufacture	<ul style="list-style-type: none"> • Easier to be accurate than making something by hand. • Can make identical copies very easily. • Machines don't need a rest and don't get sick so more can be made . • Do not need to consider health and safety – machines can work in hazardous environments with hazardous technologies. 	<ul style="list-style-type: none"> • Machines are very expensive. • Employees need training– slow initially • Machines need maintenance – expensive. • Software can be corrupted.

Key Words	
1 CAD	Computer-Aided Design
2 CAM	Computer-Aided Manufacture
3 Symbol	a mark or character used as a representation of an object.
4 Annotation	Information that explains your ideas on a design
5 Label	A word or words that show a part of a design e.g. material
6 Composition	The layout of a page
7 Filament	A thin thread-like piece of material

Photo shop Tools			
	Text tool		Rectangular Marquee
CTRL+/-	Zoom in or out	CTRL T	Resize an image
	Move tool		Magic wand
CTRL Z	Go back		Magnetic lasso

Think about all of the tools and equipment you have used in Design and Food Technology. What did you use them for? Look at the keywords below to help you.

Design and Technology

Belt sander, bench drill, bench hook, file, goggles, hardboard, HIPS, L.E.D, masking tape, paint brush, pencil, pillar drill, pine, PVA glue, ruler, sandpaper, solder, soldering iron, tenon saw, tri-square, vacuum former, wet and dry paper.

Food Technology

Bowl, colander, dessert spoon, fork, frying pan, grater, knife, mixing bowl, pan, pan stand, peeler, plate, rolling pin, sharp knife, scales, sieve, sink, spatula, tablespoon, teaspoon, tea towel, trivet, whisk, wooden spoon.

Categories of Timber

Type	Description	Example	
1 Hardwoods	<ul style="list-style-type: none"> Come from deciduous trees [lose their leaves in winter] Usually grow in warmer climates [South America and Asia] Grow slowly [80years+] to maturity Are more expensive than softwoods. Are more difficult to sustain than softwoods. 	B - Balsa A - Ash D - Deciduous H - Hardwood O - Oak T - Teak E - Expensive L - Loses leaves	
2 Softwoods	<ul style="list-style-type: none"> Come from coniferous [evergreen] trees with needle-like leaves. Usually grow in colder climates [Scandinavia, Northern Europe]. Are easier to sustain than hardwoods. Are less expensive than hardwoods. 	P - Pine I - Indicates N - Needles C - Cedar E- Evergreen R -Redwood S- Softwood	
3 Manufactured Boards	Are made from waste materials bonded together. <ul style="list-style-type: none"> Come in sheet form [usually 1.2m x 2.4m] Are very stable and have a uniform thickness. Can be covered with a layer of veneer. 	S- Squashed L- Layers I- Industrial M- Manmade	C- Chipboard H- Hardboard I- Inexpensive M- MDF P - Plywood

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:

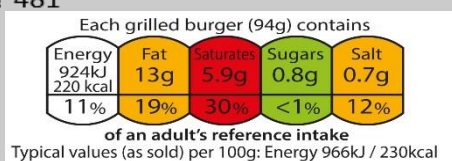
How many calories does it have? 481

How much salt? 1.3.

How much sugar? 16.6g

How much fibre? 3.6g

Is it healthy?



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.

Types of cereal	Cereal products
Rice	Rice Krispies, rice, risotto, rice flour
Corn (Maize)	Cornflakes, nachos, corn oil, corn flour
Wheat	Bread, pasta, Weetabix
Oats	Flapjacks, porridge, oatcakes

How the body uses nutrients:

Protein—growth and repair —found in meats/fish/eggs/pulses

Carbohydrates= slow or fast release energy —found in bread/pasta/rice/potatoes

Vitamins and minerals —boost immune system —found in fruit/vegetables e.g. **Calcium**—strong bones and teeth —milk/cheese/yoghurt

Fats—protects vital organs, keeps you warm —found in oil, butter, dairy products, sweets and chocolates.

Consider personal hygiene issues when working in the kitchen.- Check your book.

- What should you wear?
- How should you prepare yourself before you start to ready ingredients and cook?
- How should you clean up after cooking?

What about safety issues? Check your book

- How can you ensure you are safe when working in the kitchen?
- How can you protect yourself?