



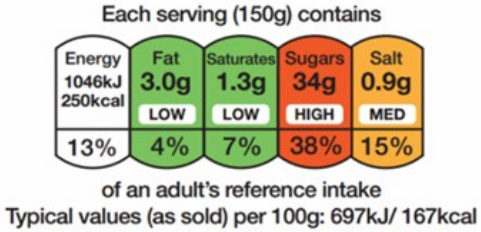
# Food and Nutrition - Desserts

Key Vocabulary	
Word	Definition
hygiene	Hygiene is a series of practices completed to preserve the health of someone. In food, washing hands, tying long hair back and cleaning surfaces are all ways which hygiene can be preserved.
nutrition	Nutrients are compounds found in foods which are essential to maintaining a healthy lifestyle and diet.
balanced diet	A balanced diet is a diet which includes a variety of different types of foods in certain quantities or proportions.
rubbing	Rubbing is a technique where flour is rubbed into a fat, using your fingers. Crumble and scones are two desserts which require this technique to be used.
folding	Folding is a technique used to combine ingredients together gently, without roughly stirring or beating the mixture.
beating	Beating is the rigorous mixing of ingredients; often using a wooden spoon or whisk.
whisking	Whisking is a method used to add air into a wet mixture. Meringues require egg whites to be whisked in order to add air to them.
garnish	Garnishing is when you decorate or embellish food items.
consumer	Consumers are people who eat and try items of food.
protein	Proteins are essential nutrients needed by the human body. Meat, eggs and beans are all sources of protein.
fats	Fats are a type of nutrient which you get from your diet. It is essential for a human body to consume some fats, however, too much can be harmful.
carbohydrate	Carbohydrates are a type of nutrient found in foods and provide the human body with a source of energy.

**Nutrition:**

Nutrition is a critical part of health and development and is the process of taking in food and using it for growth, absorption and repair. In order to maintain a nutritious diet, we need to understand where to find nutritional information on food items and understand what impact they will have on our health.

When baking, we must also know the nutritional information for the ingredients that we are using. By knowing this, we can make informed choices eating and sharing the finished product.



## Hygiene





Nigella Lawson



Nigella Lawson is an English food writer and television chef, whose passion for cooking is evident when you watch her baking on popular television programmes. Her success is also matched, in her writing career, as she has won many awards for her inventive cookbooks and recipes.

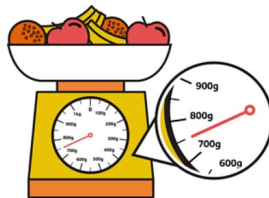
Paul Hollywood



Celebrity chef, Paul Hollywood, is widely known for his judging role on the Great British Bake Off. His knowledge and expertise has led to competitors on the show yearning for one of his famous 'handshakes'.

## Equipment

We will use a variety of utensils, which all have different uses, to assist in our baking and cooking. Not only will we learn new pieces of equipment, we will apply our mathematical knowledge of weight when weighing and measuring ingredients.



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## Methods

### Whisking



### Beating



### Rubbing



### Folding

