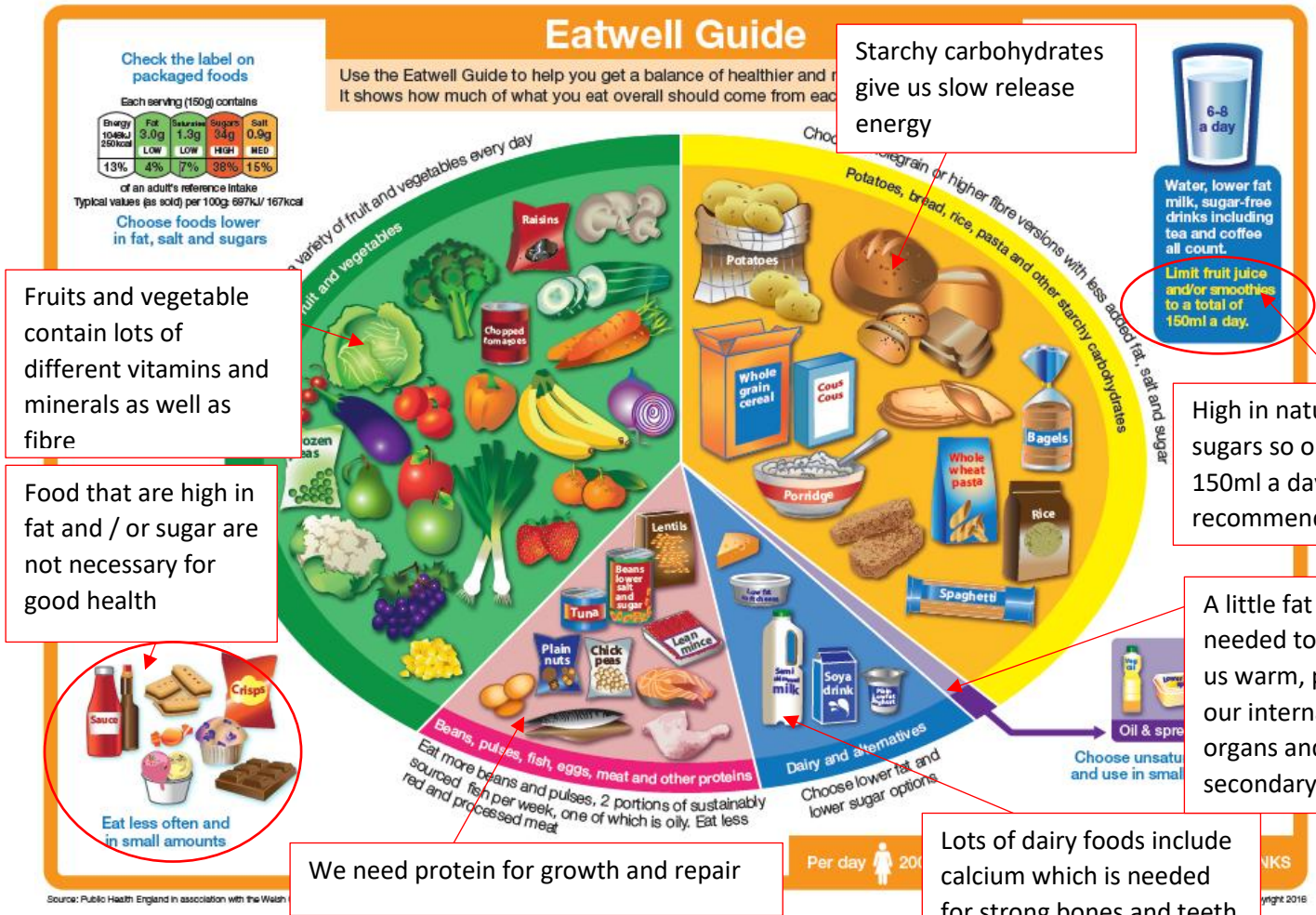
Year 7 - Food and Textiles - what you should know for your end of year exam

A lot of the exam is about common sense and routines that you follow every lesson for health and safety reasons. All the content you have covered in lessons.

Food:



Fruits and vegetable contain lots of different vitamins and minerals as well as fibre

Food that are high in fat and / or sugar are not necessary for good health

High in natural sugars so only 150ml a day recommended

A little fat is needed to keep us warm, protect our internal organs and as a secondary source

We need protein for growth and repair

Lots of dairy foods include calcium which is needed for strong bones and teeth

The Eatwell guide - know what sorts of foods you would find in each section, use the diagram above to help – if it isn't clear a simple internet search will bring up bigger ones

Hygiene and food safety, including how to prepare yourself before you start cooking to be hygienic and safe,(hands washed, apron on, hair up etc) and how to prevent cross contamination (cross contamination is when bacteria move from one food to another, often raw meat to other foods).

Correct chopping board colour for raw meat (red), fish (blue) vegetables (brown) salad and fruit (green), bakery and dairy (white)

Remember some of the key cooking techniques you have used – such as **rubbing in** fat and flour when you made scones and crumble, **kneading** bread dough to make it **stretchy** (it is the **gluten** in the flour that makes this happen).

The purpose of **yeast** in bread is to make it rise and the **four conditions it needs to grow** and multiply to make the bread rise are: food, moisture, warmth and time

Textiles

You will need to know how to **recognise dangers** in the textile room and what to do to minimise the danger or risk, for example use of Irons, water near electricity, importance of focussing on your own work, keeping work space clear , carrying scissors carefully, not stretching elastic bands in some ones direction when tie-dying etc.

You need to be able to name a range of **fabrics** for example cotton, silk, wool and polyester.

Where does our fabric come from?


Wool


Silk


Cotton


Polyester and Nylon

Can you remember some of the technical textiles we talked about?

Bullet proof vests made from Kevlar, a fabric that is stronger than steel



Smart fabric that changes in reaction to its surroundings, for example

Thermachromic fabric changes colour with heat



Photochromic fabric changes colour with light



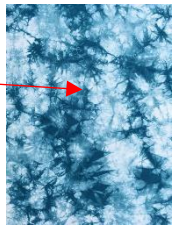


You researched Indian patterns, colour and design for your cushions, which you put into the zine you made. Below is a reminder of some of the colours and patterns you might have found





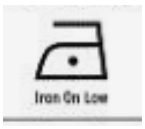
When you made your cushion you **tie dyed** it and printed it with **a block print design** that you made out of foam which was stuck on a piece of board



When you printed with **your printing block** you had to remember to put newspaper down on the table first then put the fabric on top, then dab the dye without too much dye on your sponge onto your raised design on your block, then you pressed your block down onto your fabric, you then lifted it carefully to reveal your design. You then carefully sponged a bit more dye onto your block and repeated the process for your next print. If you put too much dye on the block it would smudge your design and fill in the gaps.



In your clothes you will find a **care label** which shows you how to clean and care for your clothes – some examples:







Lastly, think about what happens to your old clothes when you've grown out of them or don't want them anymore, how do you recycle them?







Donate them to a charity shop
Make them into something new
Give them to younger siblings
Put them in a clothes bank

