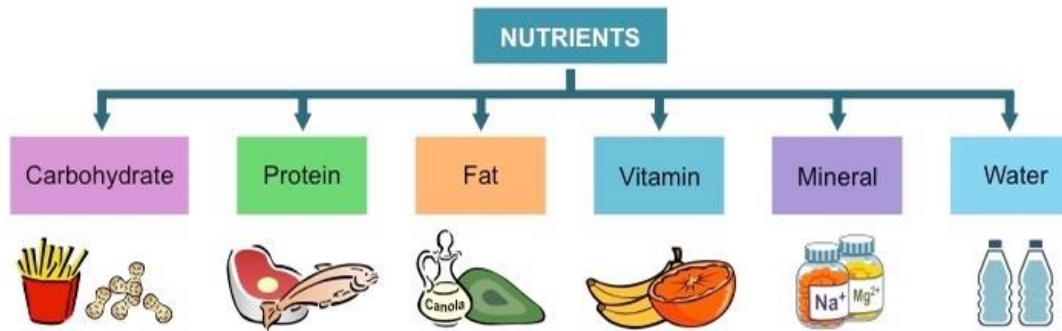


Year 7 Key Words

- Carbohydrates
- Protein
- Fibre
- Water
- Calcium
- Fats
- Healthy
- Energy balance
- Requirement
- Nutrition
- Reference Intake
- Advice
- Information
- Minerals
- Vitamins
- Nutrient
- Ingredient
- Manufacturer

Key Stage 3 Knowledge Map – Year 7

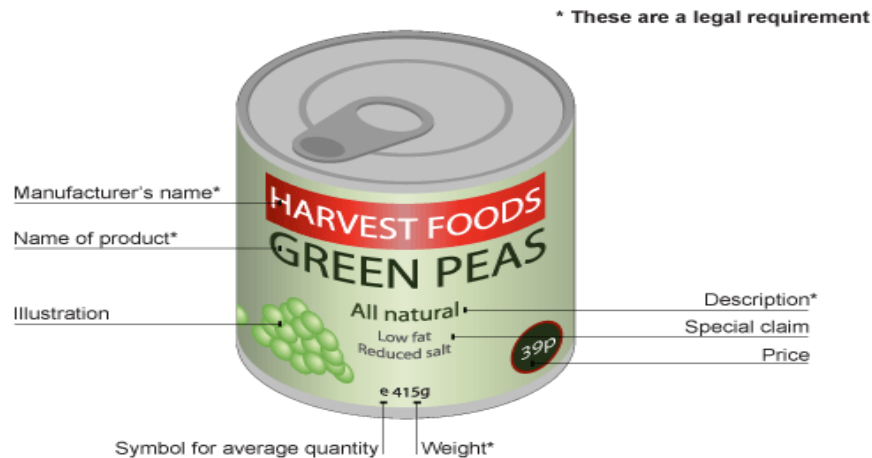
Food Technology



Labelling

The **Food Labelling Regulations** of 1996 require certain information to be given on all pre-packed foods. These requirements are written by the EU.

Food labelling



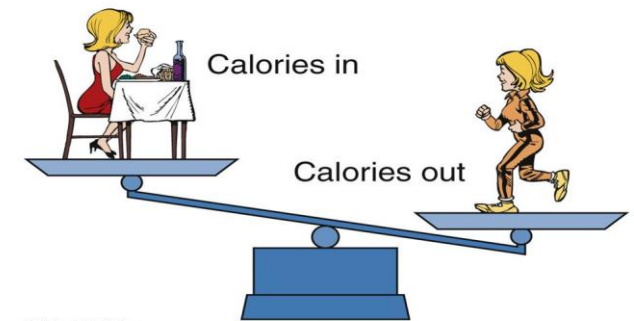
Nutritional Information

The Food Standards Agency devised a traffic light system to make it easier for consumers to know the nutritional content of food. Nutritional software can be used to analyse the nutritional content of foods.

Year 7 Skills

- These should be practised at home:
- Use of digital weighing scales
 - Use of the hob
 - Use of the oven
 - Basic knife skills – bridge and claw
 - Rubbing-in
 - Rolling out
 - Cutting
 - Marinating
 - Frying
 - Melting

Energy Balance



Energy Balance

Understand the energy balance and what happens if this becomes unbalanced!