

Food Preparation and Nutrition



REVISION BOOKLET 3 COOKING AND FOOD PREPARATION

Name:
Tutor Group:

Culinary Terms

Find the meanings of these key terms:

Accompaniments		Entree	
Al dente		Flambé	
Au gratin		Flavour	
Bain-marie		Garnish	
Brulee		Julienne	
Bouquet garni		Marinade	
Coulis		Mise-en-place	
Colour		Puree	
Consistency		Reduce	
Croutons		Roux	
Decoration of sweet dishes		Sauté	
En croute		Seasoning	

Basic Equipment

Correctly name these basic pieces of equipment.

1



2



3



4



5



6



7



8



What other basic equipment would you choose for someone to carry out simple cooking?

Knife Skills

Specific types of knives are designed for different cutting and shaping tasks.

Knife Holds

Knives are dangerous if not handled correctly and care should be taken at all times.

Below, draw and name the two different grips that should be used when using a sharp knife.

Explain why it is important to use these grips:

Knife Safety Rules

List key rules for knife safety:

Types of Knife

Match the description to the image and correct name.

	This knife performs well at many differing kitchen tasks, rather than excelling at any one in particular. It can be used for slicing, chopping vegetables, slicing meat, or even disjuncting large cuts of beef or ham.	Cleaver
	Is a large, most-often rectangular knife that is used for splitting or "cleaving" meat and bone. The knife is designed to cut with a swift stroke without cracking, splintering or bending the blade.	Bread knife
	Is a small knife with a plain edge blade that is ideal for peeling and other small or intricate work (such as removing the seeds from a jalapeño, or cutting small garnishes). It is designed to be an all-purpose knife, similar to a chef's knife, except smaller. Usually between 6 and 10 cm long.	Palette knife
	This is a blunt knife with an extremely flexible steel blade and no sharpened cutting edge. They are used in cooking, where their flexibility allows them to easily slide underneath pastries or other items.	Paring knife
	These have serrated blades are able to cut soft bread without crushing it. They are usually between 15 cm and 25 cm. Electric knives perform a similar job to this knife and allow thickness of the food to vary according to preference.	Chef's knife

Knife Skills for Vegetable Preparation

There are specific terms used for vegetable cuts relating to the size and shape of the outcome. Use the correct cuts to ensure your vegetables cook and brown at the same pace. They look smarter too.

Draw the cuts in the boxes below.

Slice Best for pan-frying, roasting and deep-frying.	Oblique Best for roasting, braising and stews.	Diced Best for chunky pasta sauces, soups and risottos.
Brunoise (Finely Diced) Best for sauces and stuffing.	Julienne Best for eating raw with dips, deep-frying.	Baton Best for stir-frying and pan-frying.

Types of Pastry

In groups match up the correct pastry products with the name of the pastry used to make them.

When you think you are right, copy your answers into the table below.

Can you think of any more examples for each type of pastry?

_____ Pastry <i>Examples:</i>	_____ Pastry <i>Examples:</i>	_____ Pastry <i>Examples:</i>
_____ Pastry <i>Examples:</i>	_____ Pastry <i>Examples:</i>	_____ Pastry <i>Examples:</i>

Types of Cake

In groups match up the correct cake products with the name of the method used to make them.

When you think you are right, copy your answers into the table below.

Can you think of any more examples for each type of cake?

_____ *Method*

Examples:

Definition:

_____ *Method*

Examples:

Definition:

_____ *Method*

Examples:

Definition:

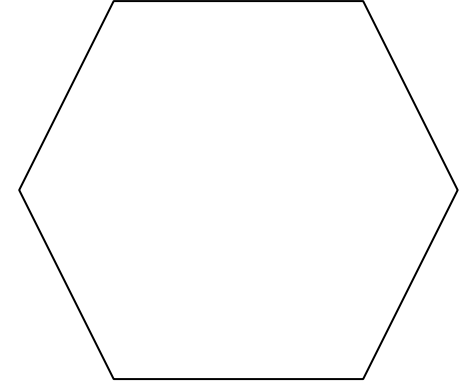
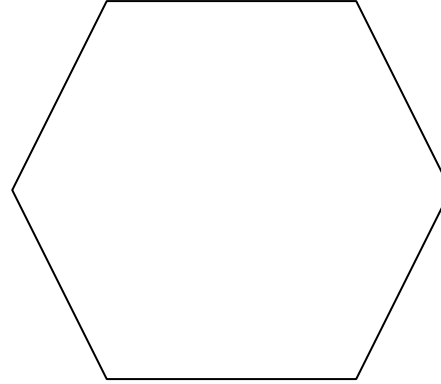
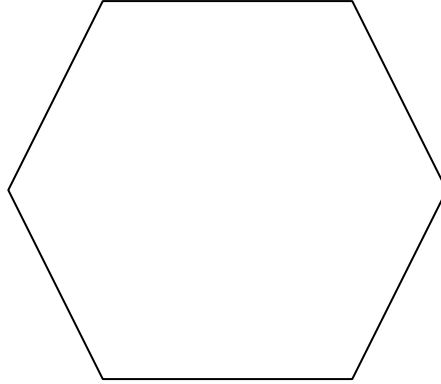
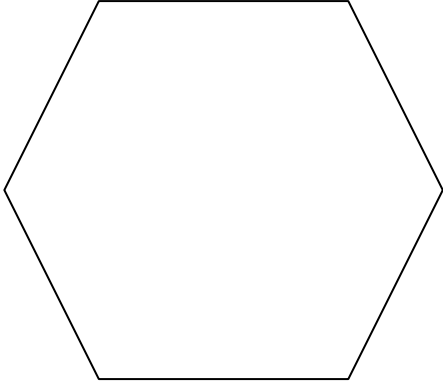
_____ *Method*

Examples:

Definition:

The Creaming Method

Explain the creaming method using words AND pictures.



Which key raising agents did you use to make your cupcakes?
(How did you add air into your cake?)
Circle the correct options.

Definition: The incorporation of air into food products by using different techniques.

Sieving

Rubbing in Fat

Whisking/Beating

Rolling/Folding

Creaming Fat and Sugar

Cupcake Variations:

Mind map different ways you could adapt the basic cake recipe.

Sauces

Sauces are either used as part of a dish- for example a pasta bake- or may be served as an accompaniment to a food- for example pepper sauce with a steak.

The main point to consider is how the sauce will compliment the dish.

What can a good sauce add to a food dish?

Complete the table below with examples of dishes that can be improved by adding a good sauce:

	Dish	Improvement
Flavour		
Colour		
Moisture		
Nutritional Value		

Types of Sauces

Complete the table below with the name of each sauce and some examples (sweet and savoury):

BLENDED EMULSIONS ROUX REDUCTION

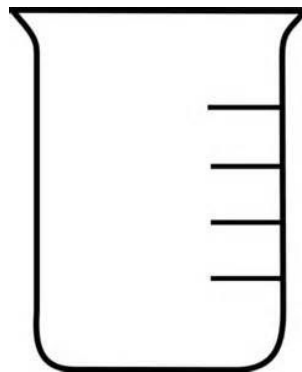
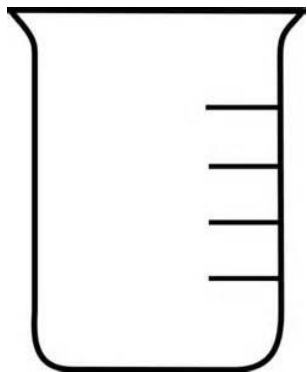
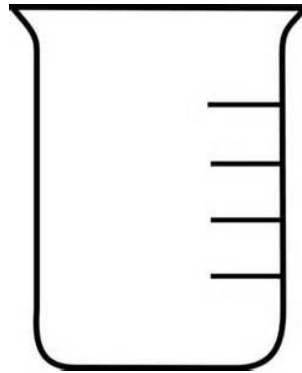
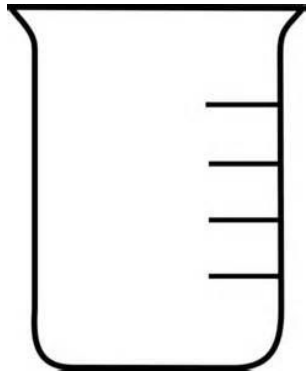
Sauce	Description	Examples
	A combination of fat and flour cooked for a particular length of time depending on the colour of sauce required. Basic ingredients= fat, flour, liquid and seasoning	
	Milk and cornflour are mixed together and heated until the sauce thickens. There is no fat.	
	Sauces usually made from meat juices. Boiled to reduce the liquid, to intensify the flavour and to thicken the consistency.	
	Sauces made with oil and vinegar which are shaken together with an added emulsifying agent to stabilise the mixture.	

Gelatinisation

When starch is mixed with water it forms a suspension, and with heat, the starch granules absorb moisture and swell. A matrix is formed and this results in a thickening of the liquid. This results in a **gel**.

The presence of acidic ingredients (e.g. lemon juice) will affect gelatinisation.

Stages of Gelatinisation



Thickening Sauces

Why do manufacturers sometimes use modified starch?

Circle the correct options in the following sentences.

- a) If a sauce isn't stirred the particles with **float** / **sink** and form lumps
- b) At 80°C the starch particles **break open** / **collapse** and release starch
- c) When the starch is released this is known as **emulsification** / **gelatinisation**
- d) The thickened liquid forms a **foam** / **gel**
- e) On cooling the sauce will **solidify** / **separate**

Choose the correct words from the options given to complete the following sentences.

sweet bind nutritive flavour moist

Sauces add _____ to a dish. Sauces may be _____ or savoury. A dry dish can be made _____ by adding a sauce. The _____ value of a dish can be increased by adding a sauce. A very thick sauce can be used to _____ ingredients together.

British Cuisines

‘Cuisine’ relates to the established range of foods of a particular region or country.

British food makes use of ingredients produced in the local area.

Regional Cuisine

Regional dishes normally have historic links.

Label the map below with examples of regional British food.



British Cheese

British cheeses originate from different parts of the country.

Each cheese has its own distinctive colour, flavour and texture and is made using ingredients from its region of origin.

Mind map a range of British cheeses below:

Modern British Food

Because of influences from other countries, meals in the UK now contain a wide variety of foods.

Explain, with examples, how British food has adapted to meet our tastes.

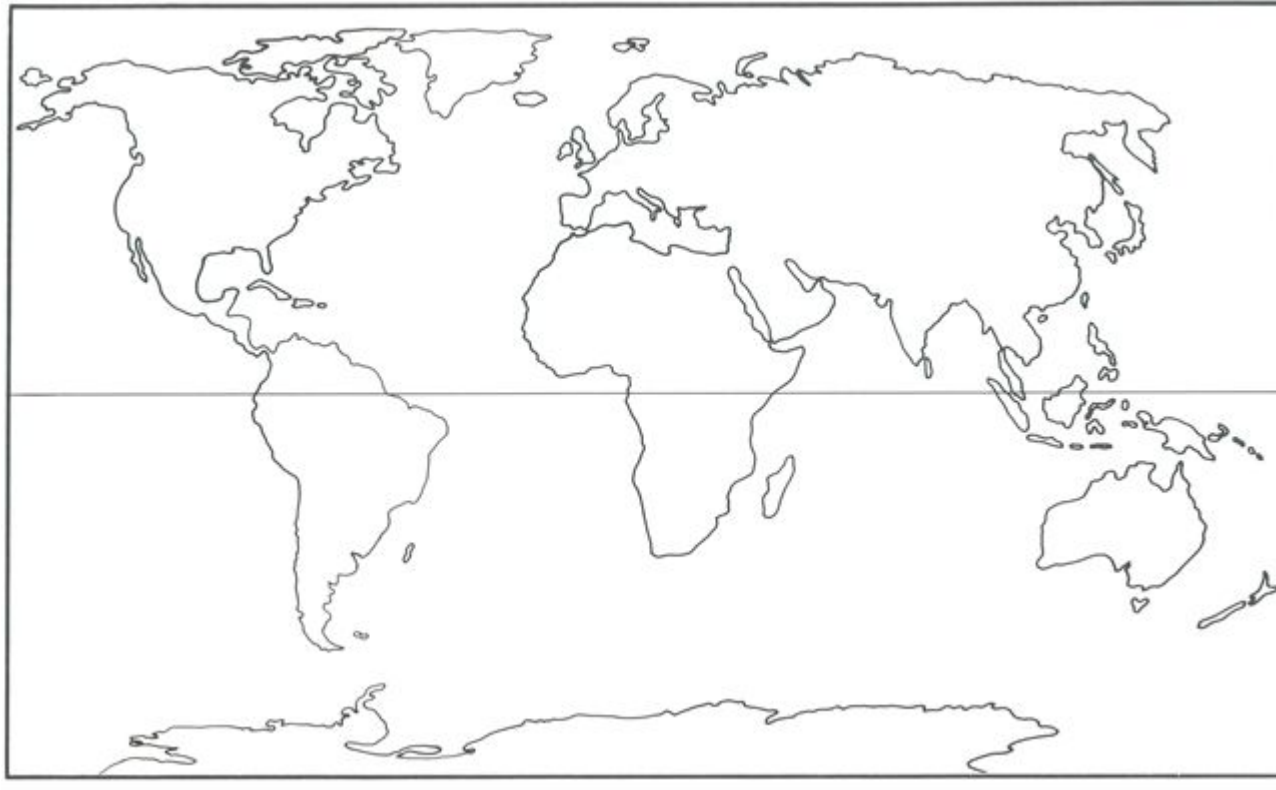
International Cuisines

The climate and terrain of a land will determine which foods can be grown or reared.
Complete the table below with typical ingredients and signature dishes from different countries.

Country	Typical Ingredients	Signature Dishes
France		
Spain		
Italy		
Central and Eastern Europe		
Greece		
Turkey		
Russia		
USA		
Canada		
Mexico		
The Caribbean		
Central America		
South America		
India		
Southeast Asia		
China		
Japan		
Africa		
The Middle East		

Bread Around the World

Find out where the different types of bread you have come from, show them on the map. Add at least 3 more types of bread from around the world.



What is the difference between unleavened and leavened bread?

Give some examples of unleavened bread.

What are the benefits of fast-action dried yeast to a baker?

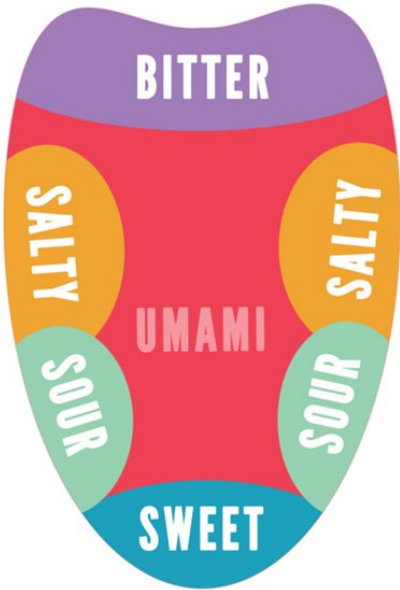
What are sourdoughs and starters?

Sensory Perception

Our experience of food is multi-sensory. We often take for granted that a food will look or taste a particular way, but it is a culmination of all of the senses and the signals that are sent to the brain that result in our sensory perception of the food.

Taste

When you eat, taste receptors on the tongue and the roof of your mouth send neutral impulses which give your brain signals about taste.



Explain what umami is, giving examples of foods that have the umami taste.

Sensory Descriptors

When analysing food products we use a range of vocabulary to describe each of the sensory properties.

Fill the table with lots of sensory words for each of our senses.

Taste
Texture
Aroma
Appearance
Sound

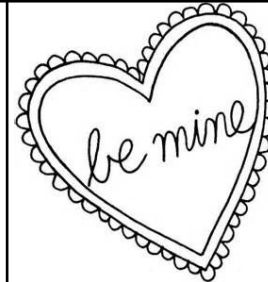
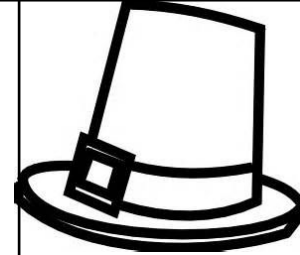
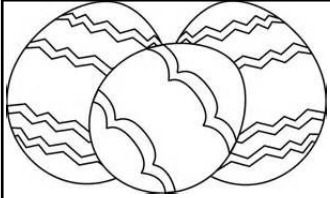
Celebrations and Occasions

Many religious festivals have strong eating traditions, e.g. unleavened bread at Jewish Passover. Birthday parties or weddings generally include a selection of more expensive and extravagant foods as they are a special time for families.

Look at the images below.

What celebration or occasion do they represent?

What foods would traditionally be served at these events?



Factors Affecting Food Choice

Many factors affect the food choices that people make.

Complete the table explaining what influences people to choose what they eat and give suggestions for meals based on these factors.

Factor	Description	Breakfast	Lunch	Dinner
Physical Activity Level (PAL)				
Healthy Eating				
Income and Cost of Food				
Availability of Food				
Seasonality				
Enjoyment of Food				
Lifestyle				
Celebrations / Occasions				

How to Shop Economically

Create a poster to assist shoppers in shopping more economically.
Include three suggestions that will help people save money in the supermarket.

[illegible][illegible][illegible][illegible]

Convenience Foods

The term convenience foods applies to foods which have been pre-prepared and preserved commercially. Such food is usually ready to eat and requires minimum further preparation.

Convenience foods are useful for particular groups but should be used in conjunction with fresh ingredients to prepare dishes and meals.

Examples of convenience foods include dried, canned, dehydrated (instant) and fresh.

List examples for each of the following foods:

	Dried	Canned	Dehydrated	Fresh
Sauces				
Pastry				
Bread				
Vegetables				

Evaluate the role of convenience foods when planning family meals, include the advantages and disadvantages of convenience foods. Give examples of how convenience foods can be used with fresh foods to make sweet and savoury dishes.

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Additives

Additives are widely used in food processing to improve colour and texture and extend shelf life.

Describe the use of each type of additive.

Preservatives	Antioxidants	Colours
Flavour Enhancers	Sweeteners	Anti-Caking Agents
Emulsifiers, Stabilisers, Gelling Agents and Thickeners		

Why do some people argue against the use of additives in food processing?
