Transition Work Pack Year 7 – Food and Nutrition

When joining Prospect in Year 7 you will spend 12 weeks in the student kitchen learning how to cook basic dishes.

You will learn:

- How to prepare yourself and the area for cooking

- How to store food correctly

- The names of different pieces of equipment, how to use them and how to store them

- How to wash up, dry up and put things away correctly and safely

- How to use the hob, grill and oven

- How to eat a healthy and balanced diet

- Essential basic knife skills

-Weighing and measuring of ingredients

Using the task box below prepare yourself for the cooking lessons:

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| Task 1  Look at this student. Write a description of what you need to do to prepare for a cooking lesson.  See the source image | Task 2  Go to your kitchen. Look at where and how food is stored. In which area (fridge, freezer, cupboard) would you store:   * Tin of beans * Yoghurt * Chips * Fresh Chicken * Pasta * Flour * Butter * Ice cream   What temperature should a fridge be?  What temperature should a freezer be? | Task 3  Research what the following pieces of kitchen equipment are and draw and label them. What are they used for?   * Colander * Mixing Bowl * Chopping Board * Measuring Spoon * Spatula * Wooden Spoon * Knife * Sieve * Peeler |
| Task 4  With parental/guardian supervision. Practise your knife skills by learning how to cut up an onion or slice cucumber. Then go onto to learn how to peel and cut up an apple or carrot.  Take a picture of your work.  What are the safety rules involved when using knives? | Task 5  How much do things weigh?  Ask your parents if they have any weighing scales. Ask if they can set them up for you and explain how they work.  Weigh the following and record how much they weigh in grams   * Apple * Carrot * Onion * Egg   How much do they weigh all together?  Can you weigh out the following measurements of any solid ingredient:  -100g  -250g  -500g | Task 6  How much do things measure?  Ask your parents/guardians if they have a measuring jug. On a flat surface, measure out these liquid measurements of water.   * 100ml * 250ml * 500ml   How much does it measure all together? |
| Task 7  What we eat consists of different nutrients:  -Fats  -Carbohydrates (starchy/sugar Based)  -Proteins  -Vitamins  -Minerals  -Fibre  -Water  Name x3 foods that are high in fat?  Name x3 foods that are a good source of starchy carbohydrates?  Name x3 foods that are high in sugar?  Name x3 foods that are high in protein?  Name x3 fibre rich foods?  Too much sugar can cause …………………………….  Too much fat in the diet can cause…………………  You must have ………. glasses of water a day. | Task 8  Healthy Eating Task  Look at the government recommendation of the eat well plate. This is a pie chart of what your diet should have in it over a week.  <https://assets.publishing.service.gov.uk/>  government/uploads/system/uploads/  attachment\_data/file/528193/  Eatwell\_guide\_colour.pdf  Make a 7-day food diary and colour code the different items using the eat well plate colours.  Green – Fruit and Vegetables  Yellow – Potatoes, Bread, Rice, Pasta and other starchy carbohydrates  Pink -Beans, pulses, fish, eggs, meat and other proteins  Blue – Dairy and alternatives  Purple – Oil and Spreads  Red – Eat less often (foods high in fat and sugar) | Task 9  Look at the cooker at home. Ask your parents/guardians to tell you what the hob, grill and oven are.  Where do you cook the following items? Hob, grill or oven?   * Pasta * Frozen chips * Baked beans * Cake * Toast * Baked potato * Mashed potato * Bread * Pizza   Write a list of all the things you would like to know how to make. Then you need to write down where would you cook these items (hob, grill or oven?) |