



Where Food Comes From: Cultures and Cuisines Knowledge Organiser

France

Typical Ingredients

Vegetables	onions, shallots, garlic, mushrooms, haricot beans, leeks, artichoke, asparagus, chicory
Fruit	peaches, pears, plums
Herbs	tarragon, chervil, parsley
Foie gras	duck or goose liver
Fish and shellfish	oysters, scallops, mussels, langoustines
Escargot	snails
Frog legs	
Dairy	butter, milk, regional cheeses
Truffles	

Signature Dishes

Description

Bouillabaisse	Fish stew from Marseille.
Breads	Pain de champagne, baguettes.
Cassoulet	Rich slow cooked stew with meat or beans.
Coq au vin	Chicken cooked in red wine.
French onion soup	Meat stock and onions served with cheese.
Galettes	Savoury crepes.
Pastries	Croissant, pain au chocolat.
Pate	Meat mixture cooked and served in a terrine.
Tarte tatin	Caramelised fruit in a pastry tart.



Spain

Typical Ingredients

Vegetables	onion, garlic, tomatoes, peppers, olives
Fruit	oranges, lemons, figs, pomegranates, grapes
Herbs and spices	saffron, pepper, coriander, cumin, nutmeg
Fish and seafood	anchovies, salt cod, squid
Cheese	regional and specialist cheese
Meat	pork, chicken
Pulses	butter beans, haricot beans
Nuts	almonds
Olives	olive oil
Sherry vinegar	

Signature Dishes

Description

Bacalao en samfina	Salt cod served with aubergines, onions and peppers.
Churros	Fried dough-pastry.
Crema Catalina	Spanish version of crème brûlée.
Gazpacho	Cold tomato soup.
Paella	Seafood and meat rice dish.
Patatas bravas	Fried potato, cubed.
Tapas	Hot or cold snacks.
Tortilla espanola	Potato omelette.





Italy

Typical Ingredients

Vegetables	onion garlic, aubergines, courgettes, mushrooms, spinach, peppers, fennel, artichokes, asparagus
Fruit	figs, lemons, oranges, pears, peaches, berries, melon, tomatoes
Herbs	basil, parsley, sage, thyme
Meat	beef, veal, offal, pork, game
Fish and seafood	sardines, tuna, anchovy, octopus, squid
Cheese	ricotta, mascarpone, mozzarella, parmesan
Pasta	spaghetti, fusilli, pappardelle, penne
Pulses	cannellini beans, broad beans, haricot beans
Oils	balsamic vinegar, olive oil

Signature Dishes

Signature Dishes	Description
Anti pasti	Starters including a variety of meats, olives, vegetables, cheeses.
Cannoli	Fried pastry with ricotta cheese and chocolate.
Crostini	Toasted bread served with a topping, e.g. tomatoes and herbs.
Focaccia	Herby flatbread.
Gnocci	Potato dumplings.
Lasagne	Layers of lasagna, meat and white sauce baked in the oven.
Minestrone soup	Vegetable soup with pasta.
Pizza	Bread base topped with tomato sauce and cheese.
Polenta	Cornmeal mash. Can be served hot or cool – it solidifies to be fried or served as a loaf.
Risotto	Rice cooked to a thick and creamy consistency.
Tiramisu	Coffee, chocolate and mascarpone cheese sponge pudding.

Germany, Austria, Poland, Switzerland

Typical Ingredients

Vegetables	potatoes, cabbage, turnip
Fruits	apples
Spices and herbs	paprika, dill, junipers, caraway seeds
Meat	wild boar, pork, beef, sausage
Cereals	wheat, barley, oats, rye

Signature Dishes

Signature Dishes	Description
Apfelstrudel	Apple strudel – thin pastry filled with apple and raisins, cinnamon and sugar.
Black forest gateaux	Chocolate cake, layered with whipped cream and black cherries.
Pierogi	Polish dumplings.
Rosti	Flat potato patties.
Sacher torte	Austrian chocolate cake.
Sauerkraut	Cabbage – salted and fermented.
Schnitzel	Thin cuts of meat covered in breadcrumbs and fried.
Wurst	German sausage.





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Greece

Typical Ingredients

Vegetables	aubergine, courgettes, onion, garlic, peppers, artichokes, cucumber
Fruit	cherries, plums, peaches, figs, grapes, apricots, melons, lemons
Herbs and spices	cinnamon, allspice, mint, thyme, parsley, fennel, dill
Meat	lamb, goat
Fish	swordfish, sardines, anchovies, mackerel, squid, mussels
Dairy	sheep and goat milk
Filo pastry	
Olives	olives and olive oil
Oils	balsamic vinegar, olive oil

Signature Dishes

Description

Dolmades	Stuffed vine leaves – rice and vegetable based.
Horiatiki	Greek salad.
Hummus	Chickpea and tahini dip.
Keftedes	Lamb or beef meatballs.
Loukoumi	Greek version of Turkish Delight.
Mezedes	Small savoury dishes.
Moussaka	Aubergine and spiced lamb dish baked in a béchamel sauce.
Pitta bread	Flatbread pockets used to fill or dip.
Souvlaki	Meat and vegetables cooked on a skewer.
Spanokopita	Spinach and cheese pie.
Taramasalata	Fish roe dip.
Tzatziki	Yoghurt, garlic, cucumber and dill dip.

Turkey

Typical Ingredients

Vegetables	garlic, potatoes, peppers, aubergines, onion
Fruit	plums, apricots, pears, quince, apples, pomegranates, tomatoes, figs, citrus fruits
Dried fruit	apricots, currants
Herbs and spices	parsley, mint, oregano, thyme, cumin, black pepper, paprika, allspice
Meat	lamb, sheep tail fat
Nuts	pistachios, chestnuts, almonds, hazelnuts, walnuts

Signature Dishes

Description

Baklava	Sweet filo pastry filled with nuts and syrup.
Borek	Filled pastries.
Corek	Sweet buns.
Imam bayildi	Stewed aubergines.
Kebab	Meat grilled on skewers.
Kofte	Meatballs.
Lokum	Turkish delight.
Patlican receli	Sweet aubergine jam.





Russia

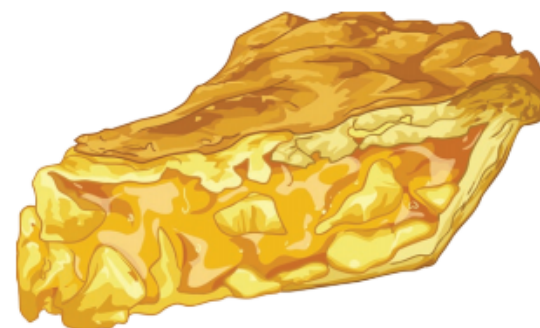
Typical Ingredients

Vegetables	garlic, onions, cabbage, turnips, carrots, cucumber, potatoes, beetroot, horseradish
Fruit	berries
Herbs and spices	dill, poppy seeds
Fish	caviar, dried and pickled fish, salmon
Cereals	wheat, barley, rye
Nuts	chestnuts
Honey	
Soured cream	
Oils	balsamic vinegar, olive oil

Signature Dishes

Description

Borsch	Beetroot soup.
Golubsty	Stuffed cabbage rolls.
Russian salad	Potato, peas, eggs, soured cream and mayonnaise.
Cucumber salad	
Pelmeni	Russian meat dumplings.
Kasha	Porridge made with buckwheat.
Chornyl khleb	Sticky bread made with rye.
Kisel	Apple pudding.
Blinis	Small pancakes where the batter is made using yeast.
Spanokopita	Spinach and cheese pie.
Taramasalata	Fish roe dip.





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England

Typical Ingredients

Vegetables	potato, swede, leek, onion, root vegetables (carrot, beetroot)
Fruit	apples, pears, rhubarb, soft fruits (berries)
Fish	haddock, mackerel, herring, eels
Seafood	oysters, prawns, shrimp
Cheese	regional cheese: Cheshire, Blue Stilton
Poultry and Game	chicken, turkey, goose, pheasant, duck, venison
Meats	beef, lamb, pork

Signature Dishes

Description

Bakewell tart	Short crust pastry shell filled with jam and frangipane layers topped with icing and almonds.
Bath buns	Sweet rolls made from a yeast dough.
Bread and butter pudding	Heavy pudding layered with bread soaked in milk baked with eggs, dried fruit and spices.
Canterbury pudding	Dry pastry filled pudding made with breadcrumbs, brandy, milk and lemon juice.
Cornish pasty	Pastry hand held snack filled with meat and vegetables – formed into a 'D' shape and crimped closed.
Cromer crab	Tender cooked crab.
Cumberland sausage	Pork sausage rolled into a coil.
Devonshire cream tea	Afternoon tea with scones, clotted cream, and jam.
Devonshire splits	A sweet yeast bun served with whipped cream and butter or jam.
Eccles cakes	Small sweet round pastries filled with currants.
Fidget pie	Savory pie with onions, apples, bacon and potatoes.
Glazed gammon and cider	Cooked cured pork with cider.
Jellied eels	Chopped cooked eels in jelly.
Lancashire hotpot	Lamb baked in the oven with onion and topped with sliced potato.
Parkin	Gingerbread cake made with oatmeal and treacle.
Stottie	A leavened bread indented in the middle.
Yorkshire pudding	Egg, flour and milk batter cooked in a hot oven – served alongside roast beef.

Wales

Typical Ingredients

Vegetables	potato, leek
Fish	wye salmon, sea trout
Seafood	oysters, crab, lobster, cockles, mussels
Laverbread	type of seaweed
Cheese	wide variety: Caerphilly
Poultry and game	chicken, duck, pheasant, Brecon venison
Meat	beef, lamb, pork

Signature Dishes

Description

Bara Brith	A rich spiced fruit loaf made with tea.
Cawl	Soup made with lamb and vegetables.
Faggots	Meatballs made from offal served with mushy peas and onion gravy.
Glamorgan sausages	Vegetarian sausage made with Caerphilly cheese, leek and mustard rolled in breadcrumbs.
Lavercakes with bacon and eggs	Small laverbread patties with bacon rashers and a fried egg.
Sewin	Seatrout with cockles and laverbread butter sauce.
Welsh cakes	Sweet biscuits like products flavoured with spice and dried fruit, baked on a griddle.
Welsh goat cheese and leek flan with Carmarthen ham	Short crust pastry filled with cheese, leek and ham.
Welsh rarebit	Cheese on toast with added ale and mustard.



Scotland

Typical Ingredients

Vegetables	potatoes, swede, turnip, onion, cabbage
Fish	haddock, mackerel, herring, salmon
Cereals	oats, barley
Seafood	cockles, mussels
Fruit	berries
Cheese	locally produced: Lanark Blue
Poultry and game	chicken, duck, turkey
Meat	Aberdeen Angus beef, offal

Signature Dishes

Description

Arbroath smokies	Hot smoked haddock.
Cranchan	Dessert made with cream, whisky, oatmeal, honey and raspberries.
Cullen Skink	Soup made with haddock, potatoes, onion and milk.
Haggis	Savoury pudding made from offal (animal organs) suet, oatmeal, onions and seasoning.
Lorne sausages	Square sausage.
Porridge	Oats cooked in water or milk – sweet or savoury.
Scotch broth	Soup made with barley, root vegetables and meat.
Shortbread	Buttery crumbly biscuit made from butter, flour and sugar.

Northern Ireland

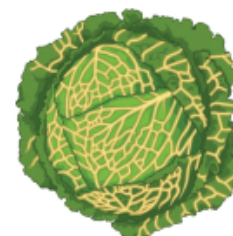
Typical Ingredients

Vegetables	cabbage, potatoes, onions, root vegetables
Cereals	oats, wheat
Fish	salmon
Seafood	seaweed
Meat	bacon, corned beef, lamb

Signature Dishes

Description

Ardglass potted herring	Herring marinated in vinegar, rolled with bay leaf and baked in breadcrumbs.
Colcannon	Mashed potatoes and kale.
Crubeens	Boiled pigs feet snack, coated in breadcrumbs and deep fried.
Dublin coddle	Stew-like dish with salty bacon, pork sausages and potatoes.
Irish stew	Casserole made with meat, potatoes, carrots and onions.
Potato bread farl	Dense flat bread, made with potatoes, flour and buttermilk. Cooked on a griddle.
Soda bread	Bread uses bicarbonate of soda as opposed to yeast as a raising agent.



Food labelling and health claims

Food labelling

Manufacturers include a range of information on food labels. Some of which is legally required and some of which is useful to the consumer or supermarket.

Nutrition information helps consumers make healthier choices. Back-of-pack nutrition information is legally required on food packaging.

NUTRITION

When heated according to instructions

Typical values	Per 100g	Each pack (390g**)
Energy	457kJ 109kcal	1781kJ 424kcal
Fat	3.9g	15.2g
Of which saturates	1.9g	7.5g
Carbohydrate	12.1g	47.1g
Of which sugars	1.6g	6.2g
Fibre	1.1g	4.2g
Protein	5.8g	22.6g
Salt	0.6g	2.2g

Legally required information

- Name of food or drink.
- List of ingredients (including water and food additives), in descending order of weight.
- Weight or volume.
- Date mark (Best before and use by).
- Storage and preparation conditions.
- Name and address of the manufacturer, packer or seller.
- Country of origin and place of provenance.
- Nutrition information.

Additional information may also be provided, such as cooking instructions, serving suggestions or price.

Date marks

Best Before The date after which foods may not be at their best, although probably safe to eat if stored according to instructions.

Use-by-date The date given to foods that spoil quickly, such as cooked meats. It is unsafe to eat foods beyond their use-by-date.



Beetroot salad

Keep refrigerated. Once opened consume within 24 hours and by the 'use by' date shown.

Additives

Food additives must be shown clearly in the list of ingredients on food labels, either by the additive's name or E number. Additives are added to ensure safety, increase shelf life or improve the taste, texture or appearance of food. Additives need to be approved before they can be used. Additives are given an 'E number' to show that they have been rigorously tested for safety and have been approved for use in food by the European Commission.

An example is E100 or curcumin, made from turmeric.

Another example is caramel (E150), a synthetic colouring commonly used to colour colas.



Key terms

Additives: Are added to ensure safety, increase shelf life or improve the taste, texture or appearance of food. They must be shown clearly on food labels.

Allergen labelling: Allergens must be clearly shown in **bold**, **highlighted**, **underlined** or in *italics*.

Back-of-pack labelling: Is legally required and can help consumers make healthier choices.

Claim: Any statement about the nutrient content or health benefit of a food product.

Front-of-pack labelling: Is voluntary but must provide certain information and can use red, amber and green colour coding.

Labelling: The term given to the information about the product which is displayed on the packaging.

Nutrition information: Helps consumers make healthier choices.

Front-of-pack labelling

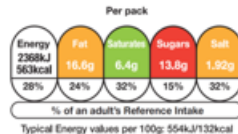
Front-of-pack-nutrition information is voluntary but if a food business chooses to provide this, only the following information may be provided:

- energy only;
- energy along with fat, saturates, sugar and salt.

Red, amber and green colours, if used, show at a glance whether a food is high, medium or low for fat, saturates, sugars or salt. The colour coding can be used to compare two products.

Nutrient	Low	Medium	High
Fat	≤3.0g/100g	>3.0g to ≤17.5g/100g	>17.5g/100g
Saturates	≤1.5g/100g	>1.5g to ≤5.0g/100g	>5.0g/100g
(Total sugars)	≤5.0g/100g	>5.0g and ≤22.5g/100g	>22.5g/100g
Salt	≤0.3g/100g	>0.3g to ≤1.5g/100g	>1.5g/100g

Note: Portion size criteria apply to portion sizes/servings greater than 100g.



To find out more, go to:
<https://bit.ly/2SPnj1g>

Allergen labelling

An allergic reaction to a food can be described as an inappropriate reaction by the body's immune system to the ingestion of a food.

By law, food, drink and ingredients that are known to contain allergens are required to be in **bold**, **highlighted**, **underlined** or in *italics*.

The most common allergens are present in:

Celery (and celeriac)	Milk
Cereals containing gluten	Molluscs
Crustaceans	Mustard
Eggs	Nuts
Fish	Peanuts
Lupin	Sesame
	Soybeans
	Sulphur dioxide

INGREDIENTS

Water, Carrots, Onions, Red Lentils (4.5%), Potatoes, Cauliflower, Leeks, Peas, Cornflour, Wheat flour, Cream (milk), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, Celery Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley

ALLERGY ADVICE

For allergens, see ingredients in **bold**

Nutrition and health claims

Nutrition and health claims are controlled by European regulations. Claims on a food or drink should have been authorised and listed on the European register of claims and have met certain conditions.

Nutrition claims

A nutrition claim describes what a food contains (or does not contain) or contains in reduced or increased amounts. Examples include:

- Low fat (less than 3g of fat per 100g of food);
- High fibre (at least 6g of fibre per 100g of food);
- Source of vitamin C (at least 15% of the nutrient reference value for vitamin C per 100g of food).

Health claims

A health claim states or suggests there is a relationship between a product and health. In order to make a claim, the amount present of the nutrient, substance or food must fulfil the specific conditions of use of the claim. The types of health claims are:

- 'Function Health Claims';
- 'Risk Reduction Claims';
- Health 'Claims referring to children's development'.

Tasks

- Find four different packaged food items in your household or online and list the information provided on the packaging. Explain the purpose of each piece of information and identify if it is legally required or consumer information.
- Explain the importance of date marks and storage instructions, including the consequences of not following them.

Sensory science

Using our senses

A range of senses are used when eating food:

- sight;
- smell;
- hearing;
- taste;
- touch.



A combination of these senses helps to evaluate a food.

Appearance

The size, shape, colour, temperature and surface texture all play an important part in helping to determine first reactions to a food.

Taste

There are five basic tastes:

- bitter;
- salt;
- sour;
- sweet;
- umami.

Smell (odour or aroma)

The nose detects volatile aromas released from food. An odour may be described by association with a particular food, e.g. herby, cheesy, fishy.

The intensity can also be recorded. Odour and taste work together to produce flavour.

Touch

Food texture is the way food is felt by the fingertips, tongue, teeth and palate. When food is placed in the mouth, the surface of the tongue and other sensitive skin reacts to its surface texture. This sensation is known as mouthfeel.

Hearing (sound)

The sounds of food being prepared, cooked, served and eaten all help to influence our preferences. The sound of eating food can alter our perception of how fresh a food is, e.g. crunchy carrots.

	Tasting vocabulary (sensory attributes)		
Sight	Bubbling	Flaky	Opaque
	Caramelised	Firm	Smooth
	Clear	Heavy	Solid
	Coarse	Icy	Steaming
	Crumbly	Juicy	Sticky
	Dry	Moist	Thick
Smell	Acidic	Fresh	Spicy
	Aromatic	Meaty	Strong
	Bland	Mild	Sweet
	Citrus	Pungent	Tart
	Earthy	Savoury	Weak
	Fragrant	Smoky	Zesty
Sound	Brittle	Crisp	Pop
	Crackle	Crunch	Sizzle
Taste	Bitter	Rich	Strong
	Bland	Salty	Sweet
	Floury	Savoury	Tangy
	Hot	Smoky	Tart
	Mild	Sour	Umami
Touch	Piquant	Spicy	Zesty
	Brittle	Dry	Short
	Bubbly	Goosey	Soft
	Chewy	Granular	Solid
	Close	Greasy	Tacky
	Cloying	Moist	Tender
	Coarse	Open	Waxy

Sensory evaluation and tests

Sensory evaluation analyses and measures human responses to food and drink, e.g. appearance, touch, odour, texture, temperature and taste. In order to obtain reliable results, sensory evaluation tests should be set up in a controlled way to ensure fair testing, e.g. no distracting colours, noise or smells; same size portions; coded samples, and water to drink.

Preference tests - these types of tests supply information about people's likes and dislikes of a product. They are not intended to evaluate specific characteristics, such as crunchiness or smoothness. They are subjective tests and include hedonic, paired comparison and scoring.

Discrimination tests - these types of tests aim to evaluate specific attributes, i.e. characteristics of products (crunchiness). They are objective tests and include triangle, duo trio, ranking and paired comparison.

Hedonic scale

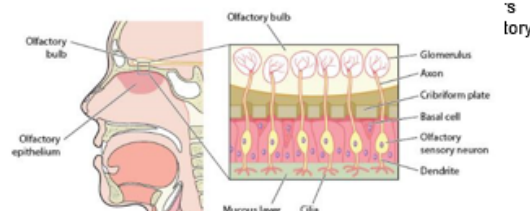
Sample	1. Dislike very much	2. Dislike	3. Neither like or dislike	4. Like	5. Like very much	Comments

(total responses)

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Olfactory system

This is the sensory system used for olfaction, or the sense of smell. As we breathe in, air enters the nasal cavity and passes over the olfactory epithelium.



Taste receptors

Our tongues are covered with taste buds, which are designed to sense chemicals in the mouth. Most taste buds are located in the top outer edges of the tongue, but there are also receptors at the back of the tongue as well as on the walls of the mouth and at the back of the throat. As we chew food, molecules mix with saliva, enter taste pores and interact with gustatory hairs, also known as taste receptors. This triggers nerve impulses that are transmitted to the brain.



Key terms

Fair testing: Ensuring that sensory tests obtain reliable results.

Food texture: The way food is felt by the fingertips, tongue, teeth and palate.

Olfactory system: The sensory system used for olfaction, or the sense of smell.

Senses: Sight, smell, hearing, taste and touch are all used when eating food and drink.

Sensory attributes: Words used to describe the appearance, odour, taste and texture of a food product.

Sensory evaluation: Analyses and measures human responses to food and drink.

Intensity

Foods may be described by association, e.g. meaty, minty or fruity.

The intensity (low, medium or high) can also be recorded, e.g. garlicky or salty.

Tasks

- Write a guide to conducting sensory evaluation tests that are fair and reliable.
- Research umami and make a dish that is rich in the taste of umami.

To find out more, go to:

<https://bit.ly/2Bzsgq5>