

# Keywords: Year 7

## Theory

### Topic Title: Yr 7 Theory

**Introduction to the topic: Why are you learning it and how does it link to what you've learned before?**

**The theory behind all practical technologies**

**What lessons will you cover during the topic?**

**Food Groups, Cooking Methods, Fibres, Fast Fashion, Tools and Equipment, Materials and Properties, Sustainability**

Keyword	Definition
Macronutrient	Macronutrients are the nutrients we need in larger quantities that provide us with energy: in other words, fat, protein and carbohydrate.
Micronutrient	Micronutrients are mostly vitamins and minerals, and are important but consumed in very small amounts.
Dry heat cooking	Dry heat cooking refers to any cooking technique where the heat is transferred to the food item without using any moisture.
Wet heat cooking	Moist heat cooking methods include any techniques that involve cooking with moisture—whether it's steam, water, stock, wine, or some other liquid. Cooking temperatures are much lower because water doesn't get any hotter than 100°C.
Natural Fibre	A fibre comes from a living thing e.g. plant or animal
Manmade Fibre	A fibre made in a factory or using a chemical process
Sustainability	Not causing permanent damage to the environment
Fast Fashion	Cheap, stylish, mass produced clothes that have a negative impact
Property	An attribute, quality or characteristic of something
Resistant Material	A material that is resistant to the elements