

YEAR 7 FOOD TECHNOLOGY WORK BOOK



NAME.....

FORM/HOUSE.....

GROUP

WORKING TOWARDS

GRADE AWARDED

LESSON	LEARNING	HOMEWORK
1	HEALTH & SAFETY SAFETY IN THE KITCHEN EQUIPMENT PARTS OF A COOKER JOB ROLES	
2	HEALTH & SAFETY TEMPERATURE CONTROL; FOOD HYGIENE AND SAFETY	Identify dangers in the kitchen and complete work
3	VITAMINS & MINERALS Nutrition Good food Healthy body CARBOHYDRATES & Dietary Fibre Nutrition Good food Healthy body	Make vegetable poster Collage of foods high in carbohydrates and dietary fibre Prepare ingredient for practical LESSON 1
4	PRACTICAL 1; , FRUIT CRUMBLE Rubbing in Components Oven control Baking	Prep for practical Evaluate your work
5	PRACTICAL 2; FRUIT SALAD Fruit prep Knife skills Presentation	Fruit salad evaluation Prep for practical Evaluate your work
6	PRACTICAL 3; STIR FRY Prep & shaping veg Stir frying W.W.O sauce	Prep for practical Evaluate your work and add picture
7	PRACTICAL 4;FLAT BREAD PIZZA Using component parts Assembly Using the grill/oven	Prep for practical Evaluate your work and add picture
8	MELTING MOMENTS Creaming Coating Portion size Baking	5 Designing bread rolls Evaluate your work and add picture Prep for practical
9	BREAD ROLLS Measuring Kneading Shaping Proving Baking Timing	Prep for practical Evaluate your work and add picture
10	ROASTED VEGETABLE PASTA Roasting vegetables Vegetable preparation Cooking pasta assembling a dish	Evaluate your work and add picture

ASSESSMENT GRADES YEAR 7
THIS IS HOW YOU WILL BE MARKED.

Practical work

Grade 3-4

I made a few mistakes.
I used the right tools
My result NEEDS IMPROVING

Grade 5-6

I worked well, but it is not perfect.
I thought about what I was doing.
My product is SATISFACTORY.
I know how to improve it

Grade 7-8

I followed instructions.
I can use equipment correctly
I checked my work as I went.
My outcome is GOOD

Written work / Homework

Grade 3-4

My work is incomplete; I have made some mistakes;
I have completed the work to a basic level; I have some errors;
I need to improve.

Grade 5-6

I have completed the work but I could have made more effort; I have a few errors.
I have completed the work to a satisfactory level; I could improve spelling and neatness.

Grade 7-8

My work is good; I have worked hard to complete all the work required.
My work is excellent; I have made a really good effort; my work is neat and finished well.

Homework Tasks: Food Studies; The Basic's in Food

Choose your homework tasks from the selection below. The spice level suggests the level of challenge that each task offers:

(🌶️ = Level 4, 🌶️🌶️ = Level 5, 🌶️🌶️🌶️ = Level 6+)

COMPLETE AND HAND IN LAST LESSON

Homework One:

1. Design a poster with 5 health & safety rules and 5 food hygiene rules to follow in the kitchen.
2. Design a presentation to explain to year 6 students what health, safety and hygiene rules they should follow during a practical lesson, and why.
3. Produce a step-by-step guide to explain how you should prepare for and finish a practical. Include evidence of you working through the stages focusing on health, safety and hygiene.

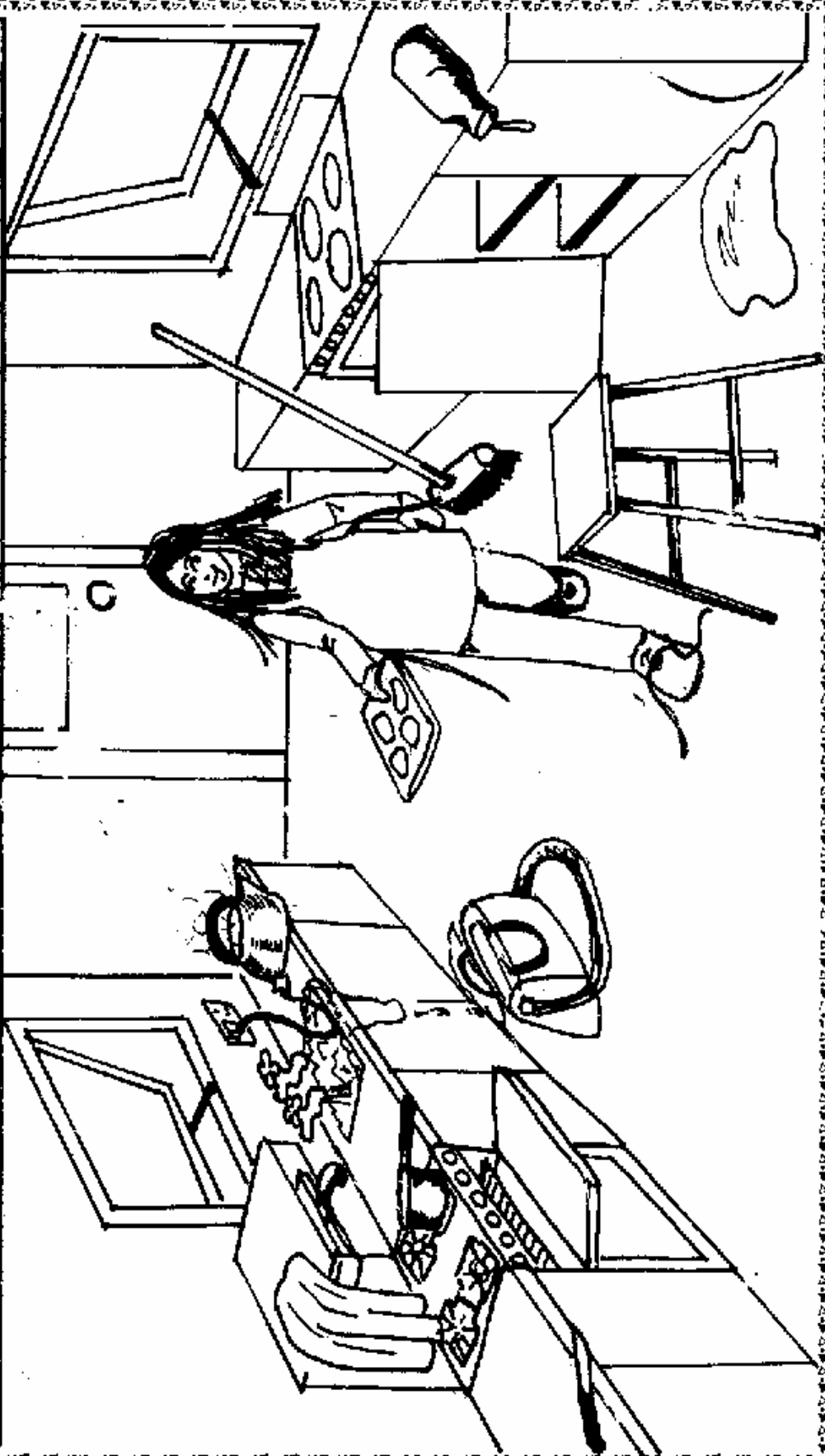
Homework Two:

1. For one of the products you have made, develop a picture storyboard with annotation show the step-by-step method.
2. For one of the products you have made in school, write a report to suggest five ways it could be modified to make it healthier, considering the five main nutrients.
3. Re-make one of the products you have made in school, and take photos of the various stages to develop a step-by-step photographic method with detailed notes.

Homework Three:

1. Keep a food diary to record what you eat over one day. Comment on how well balanced your diet is, and suggest 3 ways to make it healthier.
2. Keep a food diary to record what you eat over three days. Compare it against the Eatwell Plate, then write a detailed eating plan with food and drink you could use to make your diet healthier.
3. Ask a friend or family member to keep a food diary to record what they eat over a week. Analyse the results against the Eatwell Plate, and write a short, persuasive letter to advise them how they could improve their diet. Include at least 3 suggestions and explain them in full.

THE HAZARDOUS KITCHEN



PARTS OF THE COOKER

.....
Used for
.....
.....

.....
Used for
.....
.....

.....
Used for
.....
.....

.....
Used for
.....
.....



Parts of the cooker
Hob, Grill, Top Oven, Main Oven.

Used for
Boiling, frying, stir-fries, poaching, stewing, grilling, toasting, roasting, baking,
casseroles.

THE TOOLS USED IN FOOD TECHNOLOGY ARE CALLED 'UTENSILS'.
DO YOU KNOW WHAT THESE UTENSILS ARE CALLED, AND WHAT
THEY ARE USED FOR?
THEY ARE ALL TOOLS YOU WILL BE USING IN YOUR PRACTICAL LESSONS.

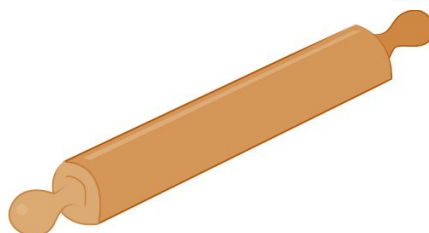
OBJECTIVE; LEARN WHAT THE TOOLS ARE AND WHAT THEY ARE USED FOR.



ONEIDA®



ONEIDA®



EQUIPMENT IN THE KITCHEN.

W K U S B J S V X I U X V D R D A S V P
 A I W P J Z S O M Y V T M E W L W Z J C
 O E R O L L I N G P I N L H U J D E O T
 P A L E T T E K N I F E Y T O B B G D K
 T B D M C L V M W M E T A L P L A T E D
 A P W Z I O E X N P U P K M O P A E C A
 V P E O N X O R E G S G J N N U L Q L R
 C E I D O R I L U C U Q S Q O G V B L D
 M M G J B D B N I J B A K I N G T R A Y
 R I H E Q A E T G N V D S A U C E P A N
 L S I I T Z S N D B G T I H L S P H T S
 E Q N E Y A I I S F O R K K S Y A S A O
 Q R G V L R B P N P T W A Z E A X P B T
 A E S P U O F L V N O F L C T D C K L L
 V U C S N E L R E C O O K S K N I F E K
 B N A P N F J D K K I J N N A U R A S Y
 H E L Q C H O P P I N G B O A R D B P F
 M G E Z S O C J V S G I T E A S P O O N
 D U S W W N N K Z L F I F B W F P Y O K
 U L X K Z M J C P F E L B E F L Z Y N T

Baking tray
 Basin
 Chopping board
 Cooks knife
 Fork
 Measuring jug

Metal plate
 Mixing bowl
 Palette knife
 Plastic spatula
 Rolling pin
 Saucepan

Sieve
 Table knife
 Tablespoon
 Teaspoon
 Vegetable knife
 Vegetable peeler

Weighing scales
 Wire cooling rack
 Wooden spoon
 Wooden triangle

Safety in the Kitchen

Complete Word scramble on safety

	Scramble	Answer		Scramble	Answer
1	lersu		5	iknht	
2	sfae		6	uct	
3	cdnaitce		7	nrub	
4	eltnis		8	ierusb	

Food room rules

1. Pupils must store their _____ and _____ in the cupboard.
2. _____ must always be tied back.
3. Pupils must always roll up their _____ and wear an _____.
4. During practical lessons chairs are stacked away in _____.
5. It is important to _____ carefully to instructions to prevent accidents or injury to yourself or others.
6. Never _____ in the food rooms.
7. Food room tasks are completed through good _____.

KEYWORDS:

teamwork Blazers hair listen
bags apron fours
sleeves run

TEMPERATURE CONTROL

OBJECTIVE; TO COMPLETE THE WORK ON FOOD TEMPERATURE AND UNDERSTAND WHY THIS IS IMPORTANT.

Over 63°C is when.....

.....

Between 5°C and 63°C is called the

.....

It is called this because.....

.....

.....

Between 0°C and 5°C is a safer temperature to store food because

.....



Illustration: Don Smith

Would you want them in your food?

JOB ROLES:

HEAD CHEF:

CHIEF WASHER UPPER:

CHIEF DRYER:

HEALTH AND SAFETY OFFICER:

Homework task 1

Identify possible dangers in the kitchen. Write your ideas below.



Home Hazards



C O O K E R S B N F A D H L G
V G H J N Y T T Q A I Z F V A
C Z V H I P A F A J A R G B R
S E H C T A M D H I E W E P D
C N P G A D T Y G F R N M D E
M E D I C I N E S R T S I B N
P H B E F N R S I L Z Q S P T
H F P L A S T I C B A G S A O
O R E E H V H C R A Y F I C O
T E M G H D E R C N Q A C D L
W G E L E C T R I C I T Y U S
A M T X W A L P D X Z E R T L
T D K N I V E S T S D N O P
E V N J R D Q W G K J H B G F
R D R Y L P S L A C I M E H C

MATCHES

HOT WATER

GARDEN TOOLS

KNIVES

FIRE

PONDS

MEDICINES

STAIRS

CHEMICALS

ELECTRICITY

PLASTIC BAGS

COOKERS

Clues may run forwards, backwards, diagonally, up or down. Some may overlap or even be backwards!

Food Nutrients

Vitamins and Minerals: They prevent illness, ensure good health, repair and control release of energy needed by the body.

Vitamin A

Sources: Yellow and orange fruit and Vegetables, Tomatoes ,mangoes, carrots, Liver, eggs, butter and fish oils.

Function: Helps bone to grow, aids night vision.

Deficiency: Dry skin, Impaired vision Slow growth in children.



Vitamin B

Sources: Pulses , mushrooms, spinach, dried apricots, potatoes, sprouts.

Function: Releases energy, form red blood cells and essential for growth.

Deficiency: Lack of muscle sore or crackled lip, poor healing, anaemia.

Vitamin C

Sources: Citrus fruits , strawberries, tomatoes, green vegetables, potatoes, red and green peppers.

Function: Protects from infection and allergies. Helps body absorb iron.

Deficiency: Poor skin, Scurvy, slow healing of wounds.

Vitamin D

Sources: Sunshine fatty fish, eggs, margarine. Pulses dairy products.

Function: Strong teeth and bones.

Deficiency: Can cause rickets.

Minerals

Calcium

Sources: Dairy products, tofu, spinach parsley figs, almonds.

Function: Healthy bones and teeth Helps blood to clot.

Deficiency: Softening of bones. Osteoporosis.

Iron

Sources: meat, fish, egg yolk, pulses, dried fruit green vegetables.

Function: Keep red blood cells healthy.

Deficiency: Tiredness and Irritability. Short attention span and anaemia.



Carbohydrates: Provide the body with **ENERGY**. They also work together with protein to aid **GROWTH** and **REPAIR**.

TWO main types of CARBOHYDRATES

Complex Carbohydrates: Give long lasting energy.

Sources: Bread pasta and cereals.

Simple Carbohydrates: Make sugar levels go up very quickly and provide a short burst of energy.

Sources: cakes jam, sweets.

A word ending with '**OSE**' indicates presence of sugar. GLUC**OSE** , FRUCT**OSE** LACT**OSE** and SUCR**OSE**.



Starch

Sources: Bread pasta. Rice cereals, potatoes

Function: Converted into energy slowly. They fill us up.

Deficiency:

Sugar

Sources: Fruits ,sugar, honey, jam , sweets, cakes.

Function: Provide instant energy.

Deficiency:

NSP (Dietary Fibre)

Sources: Whole grain cereals, vegetables wholegrain bread, fruits baked beans, legumes.

Function: Helps digestive system and prevents constipation.

Deficiency

Water

Sources: Drinks, water,

Function: Maintain body temperature, helps digestion, lubricate joints and helps remove waste from body.

Deficiency:



Food Nutrients

Use the above information to fill in the table below in as much detail as possible.

We need carbohydrates for

We need vitamins and minerals to

Nutrient Group	Foods with this nutrient in	What it is used for in the human body
Carbohydrate (Sugars)		
Carbohydrate (Starch)		
Vitamin A		
Vitamin B		
Vitamin C		
Vitamin D		
Minerals		
Fibre		

**YEAR 7 FOODTECHNOLOGY
HOMEWORK 2.**

**You have learnt about a lot of Vitamins, Minerals,
Carbohydrates and Fibre to be used in your recipes.
Design a POSTER to show why healthy eating is important.**

Homework 3

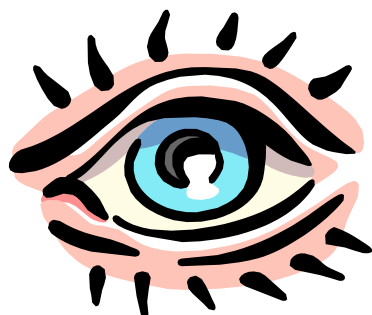
OBJECTIVE; TO FIND OUT what other dishes use carbohydrates and fibre . **LABEL THE INGREDIENTS**



Pastry– Carbohydrate
Carrots– fibre

Sensory analysis/ Evaluation

Use the words below for evaluating your practical **WORK**



What it looks like: **APPEARANCE**

Clear Cold Colourful Crumbly
Dry Fattening Firm Fresh
Greasy Hard Healthy Hot
Moist Runny Smooth Soft
Tasty Tough Greasy Attractive



What it smells like : **SMELL**

Burnt Fragrant Fruity Garlicky
Spicy Yeasty Spicy Stale Sour
Fresh Strong Sweet Burnt



What it feels like in your mouth: **TEXTURE**

Brittle Chewy Creamy Crisp
Crumbly Crunchy Dry Fatty Firm
Flaky Goopy Greasy Gritty Hard
Lumpy Mushy Rubbery Smooth
Soft Soggy Sticky Stringy Tender
Thick Tough



What the flavour is: **TASTE**

Acidic Bitter Bland Burnt Creamy Dry
Fruity Herby Salty Sharp Sickly
Sour Spicy Stale Sweet Tangy
Tasteless Tasty Raw Watery
Strong mild hot

EVALUATE YOUR PRACTICAL WORK

CRUMBLE.

Skills I have learned or reinforced.

- 1
- 2
- 3



What went well in my work?

.....

.....

.....

.....

What can I improve about my work?

.....

.....

.....

What level do I think I have achieved in this lesson?..... Grade awarded.....

EVALUATE YOUR PRACTICAL WORK

FRUIT SALAD

Skills I have learned or reinforced.

- 1
- 2
- 3



What went well in my work?

.....

.....

.....

.....

What can I improve about my work?

.....

.....

.....

What level do I think I have achieved in this lesson?..... Grade awarded.....

YEAR 7 FOODTECHNOLOGY

Homework task 4

OBJECTIVE; TO MAKE A RAINBOW OF FRUIT AND VEGETABLES TO
SHOW WHY IT IS IMPORTANT TO EAT FRUIT AND VEGETABLES OF
DIFFERENT COLOURS.

Colours of the rainbow:

R..... O..... Y..... G..... B..... I..... V.....

OBJECTIVE; TO FIND OUT WHAT OTHER FRUITS COULD BE USED TO MAKE DISHES AND MAKE A COLLAGE.

Cut out pictures and make a collage on this page.

A collage is cutting out pictures and pasting them onto the page.

You also need to say what the fruits are called. Look at my example!

In my collage I have oranges, apples, kiwi, strawberries, kiwi, pineapple and figs. What other fruits can you use.



STIR FRY WITH NOODLES

Skills I have learned or reinforced.

- 1
- 2
- 3

What went well in my work?

.....

.....

.....

.....

What can I improve about my work?

.....

.....

.....

What level do I think I have achieved in this lesson?..... Grade awarded.....

EVALUATE YOUR PRACTICAL WORK

PIZZA

Skills I have learned or reinforced.

- 1
- 2
- 3

What went well in my work?

.....

.....

.....

.....

What can I improve about my work?

.....

.....

.....

What level do I think I have achieved in this lesson?..... Grade awarded.....

EVALUATE YOUR PRACTICAL WORK

SCONES

Skills I have learned or reinforced.

- 1
- 2
- 3

What went well in my work?

.....

.....

.....

What can I improve about my work?

.....

.....

.....

What level do I think I have achieved in this lesson?..... Grade awarded.....

EVALUATE YOUR PRACTICAL WORK

MELTING MOMENTS

Skills I have learned or reinforced.

- 1
- 2
- 3

What went well in my work?

.....

.....

.....

What can I improve about my work?

.....

.....

.....

What level do I think I have achieved in this lesson?..... Grade awarded.....



YEAR 7 FOODTECHNOLOGY HOMEWORK 5.

OBJECTIVE; TO RESEARCH SOME DIFFERENT SHAPES INTO WHICH YOU COULD MAKE YOUR BREAD ROLLS.

**Choose 4 shapes and draw or stick pictures onto this page.
Say why you think each shape is a good one for your rolls.**

1

2

3

4

Shape 1 is a good shape because

Shape 2 is a good shape because

Shape 3 is a good shape because

Shape 4 is a good shape because

Grade for design; reasons; spelling H/W Grade.....

EVALUATE YOUR PRACTICAL WORK

BREAD

Skills I have learned or reinforced.

- 1
- 2
- 3

What went well in my work?

.....

.....

.....

.....

What can I improve about my work?

.....

.....

.....

What level do I think I have achieved in this lesson?..... Grade awarded.....

EVALUATE YOUR PRACTICAL WORK

ROASTED VEGETABLE PASTA

Skills I have learned or reinforced.

- 1
- 2
- 3

What went well in my work?

.....

.....

.....

.....

What can I improve about my work?

.....

.....

.....

What level do I think I have achieved in this lesson?..... Grade awarded.....

YEAR 7 FOODTECHNOLOGY

HOMEWORK 6 DUE ON

OBJECTIVE; TO MAKE AN INTERESTING AND COLOURFUL COLLAGE OF MANY DIFFERENT TYPES OF PASTA. Make a list of all the names of the pastas around the border of the page. Look at the example.

SPAGHETTI



**YOU HAVE NOW COMPLETED YOUR FOOD TECHNOLOGY COURSE!
YOU CAN PUT YOUR LICENSE TO COOK CERTIFICATE ON THIS
PAGE.
WELL DONE!**