

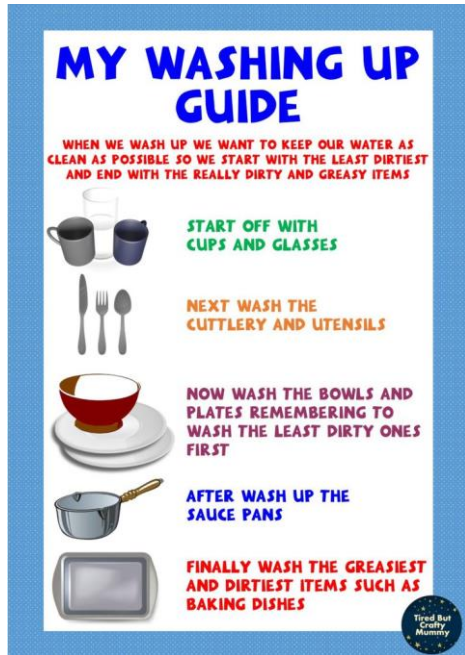
## Episode 1

### Health, Safety and Using the Kitchen

You will need to demonstrate that you can:

- Work safely in the kitchen.
- Use the cooker and hob competently.
- Wash up after yourself.

**Washing up correctly is often something everyone takes for granted.**



## Episode 2

### Knife Chopping Skills



## Episode 3

### Eatwell Guide

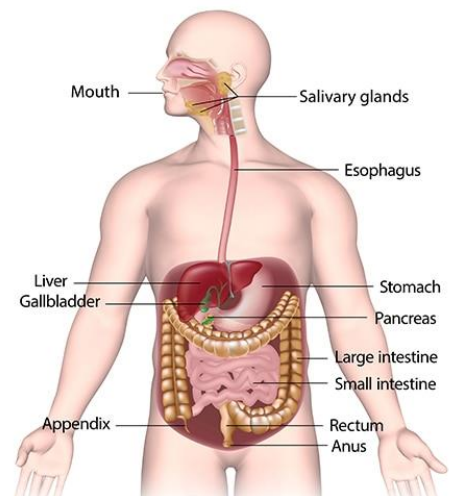


## Year 7 Subject: Food and Nutrition

## Episode 4

### Dietary Needs- The Digestive System

#### The Digestive System



We all need food for energy and growth. The use the food we eat, we must change it into a form that the body can use. This process is called digestion. The different body parts (pictured) are all part of the digestive system.

## Episode 5

### Healthy Muffins

Muffins can be a healthy alternative to breakfast, especially if you are in a rush to get to school in the morning. However, most store-bought examples are full of added sugar and low in fibre, which is not conducive to a healthy diet.

You can lower the sugar content and increase fibre by adding fruit and vegetables as flavour alternatives.



In lessons you will plan and make one version, but why not make other alternatives at home?

## Key Terminology

Terminology	Definition
Brunoise	A diced chopping method.
Julienne	A strip chopping method.
Bridge Method	Using the thumb and fingers to make a bridge over the knife whilst chopping.
Claw Method	Create a claw like grip behind the knife while chopping.
Eatwell Guide	A guide to help you eat a healthier, balanced and more sustainable diet.
Digestion	The process of breaking down a food source to create energy.
Oesophagus	The tract that delivers food from your mouth to your stomach.

## Episode 1

### Washing Up At Home

Practice your washing up skills, by helping out at home. Consider which items need to be washed, and in what order. How often should you change the water, to ensure everything is clean but being mindful of wastage?



## Episode 2

### Chopping technique to try at home.



Start by trimming the rounded edges from your carrot.  
Use the claw method to chop thin, equal, strips of carrot.  
Pile the slices on top of each other and chop thin, equal strips, again to get thin julienne pieces.

## Episode 3

Question	Answer
What is the Eatwell Guide?	A guide to help you eat a healthier, balanced and more sustainable diet.
What are the different sections of the Eatwell Guide?	There are six sections to the Eatwell Guide, including your water intake. Starchy Carbohydrates, Proteins, Fruit and Vegetables, Oils and Spreads and Dairy.
Does the Eatwell Guide apply to everyone in the same way?	No, depending on our age, gender, fitness levels we all have different dietary needs.
Which two sections are the biggest part of the Eatwell Guide and why?	Fruit and Vegetables and Starchy Carbohydrates as these food groups will support our energy and growth.

## Year 7 Subject: Food and Nutrition

## Episode 4

Question	Answer
What do we need food for?	Energy and growth.
Name the different body parts and their function in the digestive process.	Salivary Glands: Active as you see and smell food you enjoy. Mouth: Mixes food with saliva to break it down. Oesophagus: Delivers food to your stomach. Stomach: Adds enzymes to break food down further. Small Intestine- breaks down food even further to a liquid form. Large Intestine- Removes water from the waste to become a stool. Anus- The exit point for our stool.

## Episode 5



### Healthy Muffins

Ingredients	
<b>255g</b>	Self-raising flour
<b>2 x 5ml spoons</b>	Baking powder
<b>100g</b>	Caster sugar (if making fruit muffins)
<b>1</b>	Egg
<b>240ml</b>	Semi-skimmed milk
<b>90ml</b>	Vegetable oil

#### Ideas for optional ingredients:

100g apple, pear, blueberries, carrot, courgette, parsnip or avocado  
100g raisins or sultanas  
100g canned fruit  
1 x banana  
2 x 5ml herbs/spices, e.g. mixed herbs, oregano, chilli, ginger, cinnamon, mixed spice  
Toppings, e.g. desiccated coconut, crumble or pumpkin seeds

#### Method

- Preheat oven to 200°C or gas mark 6.
  - Line a 12 hole muffin tin with paper cases.
  - Prepare fruit or vegetables:
  - In a large bowl, sift together: flour, baking powder and sugar (if using) along with the herbs/spices.
  - Crack the egg into a jug and whisk with a fork. Wash hands after touching raw egg.
  - Stir in milk and oil.
  - Pour all liquid ingredients into the dry mixture. Stir just until combined, scraping sides and bottom of the bowl as you stir. Mixing should take only about 30 seconds. The batter will be lumpy but no dry flour should be visible. Do not over stir.
  - Add the prepared fruit or vegetables. Mix gently.
  - Divide the mixture equally among the muffin cases.
  - Add toppings, if desired.
- Bake for 20 - 25 minutes