Kitchen Safety and Hygiene

What is Kitchen Safety?

Cooking is fun but it is very important we know how to be safe. Do you know when you should ask an adult for help, what to do before you start cooking and how to be safe in the kitchen? Here are 10 important rules to follow.

- Always ask permission before you start cooking.
- Never use knives with wet hands as it can make you drop them.
- Never try to catch a falling knife, you may cut yourself.
- Keep preparation areas tidy and neatly prepare all your ingredients before you start to cook so that there is nothing to cause accidents.
- Always use oven gloves when handling hot pots and pans or baking trays.
- Make sure that saucepan handles are turned in so they do not hang over the side of the cooker.
- Wear sensible footwear so that if anything drops you won't hurt your feet.
- If something is spilled onto the floor clean it up straight away to prevent slips and falls.
- Don't put electrical equipment near to water.
- Always ensure kitchen cleaning products are well labelled and locked away.

What is Food Hygiene?

The good practices which lead to clean workplaces and the safe production of food.

What does it involve?

1.) Personal Hygiene
2.) Cleaning and disinfecting
3.) Preventing any bacteria multiplying
4.) Destroying any harmful bacteria by cooking

Here are 5 basic rules to follow

- Never lick spoons and reuse them without cleaning them first because this will spread germs.
- Always tie long hair back so that it does not fall into food and spread germs.
- Always wash hands before preparing food.
- Never store cooked meat with raw meat as it may cause cross-contamination.
- Don't allow pets into the kitchen while cooking.

Activities

Answer the following questions on A4 paper:

Task One:

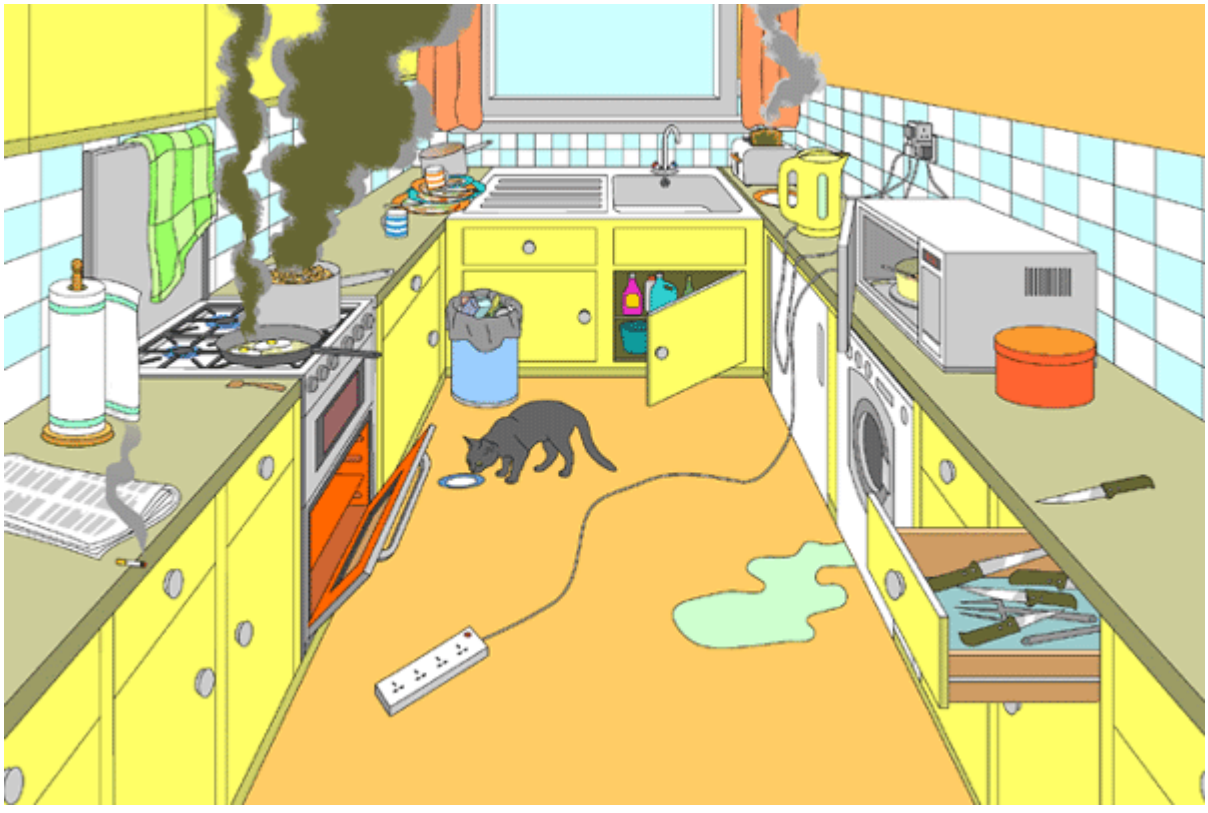
Directions: Copy the following sentences onto a piece of paper. State whether each is "safe" or "unsafe". For those that are unsafe, explain why.

1. Janet pulled her long hair out of her face and up into a pony tail before she started cooking.
2. Kimberly started preparing dinner while wearing flip flops.
3. Sonia finished washing her hands and went immediately back to chopping the vegetables. Since her hands were wet, she dropped the knife and tried her best to keep it from cutting her foot or hitting the floor.
4. Peter went to the bathroom and washed his hands immediately upon re-entering the kitchen before he began his food preparation.
5. Robert had only put the roast in the oven for about 5 minutes and decided to take it out quickly with his hands to finish seasoning it.
6. Steve always remembers to turn the pan handles toward the back of the stove while cooking.
7. Chloe immediately stopped what she was doing to clean up a spill on the floor.
8. Chris made sure to unplug all electrical appliances before starting to wash dishes.

Task Two:

Look at the following picture.

On a piece of A4 paper list any hazards or hygiene issues that can be seen in the picture. Explain why each is unsafe.



Healthy Eating

People choose and combine different foods to make meals and snacks. The total amount and range of foods eaten is called the diet.

Read the information about the diet and answer the questions in full detail.

Foods are split into categories:

Fruit and Vegetables
Potatoes, bread, rice, pasta and other starchy carbohydrates
Dairy and alternatives
Beans, pulses, fish, eggs, meat and other proteins
Oils and spreads
Foods high in fat, salt and sugars

The key to a healthy balanced diet is not to ban or omit any foods or food groups but to balance what you eat by consuming a variety of foods from each food group in the right proportions for good health.

It's a good idea to try to get this balance right every day, but you don't need to do it at every meal. And you might find it easier to get the balance right over a longer period, say a week.

The eatwell guide is a simple and clear way that shows the different types of food we need to eat – and in what proportions – to have a well balanced and healthy diet.

Fruit and vegetables

These should make up just over a third of your daily diet and can be eaten as part of every meal, as well as being the first choice for a snack.

You should eat at least five portions of fruit and vegetables each day. Research suggests this can help to protect against obesity and various chronic diseases such as heart disease. This is because of the nutrients (vitamins and minerals) they contain.

Potatoes, bread, rice, pasta and other starchy carbohydrates

This food group should also make up just over a third of your diet and contains the starchy carbohydrates that are the body's main source of energy.

When selecting products from this food group, try to choose wholegrain foods as they are rich in fibre and other nutrients that have many health benefits, and people who consume whole grains seem to have a reduced risk of certain illnesses such as diabetes and coronary heart disease.

The final third of the eatwell plate is made up of three groups containing foods that need to be consumed in smaller proportions than the other two principal categories. These food groups also contain nutrients essential to our diet, so it's important not to leave them out altogether.

Dairy and alternatives

These should be eaten in moderation because of their high saturated fat content, but they're an important source of calcium, which is essential for healthy bones and teeth. Choose low-fat or reduced-fat versions.

Beans, pulses, fish, eggs, meat and other proteins

This food group includes both animal and plant sources of protein, which is a major functional and structural component of all cells. Protein provides the body with between 10 and 15 per cent of its dietary energy, and is needed for growth and repair.

Oils and spreads

Although some fat in the diet is essential, generally we are eating too much saturated fat and need to reduce our consumption.

Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, for example vegetable oil, rapeseed oil and olive oil.

Foods high in fat, salt and sugars

This includes products such as chocolate, cakes, biscuits, full-sugar soft drinks, butter and icecream. These foods are not needed in the diet. If they are included, have infrequently and in small amounts.

How to eat a balanced diet

- Eat a variety of foods to obtain all of the essential nutrients
- Too much as well as too little can be bad for you – balance is required
- Everyone's plate will look slightly different as we all have different requirements depending on our body's shape and size, and our levels of activity.

Is the eatwell guide for me?

The eatwell plate applies to most people – whether they're a healthy weight or overweight, whether they eat meat or are vegetarian, and no matter what their ethnic origin.

However, it doesn't apply to children under the age of two because they have different nutritional needs. On average a student between 12 and 15 years will normally require between 2200 - 2500 Kcalories per day.

Exercise and Diet

It's important to remember to keep your energy intake and energy usage in balance. Everyone is different in their energy needs because of the activities they do throughout the day. Those working in jobs which involve a lot of lifting will use more than those in office jobs. Also those who do a lot of sporting activities will use more energy than others who are less energetic. On some days when you have games or P.E. for example you may need to eat more food to balance the energy equation.

Activities

For each food, identify the food group from the eatwell plate to which it belongs. Copy the table below onto paper and list the main nutrients found in each food. An example has been done for you:

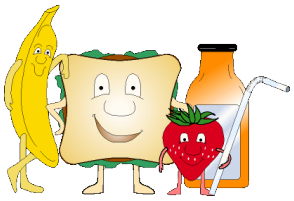
Choose the nutrients from the list below:

Protein **Carbohydrates** **Vitamins** **Minerals** **Fats/Sugars**

Food	Food group from eatwell plate	Main nutrient(s)
Cola Drink	Foods and drinks high in fat and/or sugar	Sugar
Rice		
Chocolate		
Apple		
Wholemeal Bun		
Beef Steak		
Cottage Cheese		
Canned Tuna		
Crisps		
Lettuce		
Yoghurt		

Answer the following questions:

1.) List the jobs below in order of energy requirements. Remember lifting and climbing take a lot of energy. **Postman, typist, scaffolder, driver, coal miner, hairdresser, teacher, builder, footballer, shop assistant.**
2.) When you have made the list, write a detailed paragraph saying why you put the jobs in the order that you have.
3.) Look at your school timetable and try to work out on which day you will use most energy. If you have a day on which you have to climb a lot of steps to get to your lessons this will use a lot of energy. If you have lessons like P.E. or where you move about a lot such as drama, you will use more energy than sitting at a desk. Check each day carefully and count 1 point for climbing to a first floor room, 2 points for a second floor room etc. Add 1 point for each active lesson such as P.E. The day with the most points is the day you will burn most food. Present the information in a chart.
4.) Write a list of all the meals, snacks and drinks you had yesterday. Draw a diagram of the eatwell guide and write each item you ate in the correct category on the plate. When you have done this write a list of any activities you did. Finally write a paragraph saying whether or not you ate a balanced diet that day.
5.) Design a poster that will help school children to understand what is meant by Healthy Eating, and which encourages them to make good food choices based on the Eatwell guide.



Where does our Food come from?: Food and Organic Farming

Consumers often do not think about the origin of the food they buy in the supermarket.

Have you ever thought about the origins of the food that you eat? Do you consider how it is grown or produced? There are very many systems of farming in use today.

Consumers' concerns about the safety of the food we eat have raised a multitude of questions about food buying and growing. One of the major concerns has been the use of pesticides in farming and the hazardous presence of the pesticide residues in food. As a result, more and more consumers have resorted to organic food, which is an option believed to enhance our health.

Organic food is popular with many people but what does organic mean and what must the farmer do to allow him to label his food organic?

Organic crops are grown without toxic pesticides or growth hormones. The soil is usually enriched by natural mineral fertilisers only. Instead of pesticides, organic farming relies on beneficial insects that eat harmful insects. Plus, they also use a farming technique called "crop rotation" to rob insects of food and prevent weeds from developing.

Advantages of Organic Food

- **Nutrition** - Organic food is rich in vitamins, minerals and enzymes which will help your body fight off infections more effectively.
- **Toxin-Free** - Since it is pesticide-free, it's believed that it lowers the risk of cancer and certain birth defects.
- **Taste** – It is believed that organic products tend to taste better than non-organic ones.
- **Environment** - Organic farming is better for the environment since it does not use toxic chemicals that will run off to pollute soil and water. Also, it promotes a use of the land that will maintain richness in the soil for the next generations.

Downsides of Organic Food

- **Cost** - Organic food usually costs 10% - 40% higher than non-organic products because of the following reasons: 1.) They are produced on a smaller scale and usually must be cultivated by hand, and that labour is expensive. 2.) Farmers need compensations for their lower yields, as some of their crops are lost to insects and animals. 3.) It is also more expensive to raise animals humanely than to keep them in small pens and cages. Pasture raised animals require a lot of space, and supplementing their grazing with organic feed costs a lot more than simply feeding them the least-expensive non-organic grain available.
- **Appearance** - Organic fruits and vegetables tend to have imperfections.

Case Study: Pollybell Farm - Lincolnshire

About Pollybell Organic Farm

Pollybell Organic Farm is the organic farming business of the Brown family who have been involved with farming in Lincolnshire for over 120 years. The farm, part of Loveden Estates, is in the area known as the Isle of Axholme.

Pollybell Organic Farm is one of the UK's largest growers of organic vegetables producing approximately 26 million portions per year - enough for 14,000 people to have their 5-a-day every day of the year. They produce broccoli, cauliflower, four types of cabbage, curly kale, bunched carrots, beetroot, leeks and onions.

The Brown family started the conversion to organic from conventional farming in 1997. They have 3,500 acres that are fully organic or in conversion and which were certified organic in April 2011. All the land being farmed lies at or below sea level and is protected and drained by a network of dykes and drains that crisscross the farm.

In 2008 Pollybell Farm was named Organic Grower of the Year, in 2009 it was runner-up in the Progressive Farmer of the Year award, and in 2010 it won the North East region in the Beautiful Farm Awards.

An organic farm like Pollybell has to follow a system of growing crops that keeps soil fertile and, at the same time, controls bugs that attack the crops, weeds and plant diseases. In addition, taking out the harvest must be balanced with putting back fertility, while constantly ensuring that environmental protection and conservation are maintained.

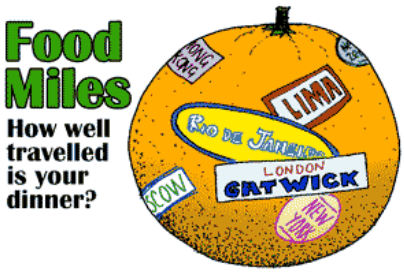
In order to achieve this delicate and difficult balance crops need to be rotated around the fields as well as 'resting' the fields (i.e. leave them fallow) to ensure that fertility is maintained and pests and disease are controlled. The health of the crops is achieved using this programme of rotation and rest which reduces the need for artificial fertilisers and pesticides. A very small list of mostly natural chemical treatments are allowed to control pests, weeds and disease.

Activities

Answer the following questions on A4 paper:

1.) What is organic farming?
2.) Give 1 advantage and 1 disadvantage of Organic Farming.
3.) Where is Pollybell farm?
4.) How long have the Brown family been involved in farming?
5.) How many portions of organic vegetables are produced by Pollybell farm per year?
6.) What vegetables are grown at Pollybell farm?
7.) How many acres of organic land does the farm have?
8.) How is the fertility of the soil maintained and the pests controlled?
9.) Imagine you work for a large food company. Write a speech to persuade the head of the company to use organic produce in your products. Use the following plan:
    a. Explain what organic farming is
    b. The advantages and disadvantages for your company
    c. Why you think your customers would like organic produce

Where does our Food come from?: Food Miles



What are food miles?

Food miles are the measure of the distance a food travels from field to plate. Agriculture and food now account for nearly 30 per cent of goods transported on our roads. This travel adds a great deal to the carbon dioxide emissions that are contributing to climate change - which is why food miles matter. A new report by the Department for the Environment, Food and Rural Affairs (Defra) says that food miles rose by 15 per cent between 1992 and 2002.

Why does our food travel so far?

Food travels further these days partly because supermarkets have taken over from local and regional markets. A pint of milk or a crop of potatoes can be transported many miles to be packaged at a central depot and then sent many miles back to be sold near where they were produced in the first place. Also, because of the way the food processing industry works, ingredients travel around the country from factory to factory, before they make their way to the shops.

Imported produce makes up approximately 95% of the fruit and 50% of the vegetables in the UK. The amount of food being flown into the UK doubled in the 1990s and is predicted to rise further each year. E.g. strawberries are flown in from warmer climates to satisfy the demand of British consumers and air travel has a far bigger impact on the environment than sea or road travel has.

Another reason for mounting food miles is labour costs. E.g. some British fish is now sent to China (lower labour costs) for processing, then sent back to the UK to be sold. Consumers are also directly responsible for increased food miles. We now travel further for our shopping and use the car more often to do it. Each year, the average UK adult travels about 135 miles by car to shop for food, more often than not making trips to large, out-of-town supermarkets. This is something the Government hopes the consumer will address.

How far has my food travelled?

It's very difficult to be sure. A food's country of origin may be on the label but, beyond this, it's generally impossible to tell how far the food has travelled and by what means. The means of transport - as well as the distance - is an important consideration. A long journey by boat, for example, has less environmental impact than a shorter one by road. This is part of the reason why good farmers' markets have a policy of selling food from within a defined local area. Why else do food miles matter? The transport of live animals is an important animal welfare issue. The numbers of animals being moved around the country have grown with the trend for large, centralised abattoirs and meat processing plants. Animals are also exported and imported to and from other countries. For consumers, there is also the question of quality. Freshly picked fruit and vegetables are better nutritionally, as well as having more taste.

What is being done?

There are a number of initiatives aimed at improving local food in the UK, at both a regional and a local level. Sustain, the alliance for better food and farming, is piloting projects to get local food into local schools, hospitals and shops. Sustain is part of Food Links, an alliance of organisations around the UK involved in projects aimed at developing local food economies and decreasing the distance that food travels. Tully Wakeman of East Anglia Food Links believes it is crucial that local food is not a specialist product, but that it becomes a far bigger part of the mainstream. "We need to build the infrastructure to bring together farmers so they can supply a reliable stream of local produce," he says. Supermarkets are increasingly aware of growing consumer concern about food miles and some are trying to increase locally produced food. How far this extends into their overall supplies remains to be seen.
The Government has decided to take action and is planning to reduce the environmental and social costs of food transport in the UK by 20 per cent by 2012. The recent Defra report estimates costs of food miles at £9billion each year, half of which is down to road congestion. To complicate matters further, the recent Defra report also shows that food miles are not the only way to measure the environmental impact the food we eat can have. For example, the report shows that it is less environmentally friendly to grow British tomatoes than it is to import tomatoes from Spain. It says the energy needed to heat the glass houses for growing tomatoes in Britain is significantly more than the energy used in transporting tomatoes from Spain, where no heating is used because of the warmer climate. However, British tomato growers have reduced the amount of energy they use in recent years and most now use natural gas for heating.

What can I do?

The individual consumer can make a difference right away, for example:

- Walk to local shops when possible and buy fresh ingredients to cook at home.
- Take fewer trips to the supermarkets.
- Buy food with as little packaging as possible to save miles on transporting rubbish to landfill sites.
- Buy British produce in its season.
- Buy locally grown food rather than imported.
- Buying organic food can also help as organic farming cuts down on the fossil fuels used to manufacture and transport the chemicals used in mainstream agriculture.

Activities

Answer the following questions on A4 paper:

1.) Write a definition of the term FOOD MILES.
2.) Why is it important that consumers consider food miles?
3.) List three reasons why food travels so far.
4.) What is being done to reduce food miles?
5.) Think about the food you eat. Where does it come from? Write a list of specific things that your own family could do to reduce the food miles.
6.) Explain how the food you choose can help to reduce carbon emissions and global warming.
7.) Imagine you are a government adviser. Write a letter to local supermarkets telling them what they can do to reduce food miles. Use the following plan:
    a. Introduction
    b. Explain what you are trying to do
    c. Give basic advice on ways they can reduce food miles and encourage customers to reduce food miles.
8.) Design a poster that could be displayed in your school, telling pupils about the effects of food miles and global warming. What can they do to reduce the effects?

The Responsible Consumer: Fair Trade

"Fair trade" is a system that is in place to improve conditions for those living in poverty and to ensure sustainable development. Its purpose is to create opportunities for producers and workers who have been economically disadvantaged by the normal trading methods.

It is when producers of items that we buy in local shops and supermarkets receive a fair price for the work they do in producing these items.

This price should always cover the cost of production, no matter how low the market price goes. Goods that could be fairly traded included agricultural and farming produce (coffee, tea, bananas, cocoa, milk), household goods and clothing. In many parts of the world, the FAIRTRADE mark is used to designate food products as being fairly traded, with producers receiving the fair price for the production of these items.

FAIRTRADE

Guarantees a **better deal** for Third World Producers ®

In the United Kingdom, nearly 900 products carry the FAIRTRADE mark. Awareness of these products is growing, with more consumers buying fair trade products than ever before. The amount of fair trade products bought in the UK has doubled in four years.

Comparing world prices to fair trade prices shows clearly how the growers can be protected by having in place a fair trade price. If the fair trade price for coffee is $1.25 per pound, this would provide a grower with enough money to invest in next year's crop and make a living. This will remain at $1.25 even if the world price falls to less than one dollar. If the price was not held at the fair trade level, and the grower only received less than a dollar a pound, he or she would be forced to sell the crop for less than it cost to produce it and they would make a loss. This would leave them with insufficient money to invest in the next year's crop and no money to live on.

Fair trade is not the same as free trade. The fair trade price is reached to ensure the growers have enough money for living and investing. In a free trade market, growers might be forced to accept a much lower price by the 'middle men' – those who import the product from the country to the rest of the world.

Case Study: Cafedirect

Cafedirect is an organisation that ensures fair trade for coffee growers. They agree to pay an agreed minimum to the growers regardless of the price of coffee on the world markets. This amount is calculated to give the growers sufficient money for production and to live on. If the world coffee price exceeds the Cafedirect price, the growers are paid the full world price plus a premium of 10 per cent. This extra premium is used on local community projects.

A poem about Fair Trade

It could be chocolate
It could be bananas
It could be something you wear
It could be the s-t-i-t-c-h-e-r or farmer
Is trapped in a trade that's not fair

Our lives are dictated by prices.
When we get a bargain we're pleased
But there could well be a hidden cost
As the producer is pressured and squeezed.

For those unfair wages
Low payments, in stages
Have knock on effects, I should think.
Consider the child who can't go to school
For he's searching for water to drink.
His parents can't pay his school fees.
Instead, he must pay his way.
By tending to crops, tilling the field.
Surely there's some other way?

When you're ready to part with your money
You can come to their aid
By backing the one with the logo
Commonly known as "Fairtrade".

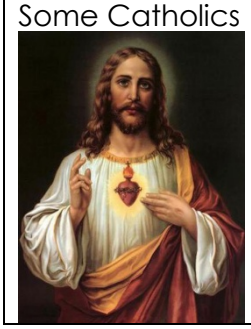
Activities

Answer the following questions on A4 paper:

1. What is fair trade?
2. What goods can be fairly traded?
3. If the price of the product drops very low, will the farmer still get the money for the production of the product?
4. How many products carry the fair trade mark in the UK?
5. Is the amount of fair trade products being bought going up or going down?
6. What are 'middle men'?
7. How does Café Direct work?
8. Re-read the poem above. Think about all the issues raised. Now write your own poem about fair trade.
9. Write a short assembly on fair trade which will tell your classmates about the initiative and how they can become involved.

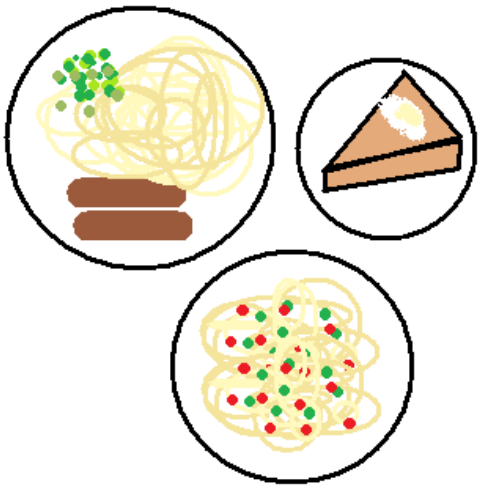
Food and Religion

Different religious groups eat or don't eat different foods for a variety of reasons – these sheets highlight a few of the reasons.

Jew's 	• Do not eat shell fish or pork. • They do not eat dairy and meat in the same meal (this is because they do not eat mother and child together – so you cannot have chicken and egg together or milk and beef). • They only eat kosher meats (where the blood is drained from the body through a slit in the throat before the meat is soaked or salted). Kosher houses should have different sinks for dairy and meat along with different plates, cutlery and utensils: this is taken very seriously with in the Jewish religion. • Jews have fast days including Yom Kippur, Rosh Hashanah and Passover.
Hindus 	• Do not eat Beef or any beef product – this is because the cow is a sacred animal and is treated as such. (This includes the use of leather for furniture). • Milk is permitted as no animal is killed during the collection. • Often vegetarian which comes from the principle of Ahimsa (not harming)? • Most Hindus don't drink alcohol.
Sikhs 	• Do not eat beef either for the same reasons as Hindus. • Many Sikhs are also vegetarians. • Many Sikhs will not eat Halal or Kosher meat as they believe they are not killed humanly. • Devout Sikhs do not drink alcohol.
Muslims 	• Do not eat pork. • Only eat Halal meat (which is killed in the same way as Kosher). • Sea food without fins or scales (such as crabs, prawns and squids) considered undesirable by some Muslims. • Muslims should also avoid alcohol. • Muslims don't eat whilst the sun is shining during the month long fast called Ramadan (Oct/Nov time)
Buddhists 	• Buddhist try to avoid intentionally killing, Monks and Nuns are usually very strict and can be vegetarians. • Others will eat meat as long as it was not killed for the specific purpose of food. • Chinese Buddhists also avoid garlic and onions as they believe it makes meditation more difficult.
Some Catholics 	• Some Catholics fast on Fridays and during the run up to lent. • Some Catholics eat fish on a Friday.

Activities

Complete the following activities on A4 paper.



Task one:
Develop a 3 part meal suitable for one of the religious groups you have looked at.

- Starter – soup or light bite.
- Main meal- Consider what type of meat, fish or vegetables that are suitable for your chosen religion
- Dessert- this can be sweet or savoury.

Write out your menu in detail as though it would be used in a restaurant. You may use colour and add images/drawings.

Task two:

State why the menu you have chosen is appropriate for the religious group you have chosen.

Task three:

Looking at your menu try to answer the following:

- Are there any special food stuffs you will need to find for your meal?
- Where could you get these specialist foods from?
- How can you prove the meal meets the dietary needs of your chosen religion? – show what nutrients you think your meal will provide. (For help with this read the healthy eating section of the booklet)

Task four:

Choose one of the religious groups above and design a leaflet that could be used to help someone, who doesn't know about that religion, understand the dietary needs. Your leaflet should be colourful, eye-catching and informative.

FOOD CHOICE: SPECIAL DIETS – VEGETARIANS

Why are people vegetarian?

There are many reasons a person may choose to become a vegetarian. These include:

- They don't like the thought of animals killed for food.
- Some religions do not eat meat.
- They are concerned about the environment and think meat production is expensive
- They consider a vegetarian diet more healthy.
- They enjoy the taste of the products.
- There is a wide variety of vegetarian products.

Vegetarians do not eat:

PRODUCT	EXAMPLE
Meat	Beef, pork, lamb
Fish	Cod, tuna, salmon, sardine
Poultry	Chicken, turkey, duck, goose
Game	Rabbit, deer, pheasant
Shellfish	Oyster, mussel, cockle
Crustacea	Lobster, shrimp, crab
Any products from dead animals	Gelatine, rennet, cochineal

Types of Vegetarian.

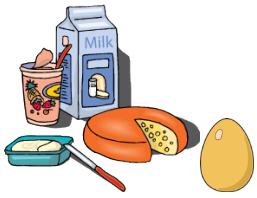
Types of Vegetarian

Lacto-ovo vegetarians:

eat eggs and dairy products (e.g milk, cheese, yoghurts)

Lacto vegetarians:

eat dairy products but no eggs



Ovo vegetarians:

eat eggs but no dairy products

Vegans:

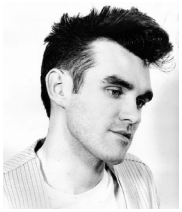
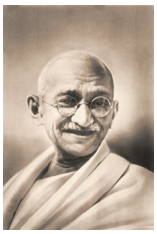
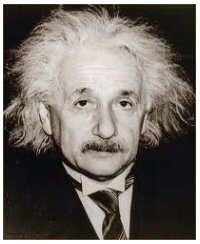
don't eat eggs, dairy produce or any animal product, including honey

So what do vegetarians eat?

Lots of things! One of the great things about a vegetarian diet is that it is full of healthy, fresh, nutritious, delicious food! Vegetarians don't just eat salad. They eat pasta, pizza, curry, rice, cheese, beans, jacket potatoes, eggs, and a wide variety of fruits and vegetables. Many even eat ice cream, chocolate, chips and crisps! The only things we don't eat are those foods for which an animal (including fish) had to die.

10 quick vegetarian facts...

- Approximately one quarter of the world's population enjoy a mostly vegetarian diet.
- It is estimated that a lifelong vegetarian will save the lives of approximately 760 chickens, 5 cows, 20 pigs, 29 sheep, 46 turkeys and half a tonne of fish.
- Many animals are vegetarians, including rhinos, elephants, giraffes, guinea pigs, rabbits, gorillas, hippos and goats.
- Vegetarians do not eat fish!
- Famous vegetarians include Albert Einstein, Pythagoras, Leonardo da Vinci, Gandhi, Leona Lewis, Paul McCartney, Natalie Portman, Pink, Brad Pitt, Morrissey, Russell Brand and Stella McCartney.
- A "westernised" diet containing meat requires up to 3 times as many resources as a vegetarian diet.
- Vegetarians enjoy the lowest rates of obesity, coronary heart disease and high blood pressure.
- The word "vegetarian" is derived from the Latin word "vegetus" meaning lively or vigorous.
- Veggies are no more prone to iron deficiency than meat eaters! Even those who do eat meat get a high percentage of their iron from vegetarian sources.
- Anyone eating dairy products and eggs will get plenty of vitamin B12 in their diet. Other good sources are fortified foods such as breakfast cereals, yeast extract and soya drinks.


Activities

Answer the following questions on A4 paper:

1.) List 3 reasons a person may choose to become a vegetarian and explain these in detail.
2.) Choose 1 type of vegetarian and develop a 3 part meal. This should be a starter, main course and dessert. Explain why you have chosen each dish.
3.) Approximately how many of the world's population are vegetarian?
4.) Name two animals that are vegetarian. List what you think they eat.
5.) To get plenty of vitamin B12 what foods should a vegetarian eat?
6.) Choose a vegetarian celebrity and write to them. Use the following plan:
    a. Introduce yourself and say how you are researching vegetarianism
    b. Ask why they decided to become a vegetarian (offer some reasons).
    c. Find out what type of vegetarian diet they have chosen to follow and why?
    d. Explain why you think it is good that they follow a vegetarian diet e.g. health benefits and environmental issues.
7.) Produce a leaflet about being vegetarian. Use a plain piece of A4 and make it colourful.

FOOD PREPARATION: COOKING TERMS

In food preparation many chefs and cooks will follow a recipe. To be able to follow the recipe correctly it is important to be familiar with the cooking terms used to ensure the instructions can be followed with ease and so that the best results are achieved.

There are a wide variety of terms and phrases that are used and we will now explore a wide variety of these.

Techniques of Preparation



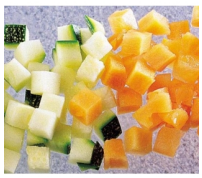
Method	Description
Grease	Rub fat onto a piece of equipment or use lining-paper, to stop food sticking.
Brush	Spread a liquid coating on a food using a pastry brush or paper towel.
Marinate	To soak in a liquid to add flavour and/or tenderise (soften) a product.
Sift	To put dry ingredients through a sieve to add air or remove lumps.

Techniques of Mixing




Method	Description
Beat	To mix thoroughly in an over and over motion. May use a spoon or electric beater.
Cream	Soften and blend until smooth and light using a spoon or electric mixer.
Stir	To mix with a circular motion using a spoon or other utensil.
Whip	To beat rapidly with an electric mixer or wire whisk. Adds air and lightens a product.

Techniques of Cutting



Method	Description
Chop	To cut into small pieces.
Cube	To cut into small squares.
Dice	To cut into very small cubes.
Slice	To cut food into thin, flat pieces.

Techniques of Cooking

Method	Description
Bake	To cook in an oven or oven type appliance, usually uncovered.
Boil	To cook in hot liquid, usually water, in which bubbles rise constantly.
Fry	To cook in hot fat.
Roast	To cook in fat, by dry heat, uncovered in an oven.

Activities

Answer the following questions on A4 paper:

INSTRUCTIONS: Below is a list of cooking terms in scrambled form. Unscramble each word and then copy the sentences below onto A4 paper, inserting the correct word in the blank to the left of its definition.

phiw grseae taeb tfis pcoh cueb

cmrea rits srtao ecid maratein bloi

1. _____ to beat rapidly to incorporate air and to increase volume. Tools:wire whisk, rotary beater.
2._____ to mix ingredients thoroughly, usually in a bowl, using an over-and over motion. Tools: mixing spoon, wire whisk, rotary beater, electric mixer.
3. _____ to cut food into small pieces. Tools: knife, food chopper.
4. _____ to cut into small cubes. Tool: knife
5. _____ to cut into small squares. Tool: knife.
6. _____ to mix ingredients gently in a circular motion. Tool: mixing spoon.
7. _____ to put a dry ingredient through a fine sieve. Tool: flour sifter, strainer.
8. _____ to cook in hot liquid, usually water, in which bubbles rise constantly.
9. _____ to soak in a liquid to add flavour and/or tenderise.
10. _____ to soften and blend until smooth and light. Tools: mixing spoon, electric mixer.
11. _____ to cook in fat, in a dry heat, uncovered in an oven.
12. _____ to rub fat onto a piece of equipment or use lining-paper, to stop food sticking.

Task Two

Choose one of the areas: Preparation, mixing, cutting and cooking. Design a poster that could be displayed in your school to help pupils understand the different terms used within that area. The poster needs to be eye-catching, colourful and informative.

How to Store Food Safely

Fridge storage

Some foods need to be kept in the fridge to help stop bacteria growing. These include foods with a "use by" date, cooked foods and ready-to-eat foods such as desserts and cooked meats.

Here's how to prevent bacteria from growing:

- When preparing food, keep it out of the fridge for the shortest time possible.
- If you're having a buffet, keep the food refrigerated until you're ready to serve it.
- Cool leftovers as quickly as possible (within 90 minutes) and store them in the fridge. Eat them within two days.
- Store eggs in their box in the fridge.
- Never put open cans in the fridge as the metal of the can may transfer to the can's contents. Transfer the contents into a storage container or covered bowl.

Make sure food has cooled down before you put it in the fridge as if the food is still hot it will raise the temperature in the fridge, which isn't safe as it can promote bacterial growth.

To ensure your fridge remains hygienic and in good working condition, clean it regularly.

Food debris accumulates over time and can increase the risk of cross-contamination.

Storing meat

It's especially important to store meat safely in the fridge to stop bacteria from spreading and avoid food poisoning.

- Store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge, so they can't touch or drip onto other food.
- Follow any storage instructions on the label and don't eat meat after its use-by date.
- Keep cooked meat separate from raw meat.

Freezing and defrosting

It's safe to freeze meat and fish as long as you:

- Freeze it before the use-by date.
- Defrost meat and fish thoroughly before cooking. Lots of liquid will come out as meat thaws, so stand it in a bowl to stop bacteria in the juice spreading to other things.
- Defrost in a microwave if you intend to cook straightaway. Otherwise, put it in the fridge to thaw so that it doesn't get too warm.
- Cook food until it's piping hot all the way through.

Make sure the meat is properly wrapped in the freezer or it might get freezer burn, which will make it tough and inedible.

Date and label meat in the freezer and eat it within two days of defrosting. Don't keep food in a freezer indefinitely. Always have a good idea of what's in your fridge and freezer.

Activities

Answer the following on A4 paper:

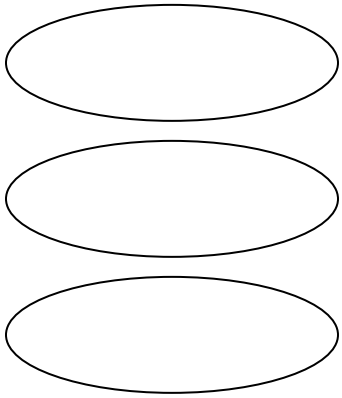
Task One

Copy the chart below and list 3 different ways to store foods. Draw a picture in the circle to show the foods that can be stored each way.

Storage instruction 1:
_____
_____

Storage instruction 2:
_____
_____

Storage instruction 3:
_____
_____



Task Two

For each of the products below write the storage instructions you would expect to see on the packaging.

Task Three

Design a leaflet advising the public how to store food safely. It needs to be informative and detailed and should warn about what might happen if food is not stored correctly.

FOOD POISONING

What is Food Poisoning?

Food poisoning is an illness caused by eating contaminated food. Most people will get better without the need for treatment.

In most cases, the food that causes the illness has been contaminated by bacteria, such as salmonella.

Symptoms of Food Poisoning

The symptoms of food poisoning usually begin one to three days after eating contaminated food. They include:

- feeling sick
- vomiting
- diarrhoea
- stomach cramps

How common is food poisoning?

During 2010, there were almost 84,560 cases of food poisoning in England and Wales. However, the actual figure may be considerably higher than this because many people with mild symptoms do not report them

Treating Food Poisoning

Most people with food poisoning will get better without the need for treatment. In the meantime, you can relieve the symptoms of food poisoning by:

- drinking plenty of fluids
- eating easily digested food, such as toast, until you feel better
- resting

Occasionally, food poisoning can have more serious effects on a person's health, particularly if they are vulnerable to the effects of an infection. For example, being older than 65 or having a condition that weakens the immune system, such as HIV or cancer, can increase a person's chances of getting an illness and developing more serious symptoms.

Signs that you may have a more serious case of food poisoning that requires medical attention include:

- vomiting that lasts for more than two days
- not being able to keep liquids down for more than a day
- diarrhoea that lasts for more than three days or is bloody
- fever

Foods that may cause Food Poisoning

Foods that are particularly vulnerable to contamination if they are not handled, stored or cooked properly include:

- raw meat and poultry
- 'ready to eat' foods such as cooked sliced meats, pate, soft cheeses and pre-packed sandwiches
- dairy products, such as eggs and milk

How Bacteria Grow

Bacteria need food, warmth, moisture and time to grow. They reproduce by dividing themselves, so one bacterium becomes two and then two become four and so on. In the right conditions one bacterium could become several million in 8 hours and thousands of millions in 12 hours.

This means that if a food is contaminated with a small number of bacteria and you leave it out of the fridge overnight it could be seriously contaminated by the next day. Then just one mouthful could make someone ill. If you put food in the fridge it will stop bacteria from multiplying.

Since you can't see, taste or smell bacteria, the only way that you can be sure that food is safe is to follow good food hygiene at all times.

Activities

Task One

Answer the following questions on A4 paper:

1.) What is meant by the term Food Poisoning?
2.) What are the four main symptoms of food poisoning?
3.) How many cases of food poisoning were reported in England and Wales in 2010?
4.) Is this number an accurate reflection of Food poisoning cases in England and Wales? If not, why not?
5.) How is food poisoning treated?
6.) What symptoms may be experienced with severe food poisoning?
7.) What foods may cause food poisoning?
8.) What conditions does bacteria need to multiply?
9.) How can you stop bacteria from multiplying?

Task Two

Design a poster that could be displayed in a Health Centre informing the general public of what food poisoning is, the symptoms and how to prevent it.