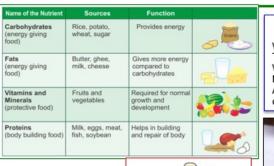
Dietary guidelines

Health experts and the Government have worked together and produced a set of Dietary Guidelines and an Eatwell Guide to help people make informed choices when they are deciding what to eat. These are shown below. You will see that there are also guidelines about your lifestyle choices as well as what you eat.

- 1. Base your meals on starchy foods.
- 2. Eat lots of fruit and vegetables.
- 3. Eat more fish including a portion of oily fish each week.
- 4. Cut down on saturated fat and sugar.
- 5. Eat less salt no more than 6g a day (1 level teaspoon) for adults.
- 6. Get active and be a healthy weight.
- 7. Don't get thirsty drink plenty of water.
- 8. Don't skip breakfast.

Charle the label on	Eatwell Guide
packaged foods Eat sering centre	Use the Eahwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.
TO THE REAL PROPERTY.	
Speak what so not per 18th 8th of 18th or Choose foods lower in fat, salt and sugars	1 Sec. 1
1	
- 34	
40%	
	38%
BI &	
	CITY
Eat less often and	12% Street Street 8% 1%
in small amounts	Per day 10 2000 cold 10 2000 cold a ALL FOCO a ALL DO

Food Shopping Card Check how much fat, sugar and salt is in your food HIGH What is Remember that the amount you eat of a particular food affects how much sugars, fat, saturates LOW and salt you will get



Key abbreviations: Weights and Measurements			Hot food zone	Bacteria are destroyed
L	Litres			
9	Grams			60°C
ml	millilitres	1000ml =1 litre	danger zone quickly	Bacteria grow
Kg	kilograms	1000g		
Tbsp	tablespoons	15ml		
Tsp	teaspoon	5ml	Bacteria don't grow	
1pt	1 pint	568ml	Frazen food zone	-10°C
7				

Hygiene rules

Wash hands! Tie hair up Wear apron No false nails or nail varnish Antibacterial spray on surfaces before & after cooking



Food skills	Techniques		
Knife skills - Chopping	Bridge hold, claw grip, slice, dice, julienne, baton's, meat and vegetable preparation Being able to work hygienically and safely to produce recipes and ensure all equipment, utensils and work area is fully clear and tidy. Teamwork and communication. Following personal hygiene rules. Using food probes for meat to check for safe temperatures (75C)		
Organisation / tidying skills			
Food safety			
Weighing and measuring	Demonstrating accurate measurement of liquids and solids. Being able to use both manual and digital scales.		
Use of equipment	Oven, hob, chopping boards, knives, sieve, mixing bowl, measuring jug/spoons		
Making sauces	Reduced sauce, roux sauce Using a range of ingredients from the Eatwell Guide to create recipes. Using a knife/skewer, finger or poke test, bite or visual colour check to establish whether a recipe or ingredient is ready.		
Working with ingredients			
Test for readiness			
Adapting recipes	Using a nutritional analysis program to analyse recipes. Making adaptations to make the recipe better suit the Eatwell Guide / healthy eating requirements.		
Judge and manipulate sensory properties	Demonstrate how to taste and season during cooking. Self-evaluation of practical dishes made.		
Food science	Learning how foods react with heat and acid and adapt accordingly.		
Cooking methods	king methods Using a variety of cooking methods including conduction, convection an radiation.		
Food styling	Quality and creative presentation techniques. Using garnishes and decorative techniques where possible.		

What happens when food is cooked: Colour Texture

denaturation: the process

of altering a protein's molecular characteristic S OF properties

Changes to:

Proteins: Coagulation The process of

turning a liquid

Taste

into a solid Example: Egg

Carbohydrates: Gelatinization

When heated a mixture thickens as starch particles absorb water

> Example: White sauce

Carbohydrates: Caramelisation

Sugars change colour and flavour when heated

> Example: Onions

Carbohydrates: Dextrinization

the browning that happens when starches are cooked

> Example: Toast

Fats: Plasticity

the ability of fat to hold its shape

Water: Evaporation

Smell

when water is heated it turns into a

Why food is cooked:

- To make it safe to eat To improve the shelf life 2.
- To develop flavour
- 3.
- To improve texture
- To give variety

Methods of heat transfer

Convection - when the environment (air, water or oil) is heated up.

- e.g. baking a cake
- boiling an egg

Conduction - when heat is transferred directly. e.g. - frying an egg

Radiation - when heat radiates e.g. - toast