

Name:

Date:

Cooking

- A broad range of ingredients, equipment, food skills and techniques, and cooking methods are used to achieve successful results.
- Recipes and cooking methods can be modified to help meet current healthy eating messages.



Why is food cooked?

Some foods can be eaten raw and form an important part of the diet. However, many foods need to be prepared and cooked before they are eaten to:

- make the food safe to eat by destroying pathogenic microorganisms and toxins;
- destroy microorganisms and enzymes that cause food to deteriorate and therefore increase the keeping quality of the food;
- make the food more digestible and easier to absorb.

Food skills

There are a number of food skills which enable a variety of increasingly complex dishes to be prepared and made.

These can include:

- beating, combining, creaming, mixing, stirring and whisking;
- blitzing, pureeing and blending.
- kneading, folding, forming and shaping;
- knife skills;
- rubbing-in and rolling-out;
- use of the cooker: boiling/simmering/poaching, frying, grilling, roasting and baking.

Safety

- Sharp knives: never walk around with a knife. Use the *bridge hold* and *claw grip* to cut safely.
- Grater: hold grater firmly on a chopping board. Grate food in one direction and leave a small amount at the end to prevent injury to knuckles.
- Hot liquid: drain hot liquid carefully over the sink using a colander.
- Saucepans: turn panhandles in from the edge, so they are not knocked.
- Hot equipment: always use oven gloves when placing food in and out of the oven.
- Spills: wipe up immediately.
- Electrical equipment: always follow instructions.

To find out more, go to:
<https://bit.ly/322eSpr>

Food skills are acquired, developed and secured over time.

Bridge hold



Claw grip



Food skill	Food skill	Food skill	Food skill	Food skill
Bake	Fry and sauté	Portion / divide		
Beat	Glaze and coat	Prove		
Blitz, puree and blend	Grate	Roast		
Casserole	Grill	Roll-out		
Chill	Juice	Rub-in		
Core	Knead	Sift		
Cream	Layer	Snip		
Crush	Mash	Spread		
Cut out	Measure	Stir-try		
Cut, chop, slice, dice and trim	Melt, simmer and boil	Weigh		
Decorate and garnish	Microwave	Whisk		
Drain	Mix, stir and combine	Zest		
Fold	Peel			
Form and shape	Pipe			

Heat exchange/transfer

Cooking requires heat energy to be transferred from the heat source, e.g. the cooker hob, to the food. This is called heat transfer or heat exchange. There are three ways that heat is transferred to the food. They are:

- conduction – direct contact with food on a surface, e.g. stir-frying;
- convection - currents of hot air or hot liquid transfer the heat energy to the food, e.g. baking;
- radiation - energy in the form of rays, e.g. grilling.

Many methods of cooking use a combination of these. The amount of heat and cooking time will vary according to the type of food being cooked and the method being used.

Cooking methods

These are based on the cooking medium used:

- moist/water based methods of cooking, e.g. boiling, steaming, stewing, braising;
- dry methods of cooking, e.g. grilling, baking, roasting, toasting, BBQ;
- fat-based methods of cooking – stir, shallow and deep fat frying.

Vegetable cuts



batons – 5-6.5cm long x 1 cm square



dice – 1cm square



julienne/match stick – 5-6.5cm long x 3 mm square



fine julienne – 5-6.5cm long x 1.5mm square

Task

Complete the *Food route Cooking journal*:
<https://bit.ly/3dYUibH>

Key terms

Conduction: The exchange of heat by direct contact with foods on a surface e.g. stir-frying or plate freezing.

Convection: The exchange of heat by the application of a gas or liquid current e.g. boiling potatoes or blast chilling.

Heat transfer: Transference of heat energy between objects.

Radiation: Radiation is energy in the form of rays, e.g. grilling.

Cooking for health

Take into account healthy eating recommendations to ensure that dishes/meals are part of a varied, balanced diet.

- Planning - does the meal meet the nutritional needs and preferences of those it is being cooked for? Base your meals on starchy food.
- Choosing - choose low fat/sugar/salt versions, where possible.
- Preparing - limit the amount of fat added (try a spray oil) and replace salt with other flavourings, such as herbs and spices.
- Cooking - use cooking practices which reduce the amount of fat needed and minimise vitamin losses from fruit and vegetables.
- Serving - serve the meal in proportions which reflect current healthy eating advice.
- Do not forget to include a drink.

Healthier cooking methods

- Grill or BBQ foods rather than fry to allow fat to drain away.
- Drain or skim fat from liquids, e.g. sauces, stews and casseroles.
- Dry fry using non-stick pans, so no need for oil.
- Oven bake rather than fry.
- Steam or microwave vegetables.

Food choice

Food choice

Food choices for a balanced diet depend on many factors, such as:

- advertising and other point of sale information;
- cost and economic considerations;
- cultural or religious practices;
- environmental and ethical considerations;
- food availability;
- food preferences;
- food provenance;
- health concerns;
- individual energy and nutrient needs;
- portion size;
- social considerations.

Consumer information

Information can help consumers make informed choices, including:

- advertising and marketing;
- media, online blogs/forums;
- packaging, nutrition and health claims;
- point of purchase information and product placement;
- recipe ideas.

Cost and economic considerations

The cost of food and money available will influence people's food choices. If money is limited, people may choose to buy more basic items. Luxury items might then be selected for special occasions.

Food prices

Food prices can and do change throughout the year and over time. This may be due to a variety of reasons, including:

- climate and weather patterns;
- crop failure;
- crop disease;
- seasonality;
- consumer demand;
- agricultural costs increase;
- fuel prices go up;
- increased use of bio fuels.

Budgeting

There are many things that we can do to spend money wisely on food. Examples can include:

- eating the seasons;
- stocking up on food with a long shelf-life;
- taking time to plan meals and write a shopping list;
- cooking using one pot;
- making fake-aways rather than buying takeaways;
- using leftovers;
- replacing branded items with cheaper items;
- comparing prices and shop around to find the cheapest items;
- growing your own food.

Cultural or religious practices

People around the world choose to eat or avoid certain food due to their cultural or religious practices.

Religion	Pork	Beef	Lamb	Chicken	Fish
Islam	x	Halal only	Halal only	Halal only	✓
Hinduism	x	x	✓	✓	✓
Judaism	x	Kosher only	Kosher only	Kosher only	✓
Sikhism	x	x	✓	✓	✓
Buddism (strict)	x	x	x	x	x
Seventh-day Adventist Church	x	x	x	✓	✓
Rastafari movement	x	x	x	x	x

Environmental and ethical considerations

Some considerations when buying food might be:

- fair trade;
- local food;
- genetically modified (GM) food;
- organic food;
- free range.

Food availability

Buying food when it is in season will often mean that the price is lower. Technology and the importation of food has allowed food to be available all year round.

To find out more, go to: <https://bit.ly/3dpC9Fi>

Personal preferences

A number of factors can influence personal preferences, including:

- colour, size and shape of crockery and cutlery used;
- portion size;
- serving style;
- taste, aroma, texture, appearance, shape and colour of food.

Food provenance

Food provenance is about where food is grown, caught or reared, and how it was produced. Food certification and assurance schemes guarantee defined standards of food safety or animal welfare. There are many in the UK, including:



Health concerns

People may choose their food based on their own or their family's health and wellbeing:

- allergy and intolerance, e.g. lactose intolerance, coeliac disease, wheat allergy, dairy allergy;
- body image;
- health issues, e.g. coronary heart disease, type 2 diabetes, inflammatory bowel disease, over or under malnutrition;
- mental health.

Individual energy and nutrient needs

The amount of energy and nutrients needed differs between different age groups and between males and females.

Energy needs also depend on activity levels. For example, athletes will have much higher energy requirements due to their high level of physical activity.

Tasks

1. Consider your own household and create a mind map of the social and economic considerations that affect your food choice. Explain how different this might be to your grandparents at your age.
2. Explain why food provenance is important to some consumers. Include examples of UK food certification and assurance schemes.

Key terms

Advertising: Advertising is a form of communication for marketing and used to encourage, persuade, or manipulate an audience to continue or take some new action.

Ethical: Relating to personal beliefs about what is morally right and wrong.

Food certification and assurance schemes: Defined standards of food safety, quality or animal welfare.

Food provenance: Knowing where food was grown, caught or reared and how it was produced.

Marketing: Promoting and selling products or services, including market research and advertising.

Religion: A particular system of faith and worship.

Seasonal food: Food grown at a particular time of year.

Portion size

Having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts.



Social considerations

- Body image and peer pressure.
- Development of ready meals and a wider range of convenience foods.
- Development of labour saving devices.
- Lack of competence and confidence in the kitchen.
- Lack of time.
- Living arrangement (e.g. living alone).

Food science



Functions of ingredients

Ingredients provide a variety of functions in recipes.

Carbohydrate, protein and fat

Carbohydrate, protein and fat all have a range of properties that make them useful in a variety of food products.

Carbohydrates perform different functions in food.

They can:

- help to cause the colour change of bread, toast and bakery products (dextrinisation);
- contribute to the chewiness, colour and sweet flavour of caramel;
- thicken products such as sauces and custards (gelatinisation).

Maillard reaction

Foods which are baked, grilled or roasted undergo colour, odour and flavour changes. This is primarily due to a group of reactions involving amino acids (from protein) and reducing sugars.

Dextrinisation

When foods containing starch are heated they can also produce brown compounds due to dextrinisation. Dextrinisation occurs when the heat breaks the large starch polysaccharides into smaller molecules known as dextrans which produce a brown colour.

Caramelisation

When sucrose (table sugar) is heated above its melting point it undergoes physical and chemical changes to produce caramel.

Gelatinisation

When starch is mixed with water and heated, the starch granules swell and eventually rupture, absorbing liquid, which thickens the mixture. On cooling, if enough starch is used, a gel forms.

Proteins perform different functions in food products.

They:

- aerate foods, e.g. whisking egg whites;
- thicken sauces, e.g. egg custard;
- bind ingredients together, e.g. fishcakes;
- form structures, e.g. gluten formation in bread;
- gel, e.g. lime jelly.

Gluten formation

Two proteins, gliadin and glutenin, found in wheat flour, form gluten when mixed with water. Gluten is strong, elastic and forms a 3D network in dough. In the production of bread, kneading helps untangle the gluten strands and align them. Gluten helps give structure to the bread and keeps in the gases that expand during cooking.

Gelation

Gelatine is a protein which is extracted from collagen, present in animal connective tissue. When it is mixed with warm water, the gelatine protein molecules start to unwind. On cooling, a stable, solid network is formed, trapping the liquid.

Denaturation

Denaturation is the change in structure of protein molecules. The process results in the unfolding of the protein's structure. Factors which contribute to denaturation are heat, salts, pH and mechanical action.

Coagulation

Coagulation follows denaturation. For example, when egg white is cooked it changes colour and becomes firmer (sets). The heat causes egg proteins to unfold from their coiled state and form a solid, stable network.

Aeration

Products such as creamed cakes need air incorporated into the mixture in order to give a well-risen texture. This is achieved by creaming a fat, such as butter or baking spread, with sugar. Small bubbles of air are incorporated and form a stable foam.

Fats performs different functions in food.

They help to:

- add 'shortness' or 'flakiness' to foods, e.g. shortbread, pastry;
- provide a range of textures and cooking mediums;
- glaze foods, e.g. butter on carrots;
- aerate mixtures, e.g. a creamed cake mix;
- add a range of flavours.

Plasticity

Fats do not melt at fixed temperatures, but over a range. This property is called plasticity.

Colloidal systems

Colloidal systems give structure, texture and mouthfeel to many different products.

System	Disperse phase	Continuous phase	Food
Sol	Solid	Liquid	Unset jelly
Gel	Liquid	Solid	Jelly
Emulsion	Liquid	Liquid	Mayonnaise
Solid emulsion	Liquid	Solid	Butter
Foam	Gas	Liquid	Whipped cream
Solid foam	Gas	Solid	Meringue

Raising agents

Raising agents include anything that causes rising within foods, and are usually used in baked goods. Raising agents can be:

- biological, e.g. yeast;
- chemical, e.g. baking powder;
- mechanical, e.g. adding air through beating or folding.

Functional ingredients

These are ingredients that are specifically included in food for additional health benefits. They include:

- probiotics – 'good' bacteria that may have a positive impact on human health;
- prebiotics – food ingredients that promote the growth of beneficial microorganisms in the gut;
- sterols/stanols – compounds that can lower cholesterol;
- healthy fats (e.g. omega-3);
- added vitamins and minerals (more than in the original food).

Why is food prepared and cooked?

Food is prepared and cooked to:

- make the food more palatable – improves flavour, texture and appearance;
- reduce the bulk of the food;
- provide variety and interest to meals.

Methods of cooking food

The methods of cooking are divided up into groups. These are based on the cooking medium used.

They are:

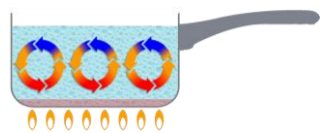
- moist/liquid methods, e.g. boiling;
- dry methods, e.g. grilling;
- fat-based, e.g. frying.

Selecting the most appropriate way of preparing and cooking certain foods is important to maintain or enhance their nutritional value.

- Vitamins can be lost due to oxidation during preparation or leaching into the cooking liquid.
- Fat-based methods of cooking increase the energy (calories) of the food.
- The use of different cooking methods affects the sensory qualities of the food.

There are three ways that heat is transferred to food.

- Conduction – the exchange of heat by direct contact with foods on a surface.
- Radiation – energy in the form of rays.
- Convection – currents of hot air or hot liquid transfer the heat energy to the food.



Tasks

1. Choose a recipe that you enjoy or have made recently and explain in detail the functions of the ingredients.
2. Explain the function of raising agents, giving examples of recipes.

To find out more go to: <https://bit.ly/2SPqWEG>

Name:

Date:

Planning what to cook

- Current healthy eating advice, dietary needs, socio-economic factors, preferences, occasion and cost need to be considered when planning to cook.



Planning what to cook

Deciding on what to cook or eat, whether for yourself or someone else, requires making a number of decisions:

- beliefs and values;
- consumer information;
- food preferences;
- food provenance;
- health and wellbeing;
- social and economic considerations;
- who, what, when and where.



Consumer information

Information can help consumers make informed choices, including

- advertising and marketing;
- media;
- online blogs/forums;
- packaging, nutrition and health claims;
- point of purchase information;
- product placement;
- recipe ideas.

Who, what, when and where

The time of day, location and who is eating can impact food choice:

- eating alone, with family or friends;
- celebration;
- day of the week,
- location, e.g. at home, school or work, at a restaurant, on the go;
- meal or snack;
- occasion and time of day.

Personal preferences

A number of factors can influence personal preferences, including:

- colour, size and shape of crockery and cutlery used;
- portion size;
- serving style;
- taste, aroma, texture, appearance, shape and colour of food.

Social and economic considerations

The cost of food, money available and social aspects will influence people's food choices:

- cost of food;
- greater food availability;
- income;
- labour saving equipment;
- lack of cooking skills;
- long hours at work;
- wider range of convenience foods.

Allergy and intolerance

There are 14 ingredients (allergens) that are the main reasons for adverse reactions to food. People who are allergic, or intolerant, to these ingredients should take care to avoid eating them. The 14 allergens are:

- | | |
|---------------------------|-----------------|
| Celery (and celeriac) | Milk |
| Cereals containing gluten | Molluscs |
| Crustaceans | Mustard |
| Eggs | Nuts |
| Fish | Peanuts |
| Lupin | Sesame |
| | Soybeans |
| | Sulphur dioxide |

Beliefs and values

Personal beliefs and values include:

- culture, tradition and heritage;
- food ethics, e.g. environment, fair trading, organic, free-range, local and seasonal food;
- lifestyle choices, e.g. vegetarian, vegan;
- religion.

Religion	Pork	Beef	Lamb	Chicken	Fish
Islam	x	Halal only	Halal only	Halal only	✓
Hinduism	x	x	✓	✓	✓
Judaism	x	Kosher only	Kosher only	Kosher only	✓
Sikhism	x	x	✓	✓	✓
Buddism (strict)	x	x	x	x	x
Seventh-day Adventist Church	x	x	x	✓	✓
Rastafari movement	x	x	x	x	x

Food provenance

Food provenance is about where food is grown, caught or reared, and how it was produced. Food certification and assurance schemes guarantee defined standards of food safety or animal welfare. There are many in the UK, including:



Red Tractor



British Lion



RSPCA Assured



Marine Stewardship Council

Health and wellbeing

People may choose their food based on their own or their family's health and wellbeing:

- age and gender;
- allergy and intolerance;
- body image;
- health status;
- mental health;
- physical activity.

Eating the seasons

Most foods are grown in a particular season of the year, e.g. strawberries are harvested in summer in the UK. These are called 'seasonal foods'. Buying foods when they are in season will often mean that the price is lower. Technology and the importation of food has allowed food to be available all year round. Frozen foods, such as vegetables, are a great alternative to fresh, if they are unavailable.

Key words

Advertising: Advertising is a form of communication for marketing and used to encourage, persuade, or manipulate an audience to continue or take some new action.

Allergens: Substances that can cause an adverse reaction to food.

Ethical: Relating to personal beliefs about what is morally right and wrong.

Food certification and assurance schemes: Defined standards of food safety, quality or animal welfare.

Food provenance: Where food is grown, caught or reared, and how it was produced.

Marketing: Promoting and selling products or services, including market research and advertising.

Religion: A particular system of faith and worship.

Seasonal food: Food grown at a particular time of year.

Seasonality: The times of year when a given type of food is at its peak, either in terms of harvest or its flavour.

Task

Research one consideration when planning what to cook. Prepare a PPT presentation to share with the class next lesson.

To find out more, go to:
<https://bit.ly/3dNUMBf>

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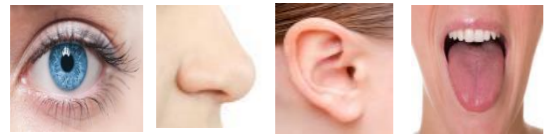
Date:

Sensory science



Using our senses
A range of senses are used when eating food:

- sight;
- smell;
- hearing;
- taste;
- touch.



A combination of these senses helps to evaluate a food.

Appearance
The size, shape, colour, temperature and surface texture all play an important part in helping to determine first reactions to a food.

Taste
There are five basic tastes:

- bitter;
- salt;
- sour;
- sweet;
- umami.

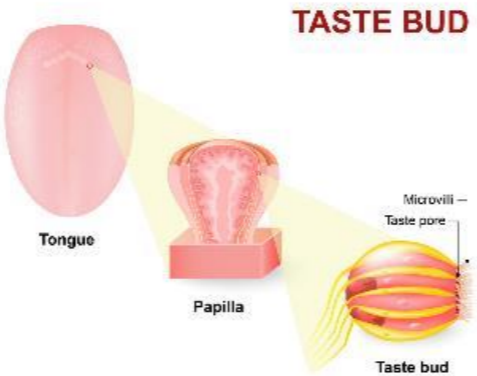
Smell (odour or aroma)
The nose detects volatile aromas released from food. An odour may be described by association with a particular food, e.g. herby, cheesy, fishy.

The intensity can also be recorded. Odour and taste work together to produce flavour.

Touch
Food texture is the way food is felt by the fingertips, tongue, teeth and palate. When food is placed in the mouth, the surface of the tongue and other sensitive skin reacts to its surface texture. This sensation is known as mouthfeel.

Hearing (sound)
The sounds of food being prepared, cooked, served and eaten all help to influence our preferences. The sound of eating food can alter our perception of how fresh a food is, e.g. crunchy carrots.

Taste receptors
Our tongues are covered with taste buds, which are designed to sense chemicals in the mouth. Most taste buds are located in the top outer edges of the tongue, but there are also receptors at the back of the tongue as well as on the walls of the mouth and at the back of the throat. As we chew food, molecules mix with saliva, enter taste pores and interact with gustatory hairs, also known as taste receptors. This triggers nerve impulses that are transmitted to the brain.



	Tasting vocabulary (sensory attributes)		
Sight	Bubbling	Flaky	Opaque
	Caramelised	Firm	Smooth
	Clear	Heavy	Solid
	Coarse	Icy	Steaming
	Crumbly	Juicy	Sticky
	Dry	Moist	Thick
Smell	Acidic	Fresh	Spicy
	Aromatic	Meaty	Strong
	Bland	Mild	Sweet
	Citrus	Pungent	Tart
	Earthy	Savoury	Weak
	Fragrant	Smoky	Zesty
Sound	Brittle	Crisp	Pop
	Crackle	Crunch	Sizzle
Taste	Bitter	Rich	Strong
	Bland	Salty	Sweet
	Floury	Savoury	Tangy
	Hot	Smoky	Tart
	Mild	Sour	Umami
	Piquant	Spicy	Zesty
Touch	Brittle	Dry	Short
	Bubbly	Goopy	Soft
	Chewy	Granular	Solid
	Close	Greasy	Tacky
	Cloying	Moist	Tender
	Coarse	Open	Waxy

Sensory evaluation and tests
Sensory evaluation analyses and measures human responses to food and drink, e.g. appearance, touch, odour, texture, temperature and taste. In order to obtain reliable results, sensory evaluation tests should be set up in a controlled way to ensure fair testing, e.g. no distracting colours, noise or smells; same size portions; coded samples, and water to drink.

Preference tests - these types of tests supply information about people's likes and dislikes of a product. They are not intended to evaluate specific characteristics, such as crunchiness or smoothness. They are subjective tests and include hedonic, paired comparison and scoring.

Discrimination tests - these types of tests aim to evaluate specific attributes, i.e. characteristics of products (crunchiness). They are objective tests and include triangle, duo trio, ranking and paired comparison.

Name: _____ Date: _____

Hedonic scale

Sample	1. Dislike very much	2. Dislike	3. Neither like or dislike	4. Like	5. Like very much	Comments

Overall conclusions: _____

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Key terms
Fair testing: Ensuring that sensory tests obtain reliable results.
Food texture: The way food is felt by the fingertips, tongue, teeth and palate.
Olfactory system: The sensory system used for olfaction, or the sense of smell.
Senses: Sight, smell, hearing, taste and touch are all used when eating food and drink.
Sensory attributes: Words used to describe the appearance, odour, taste and texture of a food product
Sensory evaluation: Analyses and measures human responses to food and drink.

Intensity
Foods may be described by association, e.g. meaty, minty or fruity.

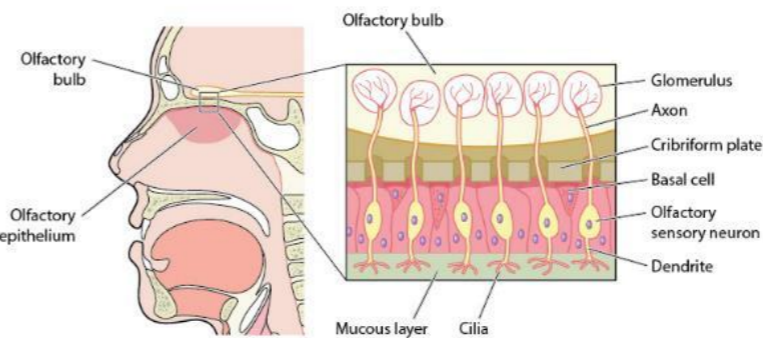
The intensity (low, medium or high) can also be recorded, e.g. garlicky or salty.

Tasks

1. Write a guide to conducting sensory evaluation tests that are fair and reliable.
2. Research umami and make a dish that is rich in the taste of umami.

To find out more, go to:
<https://bit.ly/2Bzsgq5>

Olfactory system
This is the sensory system used for olfaction, or the sense of smell. As we breathe in, the olfactory receptor cells are stimulated by odours and the olfactory membrane sends neural messages up the olfactory nerve to the brain.



Food labelling and health claims

Food labelling

Manufacturers include a range of information on food labels. Some of which is legally required and some of which is useful to the consumer or supermarket.

Nutrition information helps consumers make healthier choices. Back-of-pack nutrition information is legally required on food packaging.

NUTRITION

When heated according to instructions

Typical values	Per 100g	Each pack (390g**)
Energy	457kJ 109kcal	1781kJ 424kcal
Fat	3.9g	15.2g
of which saturates	1.9g	7.5g
Carbohydrate	12.1g	47.1g
of which sugars	1.6g	6.2g
Fibre	1.1g	4.2g
Protein	5.8g	22.6g
Salt	0.6g	2.2g

Legally required information

- Name of food or drink.
- List of ingredients (including water and food additives), in descending order of weight.
- Weight or volume.
- Date mark (Best-before and use-by).
- Storage and preparation conditions.
- Name and address of the manufacturer, packer or seller.
- Country of origin and place of provenance.
- Nutrition information.

Additional information may also be provided, such as cooking instructions, serving suggestions or price.

Date marks

Best-before-date: The date after which foods may not be at their best, although probably safe to eat if stored according to instructions.

Use-by-date: The date given to foods that spoil quickly, such as cooked meats. It is unsafe to eat foods beyond their use-by-date.



Beetroot salad

Keep refrigerated. Once opened consume within 24 hours and by the 'use-by' date shown.

Additives

Food additives must be shown clearly in the list of ingredients on food labels, either by the additive's name or E number.

Additives are added to ensure safety, increase shelf life or improve the taste, texture or appearance of food. Additives need to be approved before they can be used. Additives are given an 'E number' to show that they have been rigorously tested for safety and have been approved for use in food by the European Commission.

An example is E100 or curcumin, made from turmeric.

Another example is caramel (E150), a synthetic colouring commonly used to colour colas.



Key terms

Additives: Are added to ensure safety, increase shelf life or improve the taste, texture or appearance of food. They must be shown clearly on food labels.

Allergen labelling: Allergens must be clearly shown in **bold**, **highlighted**, **underlined** or in *italics*.

Back-of-pack labelling: Is legally required and can help consumers make healthier choices.

Claim: Any statement about the nutrient content or health benefit of a food product.

Front-of-pack labelling: Is voluntary but must provide certain information and can use red, amber and green colour coding.

Labelling: The term given to the information about the product which is displayed on the packaging.

Nutrition information: Helps consumers make healthier choices.

Front-of-pack labelling

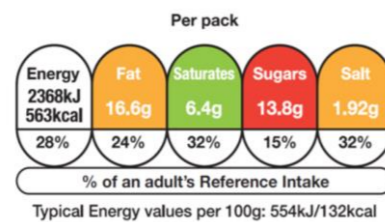
Front-of pack-nutrition information is voluntary but if a food business chooses to provide this, only the following information may be provided:

- energy only;
- energy along with fat, saturates, sugar and salt.

Red, amber and green colours, if used, show at a glance whether a food is high, medium or low for fat, saturates, sugars or salt. The colour coding can be used to compare two products.

Nutrient	Low	Medium	High
Fat	≤3.0g/100g	>3.0g to ≤17.5g/100g	>17.5g/100g >21g/portion
Saturates	≤1.5g/100g	>1.5g to ≤5.0g/100g	>5.0g/100g >6.0g/portion
(Total sugars)	≤5.0g/100g	>5.0g and ≤22.5g/100g	>22.5g/100g >27g/portion
Salt	≤0.3g/100g	>0.3g to ≤1.5g/100g	>1.5g/100g >1.8g/portion

Note: Portion size criteria apply to portion sizes/servings greater than 100g.



To find out more, go to: <https://bit.ly/2SPnj1g>

Allergen labelling

An allergic reaction to a food can be described as an inappropriate reaction by the body's immune system to the ingestion of a food.

By law, food, drink and ingredients that are known to contain allergens are required to be in **bold**, **highlighted**, **underlined** or in *italics*.

The most common allergens are present in:

- | | |
|---------------------------|-----------------|
| Celery (and celeriac) | Milk |
| Cereals containing gluten | Molluscs |
| Crustaceans | Mustard |
| Eggs | Nuts |
| Fish | Peanuts |
| Lupin | Sesame |
| | Soybeans |
| | Sulphur dioxide |

INGREDIENTS

Water, Carrots, Onions, Red Lentils (4.5%), Potatoes, Cauliflower, Leeks, Peas, Cornflour, **Wheat** flour, Cream (**milk**), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley

ALLERGY ADVICE

For allergens, see ingredients in **bold**

Nutrition and health claims

Nutrition and health claims are controlled by European regulations. Claims on a food or drink should have been authorised and listed on the European register of claims and have met certain conditions.

Nutrition claims

A nutrition claim describes what a food contains (or does not contain) or contains in reduced or increased amounts. Examples include:

- Low fat (less than 3g of fat per 100g of food);
- High fibre (at least 6g of fibre per 100g of food);
- Source of vitamin C (at least 15% of the nutrient reference value for vitamin C per 100g of food).

Health claims

A health claim states or suggests there is a relationship between a product and health. In order to make a claim, the amount present of the nutrient, substance or food must fulfil the specific conditions of use of the claim. The types of health claims are:

- 'Function Health Claims';
- 'Risk Reduction Claims';
- Health 'Claims referring to children's development'.

Tasks

1. Find four different packaged food items in your household or online and list the information provided on the packaging. Explain the purpose of each piece of information and identify if it is legally required or consumer information.
2. Explain the importance of date marks and storage instructions, including the consequences of not following them.