

Key words:

Sensory analysis: judging food based on its appearance, taste, aroma and texture.

Staple foods: are eaten regularly—even daily—and supply a major proportion of a person's energy and nutritional needs, such as potato/rice/pasta.

Roux: a mixture of melted fat and flour, which is used as the base of a sauce.

Gelatinisation: when a mixture is thickened by starch, and then sets when it is chilled.

Provenance: Food provenance means knowing: where our food is grown, caught or reared. How it is produced. How it is transported.

Shortening: when fats give biscuits and pastry and crumbly texture.

Aeration: air is trapped in a mixture to make it lighter.

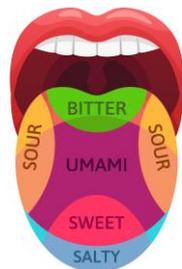
Cereals: are cultivated grasses such as wheat.

Fortified: white flour is fortified with calcium, iron and some B vitamins to replace those lost during processing.

5-a-day: a government campaign to encourage us to eat 5 portions of fruit/veg a day.

Carrying out sensory testing fairly:

- Same size samples.
- Random labelling of samples-not 1,2,3 as they can influence you.
- Plates/spoons/cups should all be the same.
- Drink a sip of water between samples.



Taste is detected by the taste buds on the tongue, which recognise the different tastes and send this information to the brain.

Food staples are eaten regularly—even daily—and supply a major proportion of a person's energy and nutritional needs. Cassava, maize, plantains, potatoes, rice, sorghum, soybeans, sweet potatoes, wheat, and yams are some of the leading food crops around the world.



WHAT'S A PORTION?

ONE MEDIUM FRUIT or VEGETABLE	TWO+ SMALL FRUITS or VEG	A PIECE of a BIG FRUIT
3 BIG TABLESPOONS of FRUIT or VEG cooked, canned, frozen	A GLASS of FRUIT or VEG JUICE	A BOWL of SALAD

EAT 5 OR MORE PORTIONS EVERY DAY!

Food labelling.

Labels should include: The name of the food/use by or best before date/instructions for use/ country of origin/ name and address of food manufacturer/ nutritional declaration/ net quantity of the food/food allergens/ ingredients list.

KNOW YOUR LABEL

Checking the nutrition label is a good way to compare products, make healthier choices and eat a balanced diet.

per serving

KNOW YOUR PORTIONS
Check the pack for the portion size, this is what the numbers on the nutrition label are based on.

KNOW YOUR COLOURS
The red, amber and green colours show at a glance whether a product is high, medium or low for fat, saturates, sugars or salt.

Energy 2368kJ 563kcal	Fat 16.6g	Saturates 6.4g	Sugars 13.8g	Salt 1.02g
28%	24%	32%	15%	32%

% of an adult's Reference Intake
Typical Energy values per 100g: 554kJ/132kcal

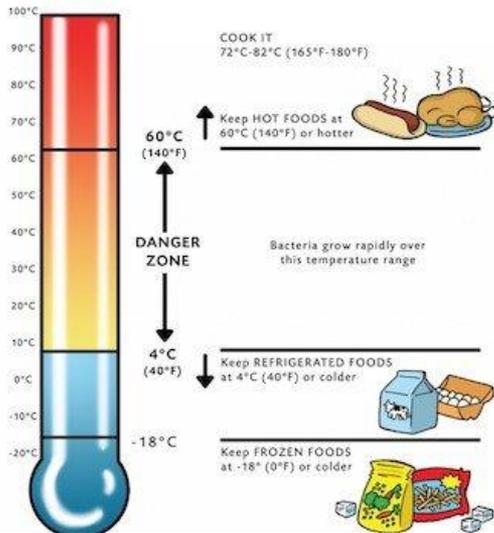
KNOW YOUR CALORIES
To make the choice that is right for you, use the calorie information to compare products.

KNOW YOUR DAILY ALLOWANCE
Reference Intake (RI) has replaced the term Guideline Daily Amount or GDA.

Fat, saturated fat, salt and sugar are labelled on a food product in either green, amber or red. The percentage of the reference intake (RI) the food provides per portion or 100g.

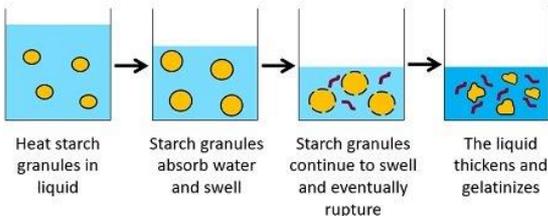
- H** – Tie your **h**air back or wear a **h**at. Wash your **h**ands.
- A** – Put an **a**pron on.
- T** – Clean your **t**able with antibacterial spray.
- T** – Collect a **t**ray to keep all your ingredients together.
- I** – Collect all the **i**ngredients you need.
- E** – Collect **e**quipment you need; prepare any tins/baking sheets (e.g. grease or line).

Temperature Danger Zone



Temperature control is very important when you buy, store, prepare and cook food. Storing food correctly will minimise the risk of food spoilage and food poisoning.

Gelatinisation: when a mixture is thickened by starch, and then sets when it is chilled.



HIGH RISK (TCS) FOODS / LOW RISK FOODS

HIGH RISK
Meat, seafood, poultry, eggs, dairy, soy, fruits, vegetables, sprouts, cooked rice and pasta



LOW RISK
Dry goods, breakfast cereals, pickled foods, uncooked rice or pasta, and jams



Bacteria are everywhere. They reproduce quickly and some cause food poisoning. They need a warm temperature as well as food, moisture and time to grow. Bacteria grow best in the temperature danger zone which is between 5°C and 63°C. Below 5°C they are dormant and grow very slowly if at all. Above 63°C they are mainly destroyed by the heat (cooking). High risk foods like eggs, milk, meat and ham should be stored in a fridge with a temperature between 0-5°C.

Eatwell Guide



Raising agents- biological raising agents.

Yeast is a biological raising agent.

- It is a single-celled plant fungus.
- Yeast is used in bread, doughnuts and current buns.

Fermentation is the process in which yeast produces the gas carbon dioxide, and alcohol.

The yeast uses the flour, sugar and water or milk to ferment. The carbon dioxide gas expands and collects as small bubbles throughout the dough-this makes the dough rise. When the dough is baked, it kills the yeast and the dough sets.

