

FOOD REVISION

THE BRIDGE & THE CLAW TECHNIQUE

THESE ARE THE TWO TECHNIQUES THAT ARE USED WHEN YOU PREPARE FRUITS SO THAT YOU STAY SAFE AND AVOID ANY ACCIDENTS. THE FIRST ONE IS THE CLAW TECHNIQUE & THE SECOND IS THE BRIDGE TECHNIQUE.



FRESH FOODS SHOULD BE STORED IN THE FRIDGE TO PREVENT BACTERIAL GROWTH. THIS IS BECAUSE THE TEMPERATURE OF 5°C OR LOWER PREVENTS BACTERIAL GROWTH AS IT IS TOO COOL FOR BACTERIA TO GROW AND BREED.



THIS IS THE FAIRTRADE SYMBOL. IT GIVES THE FARMERS IN THIRD WORLD COUNTRIES A FAIR PRICE FOR THE FOOD THAT THEY GROW SO THAT THEY CAN INVEST IN NEW SEEDS, HELP BUILD HOMES, ROADS, SCHOOLS, ETC.



THIS IS THE EATWELL GUIDE. IT IS SPLIT INTO 5 SECTIONS AND IT HELPS PEOPLE TO EAT A HEALTHY BALANCED DIET. THE SIZE OF THE PORTIONS OF THE GUIDE INDICATES HOW MUCH OF THE FOOD GROUPS WE SHOULD BE EATING ON A DAILY BASIS. AS YOU CAN SEE THE FRUIT & VEGETABLES AND THE BREAD, OTHER CEREALS & POTATOES ARE THE LARGEST SECTIONS SO OUR DIET SHOULD BE MADE UP OF MORE OF THESE FOODS.

A STAPLE FOOD IS ONE THAT IS CONSUMED IN LARGE QUANTITIES IN A COUNTRY AND MAKES UP A LARGE PROPORTION OF THE DIET.

A STAPLE FOOD FROM GREAT BRITAIN IS EITHER BREAD OR POTATOES.

THE REASON THESE ARE STAPLE FOODS IS BECAUSE WE HAVE THE PERFECT CLIMATE FOR THE GROWTH OF BOTH POTATOES AND WHEAT (WHICH IS GROUND DOWN INTO FLOUR TO MAKE BREAD).

A FOOD MILE IS THE DISTANCE THAT A FOOD TRAVELS FROM WHERE IT IS GROWN TO WHERE IT IS EATEN.

LOW FOOD MILE PRODUCTS ARE BENEFICIAL AS THEY REDUCE GLOBAL WARMING THROUGH CARBON EMISSIONS, THE PRODUCTS SHOULD BE CHEAPER AS THEY HAVE TRAVELLED LESS DISTANCE AND IT ENCOURAGES US TO EAT LOCALLY, SOURCED SEASONAL FOODS AS WE ARE REDUCING IMPORTED FOODS.

THESE ARE TWO TYPES OF WHISK.



ELECTRIC WHISK



ROTARY WHISK

IF YOU WERE WHISKING FRESH CREAM YOU COULD USE EITHER PIECE OF EQUIPMENT. THERE ARE ADVANTAGES TO EACH ONE:

AN ELECTRIC WHISK IS GOOD BECAUSE IT HAS:

- **A VARIETY OF SPEEDS,**
- **IS QUICKER TO USE AS IT IS ELECTRIC,**
- **IT CAN MIX LARGE QUANTITIES OF CREAM EFFICIENTLY,**
- **IT GIVES A CONSISTENT RESULT EVERYTIME IT IS USED.**

A ROTARY WHISK IS GOOD BECAUSE:

- **YOU CAN CONTROL THE SPEED, BY HOW FAST YOU TURN THE HANDLE,**
- **THERE IS LESS CHANCE OF OVER WHIPPING THE CREAM AS IT IS NOT GOING AS FAST.**

PRODUCT REVISION MATERIAL



Plywood is used for furniture due to its strength and how it looks.



MDF is used for the inside of flat packed furniture because it is available in a range of thicknesses and sizes



PVA glue is the best glue for sticking pieces of wood together



Wear goggles



Wear ear protection



Coping Saw

Used to cut curves in wood or plastic



Tenon Saw

Used to cut straight accurate lines in wood only (carpentry)

CAD CAM meanings

CAD = computer aided design

This is when we design products on a pc

CAM = computer aided manufacture

This is when we a computer helps make a product for us.

CAD Software

2D Design

Google Sketch Up

CAM Machines

Laser Cutter

Vinyl Cutter

3D Printing

SAFETY IN A WORKSHOP

Wear goggles when using a machine

Clamp work down when using a machine

Wear an Apron

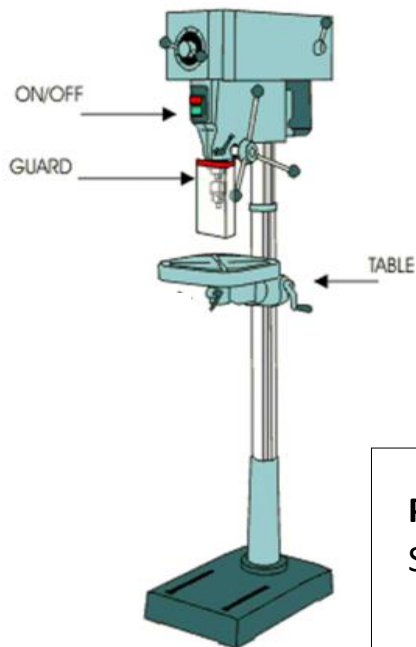
Bags stored correctly

Use guards on machines

Long hair tied up

Workshop Tools and Machines

This is a pillar drill



This is a hacksaw used for metal



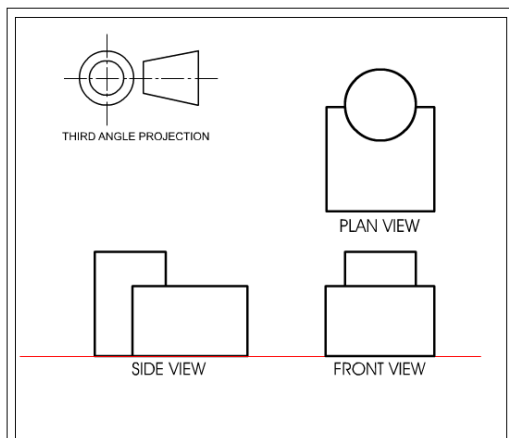
This is a bench vice to hold work



PPE stands for Personal Protective Equipment
Safety Goggles, Apron, Ear Plugs, Gloves



Orthographic drawings have three labelled views



This is an isolation zone. The hazard tape on the floor identifies that there is a potential danger or risk to people entering the area if they are not wearing appropriate PPE. It also defines how much space the user of the machine will need to operate it safely. Only one person should be in this zone when a machine is running.



KEYWORDS

Form: The visible shape or configuration of something.

Function: Does the product do what it's supposed to do?

User requirements: Does the product do what the buyer needs it to do?

TEXTILES REVISION MATERIAL

Types of resist

Tie dye- produce patterns in (a garment or piece of cloth) by tying parts of it with elastic band or string to shield (resist) it from the dye.

Block Printing- is using a carved piece of wood or other type of **block** to imprint an image on fabric or paper. Apply paint to block with a sponge and press firmly onto the fabric or paper.

Natural fibres

Natural fibres come from plants, animals and minerals. They usually have short fibres, called staple fibres. The exception to this rule is silk, a natural fibre whose continuous filaments are up to one kilometre in length.

Sources of natural fibres

- **Cotton** from the cotton plant.
- **Linen** from the flax plant.
- **Wool** from sheep.
- **Silk** from silkworms.

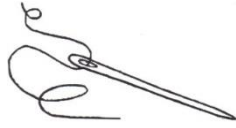


Synthetic fibres (Manmade)

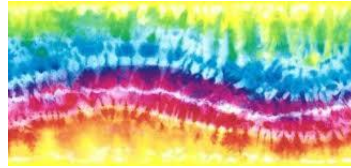
Synthetic fibres are **man-made**, usually from chemical sources. They are continuous filament fibres, which means the fibres are long and do not always have to be spun into yarn.

Sources of synthetic fibres

- **Viscose** comes from pine trees or petrochemicals.
- **Acrylic, nylon and polyester** come from oil and coal



QUICK UNPICK	NEEDLE	FABRIC SCISSORS	IRON	SEWING MACHINE
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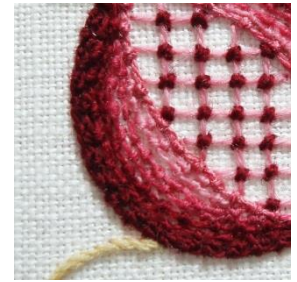
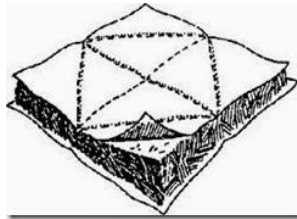


BLOCK PRINT

SEQUINS

TIE DYE

BUTTONS



FABRIC CRAYON

QUILTING

BATIK

EMBROIDERY

Sewing machine

