|  |  |  |  |
| --- | --- | --- | --- |
| **Appearance**  | **Aroma**  | **Taste** | **Texture**  |
| dull flat Crisplumpy fluffy fizzyStringy **heavy** crumbly**firm** dry flakysmooth crystalline HARDMushy stickyfragile **weak** spicy | aromatic pungent perfumed**floral** scented fragrantmild citrus **STRONG****musty** acrid tart**rotten** savoury **rancid**tainted bland | Sweet cool bitterumami zesty **warm****HOT** tangy soursharp **Rich salty**bland rancid tart**acidic STRONG** citrusmild spicy taintedweak savoury | brittle rubbery **short**grittyclammy closestodgy bubbly sandytacky tender *waxy*open soft **firm**flaky crisp fluffydry crumblylumpysmooth HARD Mushysticky |



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**