

Year 8- Food

What are staple foods?

Staple foods are essential dietary components that form the basis of a population's diet. They are typically inexpensive, widely available, and provide a significant portion of energy and nutrients.

Why are staple food important?

Staple foods are important for several reasons:

Nutritional Foundation- Staple foods provide essential nutrients, including carbohydrates, proteins, vitamins, and minerals, which are vital for overall health and development.

Energy Source- Staple foods are primary sources of energy for many populations, helping to meet daily caloric needs, especially in regions where other food sources may be limited.

Cultural Significance- Staple foods often hold cultural and historical importance, forming the basis of traditional diets and culinary practices.

Economic Stability- Staple foods are usually inexpensive and widely available, contributing to food security and economic stability in many communities.

Staple foods are crucial not just for individual nutrition but also for the stability and cultural identity of communities around the world.



What are the different types of staple foods?

Staple foods can be categorized into several types based on their source and form. Here are some common types:

CEREALS AND GRAINS

Rice: A primary staple in many Asian countries.

Wheat: Used for bread, pasta, and other products.

Corn (Maize): Essential in many parts of the Americas and Africa.

Oats: Commonly consumed as oatmeal or in baked goods.



ROOTS AND TUBERS

Potatoes: A versatile staple in many cuisines.

Yams: Common in Africa and parts of the Caribbean.

Cassava: Widely consumed in tropical regions.



LEGUMES

Beans: Varieties like kidney, black, and pinto beans are staples in various diets.

Lentils: Popular in Indian and Middle Eastern cuisines.

Chickpeas: Commonly used in dishes like hummus and falafel.



FRUITS

Bananas: A staple in many tropical regions.

Plantains: Often cooked and served as a side dish in various cuisines.

KEY WORDS

Wok	Cooking equipment ideal for stir fry
Carbohydrate	A macronutrient needed by the body for energy
Palatability	The way food tastes and its appeal to us
Sensory properties	The characteristics of a food that are linked to smell tastes
Colander	Used to drain the liquid from the solid
Baguette	A French stick of bread
Tagliatelle	Pasta that resembles ribbons
Fortified	Foods that have extra nutrients added
Satiety	Feeling full after eating
Arborio	An Italian short grained rice ideal for Paella

Where does our food come from? (Food miles)

Food miles refer to the distance food travels from where it is produced to where it is consumed. Understanding food miles can encourage us to think critically about where our food comes from, promoting more sustainable and ethical food choices.

Being aware of where our food comes from is important for several reasons:

Environmental Impact

Carbon Footprint: Longer distances often mean higher carbon emissions from transportation, contributing to climate change.

Resource Use: Transporting food requires fuel, packaging, and refrigeration, all of which have environmental costs.

Freshness and Quality

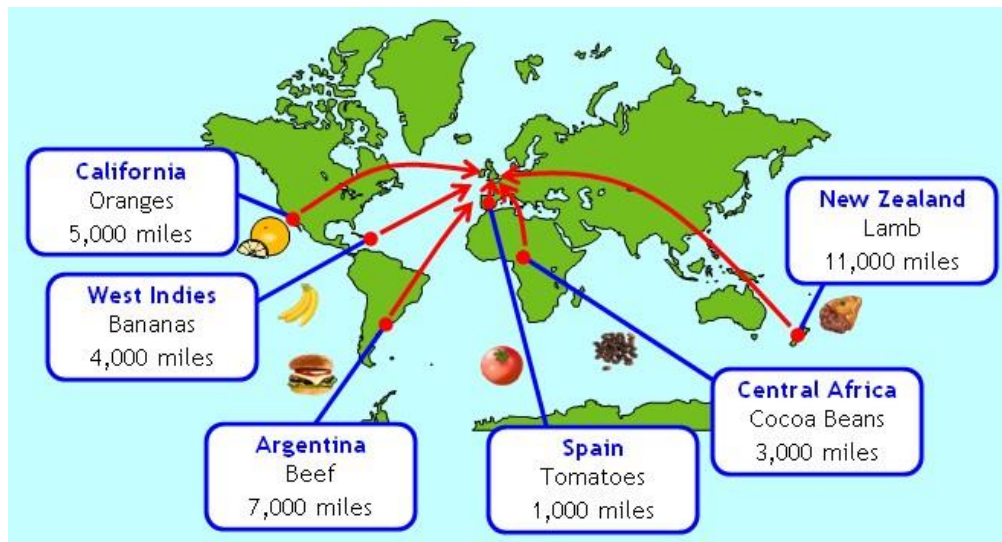
Food that travels shorter distances is often fresher and may retain more nutrients, flavor, and overall quality compared to products that have been shipped long distances.

Local Economies

Supporting local food systems by choosing foods with lower food miles can bolster local economies, providing income to local farmers and businesses.

Seasonality

Foods that are grown and consumed locally are often more in tune with seasonal cycles, promoting a diverse diet and reducing the demand for out-of-season produce that requires long transportation.



What food are measured? What foods are weighed?

Understanding whether to measure or weigh foods can help ensure accuracy in recipes and portion control.

Foods that are measured by their volume:

Liquids: Water, broth, oils, and vinegars are commonly measured in cups, tablespoons, or milliliters.

Grains: Rice, oats, and quinoa can be measured in cups.

Fruits and Vegetables: Chopped or sliced produce can be measured in cups (e.g., diced tomatoes, shredded carrots).

Foods that are weighed by their weight:

Meat and Fish: Cuts of meat and fish are typically weighed in grams or ounces for recipes and portion control.

Dairy Products: Cheese, especially when purchased in blocks or bulk, is often weighed.

Packaged Foods: Snacks, cereals, and canned goods are usually sold by weight, with nutritional information based on weight.

Nuts and Seeds: Commonly weighed for recipes, portion control, or when sold in bulk.

Dry Ingredients: Flour: Measured in cups or grams for baking.

Sugar: Granulated, brown, or powdered sugar is often measured in cups.



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