



Cooking and Nutrition - Italian Sauces

Italian Cuisine

Italian cuisine is known for using a wide variety of seasonal vegetables available in their region. It relies on fresh ingredients, which can be cooked on the spot.



Many Italian dishes use vegetables, grains, fruits, seafood, fish, cured meats and olive oil.

Gennaro Contaldo



Gennaro Contaldo is widely known as the Italian legend who taught Jamie Oliver all he knows about Italian cooking. He is one of the UK's best-loved chefs as well as being author of a dozen best-selling Italian recipe books. His Italian spirit is apparent in all of his dishes.

Health and Safety Protocols

When cooking, it is essential that health and safety protocols are followed to ensure that the chefs and consumers are protected.



When cooking for other people, chefs must be aware of potential allergies.

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.



Nutritional Information			
Per Serving (125 g)			
	Quantity per serve	%DI* (per serve)	Quantity per 100 g
ENERGY	238 kJ	3%	190 kJ
PROTEIN	2.3 g	5%	1.8 g
FAT, total	0.2 g	0.20%	0.1 g
saturated	<0.1 g	0.1%	<0.1 g
CARBOHYDRATE	11.5 g	4%	9 g
sugars	6.1 g	7%	4.9 g
SODIUM	198 mg	9%	159 mg
Potassium	425 g	0%	340 g

Unfortunately, some food items are not as nutritionally valuable as we once thought. Jarred sauces, pre-packaged pasta dishes and frozen pizza are all convenient food items, which can be enjoyed occasionally. However, consuming these products daily will have an impact on a person's diet. Most pre-packaged food items can be easily made at home using fresh, locally sourced produce. Not only will they taste better, they will have a better nutritional value, which will have a positive impact on a person's health and diet.

Techniques

Classic vegetable cuts



Baton



Battonnet



Julienne



Large Dice



Small Dice



Brunoise



Rondelle



Quarter Slice



Diagonal Slice

When cooking, you will use a variety of techniques. Different techniques may require different pieces of equipment or skills. This unit will require a range of cutting and mixing techniques. Each technique will affect the dish in different ways.

Key Vocabulary

nutrition:	nutrients are compounds found in foods, which are essential to maintaining a healthy lifestyle and diet
balanced diet:	a diet which includes a variety of different types of foods in certain quantities or proportions
protein:	essential nutrients needed by the human body (meat, eggs and beans are all sources of protein)
fats:	a type of nutrient, which you get from your diet, which provides it with a source of fuel
carbohydrate:	a type of nutrient found in foods, which provides the human body with a source of energy
garnish:	when you decorate or embellish food items to make them more appealing to a consumer