



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

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



The Danger Zone

