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By Harry Jivenmukta

TYPES OF FOOD

1

Food is often categorised in the following 17 categories:

- 1 CEREALS AND CEREAL PRODUCTS,**
- 2 STARCHY ROOTS,**
- 3 PULSES,**
- 4 OTHER VEGETABLES,**
- 5 FRUITS,**
- 6 NUTS AND SEEDS,**
- 7 SUGARS, SYRUPS, SWEETS, AND PRESERVES,**
- 8 MEAT, POULTRY, AND MEAT PRODUCTS,**
- 9 SEAFOOD - FISH AND SHELLFISH,**
- 10 EGGS AND ROE (FISH EGGS),**
- 11 MILK, CREAM, AND CHEESE,**
- 12 FATS AND OILS,**
- 13 HERBS AND SPICES,**
- 14 NON ALCOHOLIC, NON DAIRY BEVERAGES,**
- 15 ALCOHOLIC BEVERAGES,**
- 16 DIETETIC PREPARATIONS,**
- 17 MISCELLANEOUS (E.G., SALT AND VINEGAR).**

There are other ways of categorising food. Some people categorise it by geography, (where it is to be found), whilst others distinguish between raw, cooked, and fast food, etc.

EXERCISE

Using the above categorisation, name five foods which can be put into each category.

What are the advantages of using different ways of categorising food?

Make a list of the type of foods you eat regularly and make a 'league table' of which categories most of your food comes from.

HOW WE CATEGORISE FOOD

2

People categorise food in different ways. Some people talk of **'proper'** food as opposed to **'junk'** food. Others refer to **cooked meals**, **square meals**, and **national cuisine**. Vegetarians differentiate between meat eaters and non meat eaters, and some people categorise food on grounds of religious preparation.

It is important to understand how different people define food categories because to many people it defines the way they eat and sets limits to what they can eat for religious, medical or ethical reasons. Two examples are:

Kosher laws prohibit:

all animals and the products of animals that do not chew the cud and do not have cloven hoofs (e.g., pigs, horses); fish without fins and scales; the blood of any animal; shellfish (e.g., clams, oysters, shrimp, crabs) and all other living creatures that creep; and those fowl listed in the Bible (e.g., vultures, hawks, owls, herons).

Vegetarians eat:

vegetables, fruits, grains, and nuts. Meat, fowl, and fish are excluded from all vegetarian diets, but some vegetarians use milk and milk products; those in the West usually also eat eggs.

EXERCISE

Find out and write about what the following mean:

National Cuisine, (English, Irish etc.),

Junk food,

Vegans,

Halal meat,

A square meal,

Fast food,

Milk free diet,

Diabetic food.

WHAT DO YOU EAT?

3

	MON	TUE	WED	THU	FRI
BREAK-FAST					
LUNCH					
TEA					
SUPPER					

Make a list of what you eat from Monday morning to Friday night in a typical week. Make sure you include **ALL** snacks and nibbles.

Compare your eating habits with other people in your class.

Break down the type of food you eat.

How much of the food is fast food?

How many meals are 'proper' meals? Do you eat more or fewer snacks than your friends?

How does your Monday to Friday diet compare with what you eat at weekends?

Are you happy with your diet?

Would you say that your diet is a healthy well balanced one?

SHOPPING

4

The way we shop for food is determined by several factors:

- How many shops are in our area,**
- How much money we have to spend,**
- The type of food we like,**
- The number of people we are shopping for,**
- Availability at that time.**

How important are these factors? There are other factors as well; can you think of any?

Make a list of the shops which you or your family go to regularly for your weekly shopping. Do you use specialist shops like bakers and butchers, or do you use supermarkets? Which of the factors encourage you to use these shops? Consider:

- Prices**
- Quality of food**
- Location, ease of access, parking etc.**

EXERCISE

Write a paragraph each on how you think shopping would differ if you lived:

- In a large city, In**
- a small village,**
- Near the sea,**
- On a lonely farm.**

HEALTHY AND UNHEALTHY

5

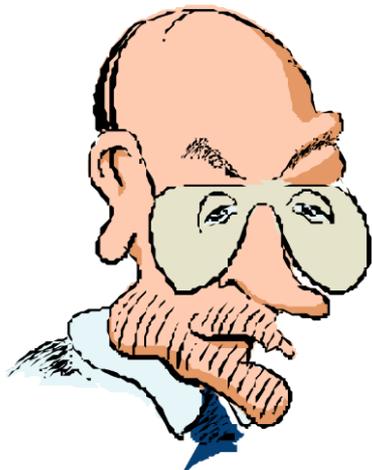
Almost everyday we hear 'experts' telling us what is healthy and unhealthy for us to eat.

*No Fat! Less Sugar!
No Salt! Less Red
Meat! More Veg....*



A healthy weight should be maintained. Excessive amounts of fat and fatty foods, sugar and sweets, and alcoholic beverages should be avoided. Physical activity should be increased.

Excess fat, saturated fat, and cholesterol should be avoided; instead lean meat, fish, poultry, and dry beans and peas should be used as protein sources. Skim or low-fat milk and milk products should be used. Egg yolks, red meats, fats and oils should be avoided. Foods should be grilled, baked, or boiled rather than fried.



EXERCISE

Have a Class discussion about healthy and unhealthy food.

What do you **ALL** agree to be unhealthy food?

Why is some food unhealthy? What is it about the food which makes it unhealthy?

How many people in your class have unhealthy diets?

Does it really matter if we have unhealthy diets?

What are the advantages of a healthy diet?

MEAT EATERS AND VEGETARIANS

6

I think that eating meat is part of a good balanced diet. Meat has all the essential proteins and nutrients required by a healthy body. It is very versatile and can be eaten in a variety of ways. There are lots of meats to choose from and I especially like burgers.

I think that people who don't want to eat meat are OK but they shouldn't try to change others to their way of thinking. Vegetarians choose not to eat meat. I choose to eat it, so what's the problem?

Vegetarians say that animals should not be turned into meat but I say that if we didn't eat meat then the animals wouldn't have a life in the first place. Why would anyone want to keep twenty thousand chickens on a farm if they couldn't use them for meat? There would be no animals left because no one wants to feed them out of the goodness of their hearts.

Anyway, meat is very good for you. There is nothing as good as a burger and fries, with a large cola drink!

~~It is a pity that people think it's alright to eat meat. You have to remember that when you eat meat, it is the flesh of an animal that once was alive. Animals have feelings and they have needs. Farmers keep them in disgusting conditions and treat them badly. They are only a product and not treated with respect. The farmer is only bothered about making profit and not about the animal.~~

Some people say that you have to eat meat to have a healthy life. That is not true. You can get more protein from pulses like lentils than you can from some meat. Especially food like burgers and pies have a very poor protein content and are very fatty, leading to ill health.

There are two issues here. Firstly there is the issue of whether it is right to treat animals like products. Secondly, are there any good alternatives to eating meat. I say that it is wrong to ill-treat animals and yes, there are many healthy alternatives to meat.

And to those people who say that vegetarian food is boring, just try some first before you start making judgements.

EXERCISE

How many people in your family are vegetarians? How many people in your class are?

Do you agree with eating meat? Why?

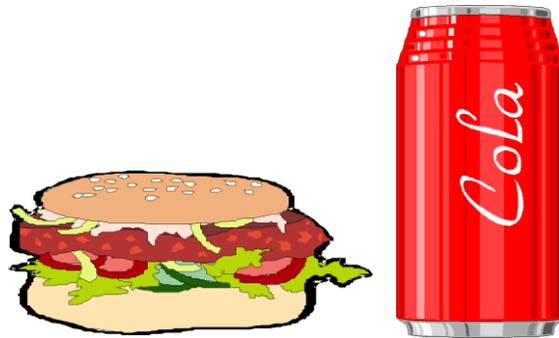
Are vegetarians more or less healthy than meat eaters, or doesn't it make any difference?

Write out a recipe for two meals; a meat based one and a vegetarian one. Choose your favourite dishes in each case. How do your favourites compare to the favourite dishes of other people in your class?

Fast Food is food which can be prepared quickly and conveniently. It is most popularly represented as Fast-food restaurants which are usually operated in chains. They are heavily advertised and offer limited menus, usually comprising **hamburgers, hot dogs, fried chicken, or pizza**. They also offer speed and convenience to customers who can eat in the restaurant or take their food home. Among fast-food names that have become widely known are **McDonald's** (which grew from one establishment in 1955 to more than 15,000 internationally within 40 years), **Kentucky Fried Chicken** (founded in 1956), and **Pizza Hut** (1958).

Many school and work places provide space for coin-operated vending machines that offer snacks and beverages. You will probably have several types of machine in your school, youth club or sports centre. Fast food is a phenomenon mainly of the twentieth century although it could be said that it is a very old way of eating. It is just that in the twentieth century it has become much more organised.

Many people are opposed to fast food because they say it means that the national cuisine is undermined. In particular, the French have had a strong lobby group campaigning against the Americanisation of food. In Britain there is also concern that there is very little food left which can be described as British.



EXERCISE

Do you think that fast food is a good way of eating regularly?

How often do you eat fast food; at home, in a take away, in a large fast food restaurant?

Do you think that fast food is undermining traditional cuisines? Does it matter, or is it just progress?

Make a list of traditional British food which is available to you.

Are burgers, pizzas, and fried chicken the new cuisine of Britain?

PRESERVING FOOD

Food can be preserved or processed in many different ways. Four ways of preserving food are:

Canning,

Freezing,

Pickling,

Dehydration (removing the water content).

The exercise below asks you to consider which types of preservation are possible for the vegetables listed. The first few are completed for you.

EXERCISE

	CANNING	FREEZING	DEHYDRATION	PICKLING
CARROT	✓	✓	✓	✓
TOMATO	✓		✓	
PEA				
BROCCOLI				
CABBAGE				
CUCUMBER				
ONION				
PEPPER				
POTATO				
SWEETCORN				



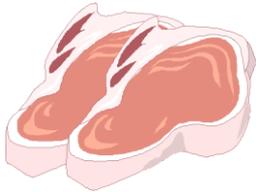
COOKING TIMES - MEAT



Fish and seafood have the shortest cooking times. Some fish and seafood can even be eaten without cooking.



Chicken is popular because it is relatively easy to cook and doesn't take as long as many other meats.



Next comes pork which is also very popular.



Lamb, Beef and other such meats usually take longest of all to cook. But it does depend on which cut of meat is being cooked.

EXERCISE

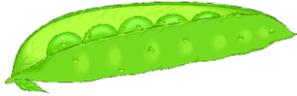
Find out the average cooking times for the meats mentioned above, (select an agreed weight), if they were being:

- Grilled,**
- Roasted,**
- Casseroled,**
- Barbecued.**

Some of the meats are not usually cooked in the ways shown above. Which ones are most versatile? Why?

COOKING TIMES - VEGETABLES

10



Vegetables like peas, cook quickly, and can even be eaten raw.



Some vegetables like Cauliflowers take longer to cook.



Potatoes and other similar vegetables take longest to cook

The length of time it takes to cook vegetables depends on various factors:

What sort of cooking is being done, (the method),

How the vegetables are cut, (thin or thick), The

amount being cooked, etc.

EXERCISE

Choosing one cooking method, rearrange the list below starting with the longest to cook first, and ending with the shortest:

PEPPERS
AUBERGINES
MUSHROOMS
CABBAGE
MARROW

POTATOES
TOMATOES
CARROTS
CAULIFLOWER
PEAS

Imagine that you are describing various cooking methods to someone who knows nothing about cooking. Find out as much as you can about each different type of cooking method and then summarise it in a short but accurate description. Below there is an example of how you could approach this exercise.

FRYING

Frying is the cooking of food in hot fats or oils, usually done with shallow oil in a pan over a fire or as deep fat frying, in which the food is completely immersed in a deeper pan of hot oil.

The technique of frying is highly versatile and most cultures use it to prepare meats and fish, vegetables, and breads. This popularity, together with the fairly low cost of large-scale frying, made fried foods the staples of the late 20th-century fast-food industry.

Fatty meats can be fried in their own fat. Relatively lean meats, fish, and vegetables are often floured or dipped in batter before being fried. In addition to meat drippings, butter, and lard are common frying mediums. Some people prefer to cook using fats extracted from vegetables.

EXERCISE

Select two cooking methods from the list below and write a similar description:

BAKING,
BARBECUE,
BRAISING,
MICROWAVE COOKING,
PRESSURE COOKING,
ROASTING,
WOK COOKING.

SOME EFFECTS OF HEAT

12

There are many ways to cook food using heat. These include;

Baking,

Grilling;

Boiling,

Frying.

The type of cooking method chosen will determine how the food will cook. The temperature of cooking will also determine the way in which the food cooks. And the shape and size of food being cooked also affects the way it is cooked.

As an experiment you can try the following;

Take a potato and cut a slice about half a centimetre wide from it. Then cut another slice, about two centimetres wide. Leave the rest of the potato whole. Boil the three different sizes. You will see that the thin potato slice cooks quickly, and by the time it is cooked, the thickest potato piece will be partly cooked but is largely raw. The middle size will be nearly cooked but hard in the middle. This simple experiment shows us several important aspects of cooking.

Heat travels from the outside, so the part which needs to be tested for tenderness is the inside,

The same foodstuff cooked in different shapes and thicknesses take different times to cook, You should work out which food cooks quickest and which takes longer in order to make sure all food is cooked properly so that it can be served together.

EXERCISE

Using what you have learned from the potato example try the following.

If you were boiling peas, cauliflower florets, and potatoes, (to make mashed potatoes), which would you start cooking first. How would you decide how long to cook each vegetable for, and how sure are you that all three vegetables could be ready and piping hot at the same time?

What shape is best for cooking potatoes quickly if you were frying them?

How might you change the shape if you wanted to make them more healthy to eat?

What factors other than the speed of cooking determines the shape of food and the type of cooking method used?

Food is stored in different ways depending on the type of food and whether it is already cooked or not. The effects of badly stored food vary depending on the type of food and the conditions in which they are stored.

EXPERIMENTS.

Take two biscuits. Wrap one in cling film so that it is air tight. Leave the other one open to the air. After 24 hours see what the difference is in the quality of each biscuit.

Take two tomatoes. Freeze one and leave one in a fruit basket. After 24 hours put the two tomatoes together at room temperature and allow the frozen one to defrost. Try to slice the tomatoes and see what happens in each case.

You will see that the way we store food will affect its quality. It is important to find out how different types of food should be stored both for taste and health reasons.

EXERCISE

Make a list of the foods which are stored in your refrigerator at home. Why should these items be kept in a fridge?

Make a list of foods which can be kept at normal room temperature.

Which foods can be kept better if they are frozen? What did people do before there were freezers?

Find out how raw meat should be stored. What is the difference between storage methods which should be used for raw and cooked meats?

Additives are any of various chemical substances added to foods to produce specific effects. Additives include substances as artificial or natural **colourings** and **flavourings**; **stabilizers**, **emulsifiers**, **texturizers**, and **thickeners**; **preservatives**; **flavour enhancers**; and **supplementary nutrients**. Salt, used for centuries to preserve meat, is an additive, as are baking soda, vinegar, and many spices commonly used in home food preparation.

In commercial food processing, additives may be used to improve colour or consistency, or for considerations of health, to delay spoilage or to increase nutritional value. Some artificial flavourings and colourings are used for economic reasons, because they are cheaper than the natural ingredients. Other chemicals are added to extend the shelf life of products; for example, anticaking agents, which maintain the free-flowing qualities of salt, sugar, and similar products; and release agents, used to prevent confections and baked goods from sticking to their wrappings. Although many additives are beneficial, others have the effect of reducing nutritional value or concealing inferior raw materials or processing. A typical Soup-In-A-Cup sachet might have the following additives:

MALTODEXTRIN

MONOSODIUM GLUTAMATE

SODIUM 5'- RIBONUCLEOTIDE

CASEINATES

EMULSIFIERS E471 E472

STABILISER POTASSIUM ORTHOPHOSPHATE

COLOUR RIBOFLAVIN

EXERCISE

Why are additives used?

How can we find out what additives actually do?

Can additives be harmful? When?

Should we cook more of our own food in order to ensure that we do not consume potentially harmful additives?

SAFETY IN THE KITCHEN

15

The kitchen is potentially a very dangerous place if you are careless or unaware of the basic safety procedures which should be followed. Safety in the kitchen can be divided into two parts:

Firstly, ensuring that the food is safe. This means ensuring that the food is not contaminated in any way. Food can be contaminated if it starts to decay, or if it comes into contact with other food which is decaying. Some foods can carry harmful bacteria because they come into contact with raw meats or other foods which should really be kept apart until they are cooked.

Secondly, safely operating the tasks involved in cooking. Any hot surfaces can be dangerous, or incorrect use of kitchen implements.

The following safety points are very important to learn and remember:

- Be careful when using sharp instruments,**
- Wipe up all spills immediately to ensure a slip free floor,**
- Never leave a pan with hot fat in it unattended,**
- Make sure that electrical equipment never comes into direct contact with water,**
- Remember that steam is very hot and can scald you,**
- Use protective oven gloves when using the oven,**
- Keep sharp utensils and chemicals out of the reach of small children.**

EXERCISE

Find out how different foods should be stored to ensure that there is no cross contamination.

Taking the points above write how these safety measures might be **difficult** to implement in:

- Your kitchen at home,**
- In a restaurant kitchen,**
- In a mobile food van.**

Design a poster to inform people about the dangers which exist in the kitchen.

For breakfast I eat a piece of toast. I'm usually hungry by mid morning so I eat a chocolate bar. At lunchtime I eat burger or pizza and chips and a packet of crisps or chocolate. At teatime I don't really eat anything, but in the evening if I'm out I'll get some chips or something. If I'm at home I eat whatever there is in the fridge that looks edible.

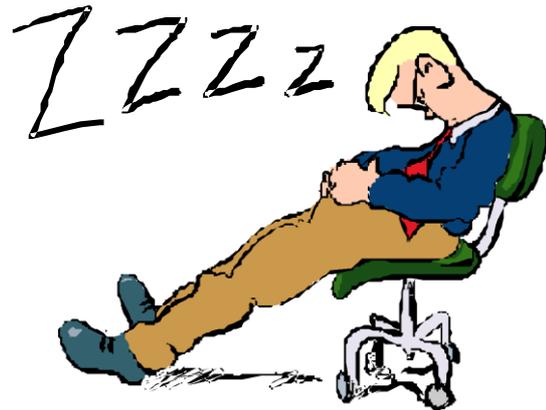
That's it really. Isn't that a great diet!



~~I think it's really important to get a good breakfast. I eat a cereal, some toast and a fruit juice drink. I also have a cup of tea. I don't usually feel hungry until lunchtime but if I do I try to eat a snack that isn't too sweet; a bar with a biscuit in it rather than solid chocolate or caramel.~~

~~At lunchtime I eat a proper meal; something with protein, green vegetables and potatoes. I don't like all vegetables.~~

~~At tea time I eat sandwiches if I'm hungry but we have a proper evening meal in our house so I try to save myself till then. I like eating Italian or Indian food.~~



EXERCISE

Study the two diets above. Which one is closest to the sort of diet you have?

Are the pictures typical of the sort of people who would have that type of diet?

Do some people find it hard to have a good diet because of the type of work they do?

Are some people too busy to have a regular diet? Should they reconsider their priorities?

What do you think a good diet is? Write up an ideal diet for one week. Remember to include a variety of food choices.

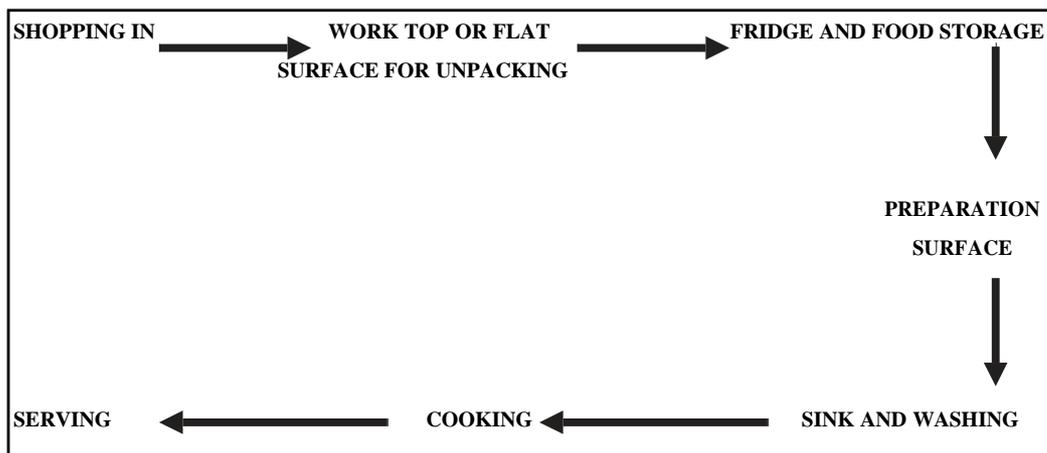
KITCHEN PLANNING

17

Kitchen planning is all about how the different parts of the kitchen should be laid out to ensure that you can do your food preparation and cooking in a step by step way, ensuring efficiency and safety. There are some factors to be taken into account:

- The size of the kitchen,**
- The shape of the kitchen,**
- The type of cooking to be done, (family or outside catering etc.).**

The model shown below is generally regarded as being a good way to lay out a kitchen:



EXERCISE

Why is it important to have a flat surface when unpacking shopping?

What kind of precautions need to be taken when storing food in a fridge?

What type of preparation surface would be ideal?

Why do some people think that two sinks are better than one? What is each used for?

How would you rearrange the kitchen plan if the kitchen was thin and long, or if it was very small?

Presentation in food terms means the way you serve the food either at the table or on the plate. It is very important that you present the food in an interesting and appetising way so that it can be enjoyed not only for its taste but for its colour, design, and appearance. Food eaten in a restaurant or on a special occasion is often remembered as being special as much for the way the food, cutlery and table is laid out as it is for the type of food available.



If food is not presented in an appetising way, then it doesn't matter how tasty the food might be; it will not have the same appeal as it would have had if more time had been taken over the presentation. What if your burger was presented like this:



EXERCISE

Imagine you are preparing a special meal for a birthday party. Draw two pictures. One should be with the food laid out in the best possible way to make it as appetising as possible. The second picture should have the same food but laid out in a unappetising way.

How much extra work is involved in presenting food well?

Is it important to present all food well, or just on special occasions?

The food we buy is often influenced heavily by the advertising of that food. We are influenced in many ways by advertising:

**Television adverts,
Newspapers and magazines,
Free gifts and badges offered in special deals,
Advertising boards,
Sports and other sponsorship.**

Advertising is a huge industry, and special attention is paid to particular groups of people:

Young People, adverts on cartoon channels,
Housewives, cheap shopping or supermarkets,
Busy workers, buy everything under one roof,
Car owners, travel to shopping centres,
Dieters, special types of food.



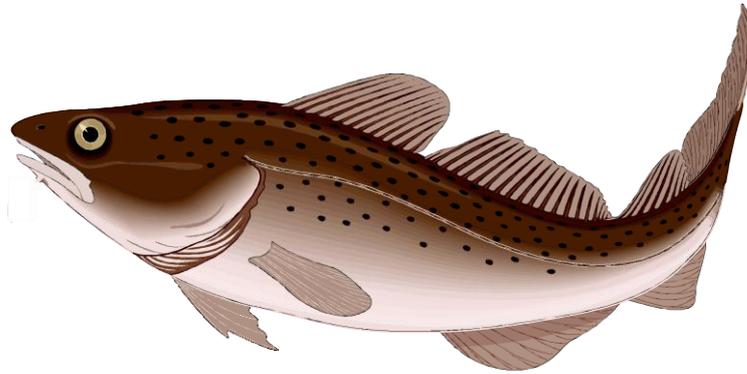
EXERCISE

Watch a cartoon channel and make a list of the food adverts which appear. How do they attract young people to buy their products?

On another day, watch adverts on a non cartoon channel and see how the food adverts differ. Who are these advertisers trying to sell their products to?

Make a list of the food adverts in a magazine. How are the pictures and presentation used to attract people to the product?

Why is advertising important?



EXERCISE

Imagine you have been selected to promote a new brand of fish fingers. You have to design an advertising campaign to encourage people to buy your product. You may want to consider the following points:

Why your fish fingers are better than the others on offer,

Which your target audience is,

What your main selling point is; e.g. price or quality,

A new name for your product to identify it as separate from the others on offer,

A good 'catchphrase' or saying that will be remembered by people,

The nutritional value of your product,

How your fish fingers are convenient and easy to cook,

Where you want to advertise your product.

Make a poster for your campaign and design a television advertisement. Write a few paragraphs for a food magazine explaining why your product is so attractive

