#### **Environmental Considerations**

- Carbon dioxide affecting the ozone layer – global warming
- Using too much energy to grow food
- Food waste increases methane





### **Social Considerations**

- Throwing away too much food costs money
- Chemicals being used in food could harm people



## **Moral Considerations**

- Support local businesses
- · Reduce food miles
- Care and living conditions of animals
- Look after the environment you live in



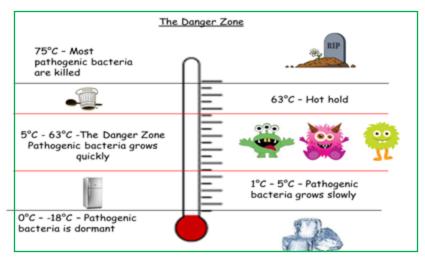




### **Cultural Considerations**

- Animals treated in different ways in different cultures
- Different religions bless certain animals
- Disposable income of people affects decision making





# Cooking and Nutrition Year 9

## **Cooking Methods**

Frying
Baking
Grilling
Poaching
Searing
Simmering
Boiling

## **Food Commodity**

This is a useful or valuable thing and is the base for many dishes. (e.g. dairy, vegetables, cereals)

#### **Nutrients**

Carbohydrates – energy
Fat – energy, insulation, take in
nutrients (A,D,E,K)
Protein – build and repair
muscles and cells

Vitamins – immune system and releases energy from food

# Minerals:

Calcium – bone strength
Iron – makes red blood cells
Sodium – hydration and muscle
contraction

# Key Terminology

Bacillus cereus
Cross contamination
Au gratin
Al dente
Danger zone
Staphylococcus Aureus