|  |  |  |  |
| --- | --- | --- | --- |
| **Appearance** | **Aroma** | **Taste** | **Texture** |
| dull flat Crisp  lumpy fluffy fizzy  Stringy **heavy** crumbly  **firm** dry flaky  smooth crystalline HARD  Mushy sticky  fragile **weak** spicy | aromatic pungent perfumed  **floral** scented fragrant  mild citrus **STRONG**  **musty** acrid tart  **rotten** savoury **rancid**  tainted bland | Sweet cool bitter  umami zesty **warm**  **HOT** tangy sour  sharp **Rich salty**  bland rancid tart  **acidic STRONG** citrus  mild spicy tainted  weak savoury | brittle rubbery **short**  gritty  clammy close  stodgy bubbly sandy  tacky tender *waxy*  open soft **firm**  flaky crisp fluffy  dry crumbly  lumpy  smooth HARD Mushy  sticky |

A picture containing text, map, photo, many

Description automatically generated

Keywords

Contamination – when a hazardous substance and been introduced into something else

Saturated Fats – usually from animal sources, can be harmful to health

Unsaturated fats – usually from plants sources, can be good for health

Simple Carbohydrates- from foods like sugar, treacle, syrups, jam. Gives energy in a short burst

Complex Carbohydrates – from foods high in starch, like potatoes, bread and pasta

Complete ( HBV) protein- Protein foods from meat, fish, eggs

Incomplete ( LBV) protein – Protein foods from plant sources, such as nuts, seeds, peas and beans

***How can you use these words to describe the food you make in your practical lessons or at home?***

Information on a Food Label

* The name of the food
* An ingredient list
* Information on certain foods causing allergies
* The net quantity of the food
* A date of minimum durability
* Any special storage conditions
* The name and address of the manufacturer
* The country of origin
* Instructions for use
* Information on nutrition



**Year 8 Food, Cooking and Nutrition Knowledge Organiser**