



FOOD GROUPS

Do you have a balanced diet?

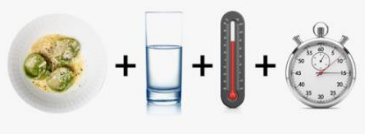
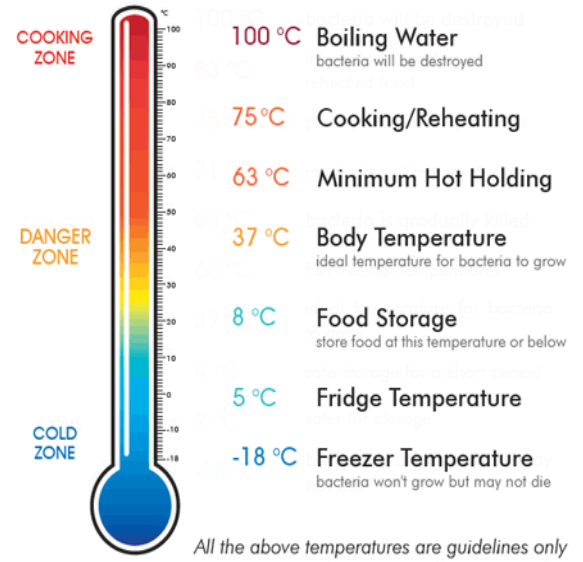
Protein	Carbohydrates	Vitamins and Minerals	Fibre	Fats
We need foods containing proteins to help our bodies to grow and repair themselves.	Foods containing carbohydrates give our body energy.	Vitamins and minerals keep our body and cells healthy.	Fibre helps us to digest our food and keeps our intestines healthy.	Fats provide energy and help in building up our body.
meat, milk, fish, eggs, nuts	bread, chips, pasta, rice	fruit, vegetables	fruit, vegetables, cereals, brown bread	cakes, butter, biscuits, cheese

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Chopping board colours

- Red - Raw Meat
- Blue- Raw Fish
- Yellow - Cooked Meat
- Green - Salad And Fruits
- Brown - Vegetables
- White - Bakery And Dairy
- Purple - Allergens

Important food temperatures



Ideal bacteria conditions

Keywords and terms

- Hygiene:** Cleanliness of a Kitchen and person to prevent food poisoning
- Safety:** Rules to be followed when working in a Kitchen to avoid an accident
- Weighing:** A term used when ingredients need to be measured out for a recipe, usually in grams (g) or Millilitres (ML).
- Rolling out:** Where a rolling pin is used to flatten the dough for cutting
- Making the dough:** Where the ingredients are combined together.
- Cross Contamination:** The transfer of bacteria from one item to another e.g. Bacteria from raw meat
- High risk foods:** Raw meat and eggs are considered high risk for Food poisoning due to the bacteria they carry.
- Shaping:** Shaping the pastry into the shape/design for the sausage roll

Modelled response

When making my sausage rolls folding the pastry into the shape I wanted didn't go very well. This is because the pastry kept crumbling up as I folded it up, it was very dry and crumbly in texture and this was due to me combining the dough without enough water.

Higher level expectation

Saying why? In a response will enable you to explain the reasons you thought something happened e.g. the dough was too sticky because....

Suggesting improvements to your dish in terms of presentation and taste is really important, this needs to be done with thought on favour combinations and how you'd improve the way your shortbread turned out. It should be detailed in response and not just rushed over.