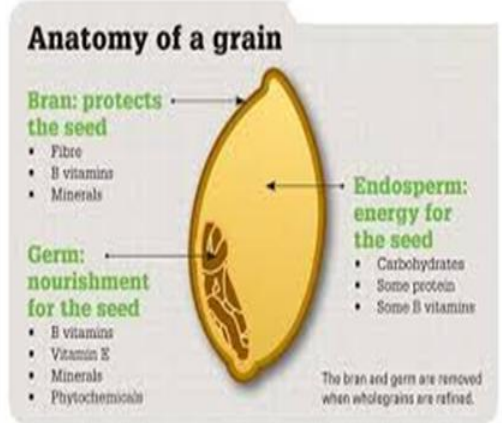


Year 9 Food & Nutrition– Knowledge Organiser Wheat and Milk

- Make it safe to eat.
- Preserve it and slow down spoilage.
- Maintain its consistency (keep it the same).
- Add variety to the diet.
- Make it enjoyable to eat.
- Make it easier to prepare and serve.
- Make it available out of season.
- Reduce time spent on meal preparation at home.



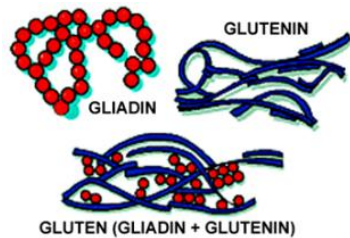
Why do we process Food?



Saving money when shopping / cooking

- Cook larger quantities then re-heat
- Use left overs
- Use cheaper cuts of meat
- Use quick methods of cooking
- Avoid takeaway or ready meals
- Make shopping lists
- Buy deals, when appropriate
- Supermarket own label
- Value supermarkets
- Check use by dates
- Avoid shopping when hungry

Gluten Development in Bread



Function of the Ingredients in Bread



Warm water – this is added to bind the ingredients together and to provide the correct conditions for yeast to work



Sugar – this is added to provide food for the yeast, to speed up fermentation, so that the bread rises more quickly



Flour – this is the bulking ingredient in bread, it forms the structure of the bread. Strong flour contains more gluten which helps to form an elastic, stretchy dough.



Salt – this is required to bring out the flavour in bread. It also helps to strengthen the gluten. Too much of this will stop the yeast from working.



Yeast – this is the raising agent. Yeast ferments the sugars to produce carbon dioxide gas. As it is a living organism it needs the correct conditions of warmth, food, moisture and time.

Oil – this add moisture to slow down the staling process. It can also be used to add flavour e.g. olive oil in Ciabatta

Where food comes from

Reared – animals for food e.g. beef, poultry, pork, lamb

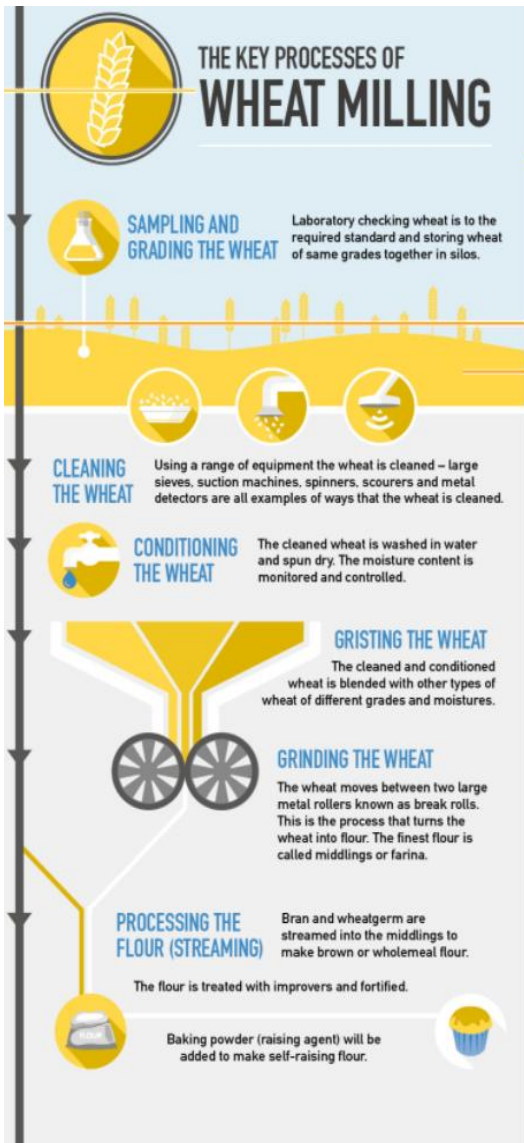
Grown – cereals, fruit, vegetables, herbs, oilseed

Caught – fish, game, shellfish

Kneading- To work dough, to develop the gluten that is found in flour, this gives baked goods their structure and texture. When making dough, the flour and other dry ingredients are combined with the wet ingredients, usually warm water, along with yeast.

Proving – is the final rise of shaped bread dough before baking. It gives more time for the fermentation process so the bread has a better texture and more flavour development.

Year 9 Food & Nutrition– Knowledge Organiser Wheat and Milk



DELICIOUS NON-DAIRY MILK ALTERNATIVES

SOYA MILK	RICE MILK	HEMP MILK	OAT MILK
Rich and creamy. Great all rounder, ideal for drinking straight, cooking, baking etc. Can curdle in hot drinks. Always choose organic soya milk.	Has a thin, quite watery consistency. Light and naturally sweet, it's great on cereal and in cooking but a little too watery for hot drinks.	Creamy, with a stronger robust flavour than other non-dairy milks so not ideal in hot drinks. Good for cooking, especially in savoury dishes.	Creamy and naturally sweet. Great in cooking but a little heavy for baking. Easy to make at home by simmering oats and water, cooling and straining.
ALMOND MILK	HAZELNUT MILK	COCONUT MILK	CASHEW MILK
Creamy and slightly nutty, and in cooking and baking. Easy to make at home by soaking nuts overnight, blending with water and straining. Can be sweetened.	Light with a rich nutty flavour. Great in drinks and light desserts but not really suitable for cooking and baking. Easy to make at home by soaking nuts overnight, blending with water and straining.	Smooth and fresh and not highly flavoured. Comparable to semi-skimmed dairy milk in consistency. Ideal for all uses, especially good for on cereal and in hot drinks and smoothies.	Smooth, creamy, slightly nutty and sweet. Great for cooking, desserts and for making cream. Easy to make at home by soaking nuts overnight, blending with water and straining.

Nutrients in Milk	Function in the body
Carbohydrate	Primary energy source for the body
Protein	Growth, repair and maintenance of the body tissues and muscles
Fat	Provides energy, keeps the body insulated and protects the soft organs
Vitamin A	Healthy eyesight and prevention of night blindness. Supports the immune system
Vitamin D	Needed to aid the absorption of calcium
Calcium	Strong teeth and bones, blood clotting and muscle contraction

TYPES OF PROCESSING

Primary processing:

- Changes a basic foodstuff, to change keeping quality, make it saleable and ready for cooking and eating.
- E.g. milling wheat, pasteurising milk, making vegetable oil from seeds & nuts.

Secondary processing (convenience foods):

- Takes a basic processed food and uses it to produce a food product.
- E.g. making margarine from vegetable oil, making bread, cakes, biscuits from flour, making dairy products from milk, convenience meals.