

# Fresh Food, Good Food

## Food decay

Food decays over time because of microorganisms, such as bacteria and fungi. These can be transferred onto foods from the air or by handling. They feed on the food and break it down. Eating decaying foods can cause food poisoning and make us ill.



## Preserving food

Food preservation is a practice that prevents microorganism growth and allows food to stay fresh for longer. There are many methods of preserving food.



drying



salting



pickling



canning



refrigerating



freezing



pasteurising



packaging

## Use by dates

Food manufacturers print a ‘use by’ date on packaging to show the date by which the food **must** be eaten. After this date, the food will become unfit to eat and might cause illness.

## Best before dates

‘Best before’ dates on food packaging show the date up to which the food **should** be eaten. After this date, the food should still be safe to eat, but the flavour or texture might not be as good.

## Food packaging

Food packaging:

- protects food
- makes food last longer
- makes food easier to transport
- makes food look appealing
- provides information about the food

Food has been packaged for thousands of years. Over time, new types of packaging have been invented, such as tin cans, paper bags and milk bottles.



Cardboard cereal boxes, plastic bottles and aluminium drinks cans were all invented in the 20th century.



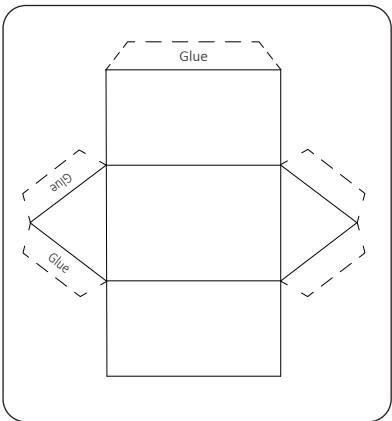
## Sustainable packaging

Some modern food packaging cannot be recycled and can end up in a landfill or polluting our rivers and seas. Many companies are now trying to reduce the amount of packaging they use or use recyclable materials, such as cardboard.



## Cardboard packaging

Some cardboard packaging is made by cutting out a net and then scoring and folding it to make the packaging. Packaging can be strengthened by adding more layers of cardboard, using triangular shapes and adding triangular cardboard corners.



packaging net

## Healthy snacks

Healthy snacks can be eaten between meals but contain less fat, sugar and salt than convenience shop-bought snacks, such as crisps, biscuits and chocolate. Healthy snacks include fresh or dried fruit and vegetables, nuts and seeds, rice cakes with low-fat cream cheese or chopped vegetables with hummus.

## Glossary

**microorganism** A living thing that is too small to be seen without a microscope.

**net** A 2-D shape that can be cut out and folded to make a 3-D shape.





# Functional and Fancy Fabrics

## Fabrics

A fabric is a material made from intertwining yarns or threads. Fabrics can be natural, such as cotton, silk, linen and wool, or synthetic, such as Lycra, polyester and nylon. A fabric's properties depend on its fibres and how it is made.

**Cotton** is light and soft. It is used to make all types of clothing.



**Wool** can keep you warm in the winter and cool in the summer. It is used to make jumpers and hats.



**Lace** can be made from silk, linen, cotton or synthetic fabrics. It is used as an embellishment.



**Nylon** is a synthetic fabric. It is strong, flexible and durable. It is used to make jackets and parkas.



**Polyester** is a synthetic fabric. It is strong, durable and stain resistant. It is used to make sportswear.



## Design features

Design features are the aspects of a product's design that make it functional, look good and last a long time. For example, a winter coat should be made of waterproof fabric and have warm padding, a strong zip and a large hood.

## Techniques for decorating fabric

### Block printing

Block printing uses a block with a pattern or motif carved into its surface. Ink or dye is applied to the carved surface, which is pressed onto fabric or paper repeatedly to make a pattern.



Use a roller to spread ink onto a printing tray.



Cover the printing block with ink using a sponge or brush.



Press the block onto a piece of paper or fabric.



Repeat with other blocks and colours until the pattern is complete.

### Hemming

A hem runs along the edge of a piece of cloth or clothing. It is made by turning under a raw edge and then sewing to give a neat finish to the fabric and to stop it from fraying.



Trim the edge of the fabric with pinking shears.



Turn the edge of the fabric over to make a 1.5cm hem. Pin it in place.



Use a needle and thread to sew running stitches along the hem.

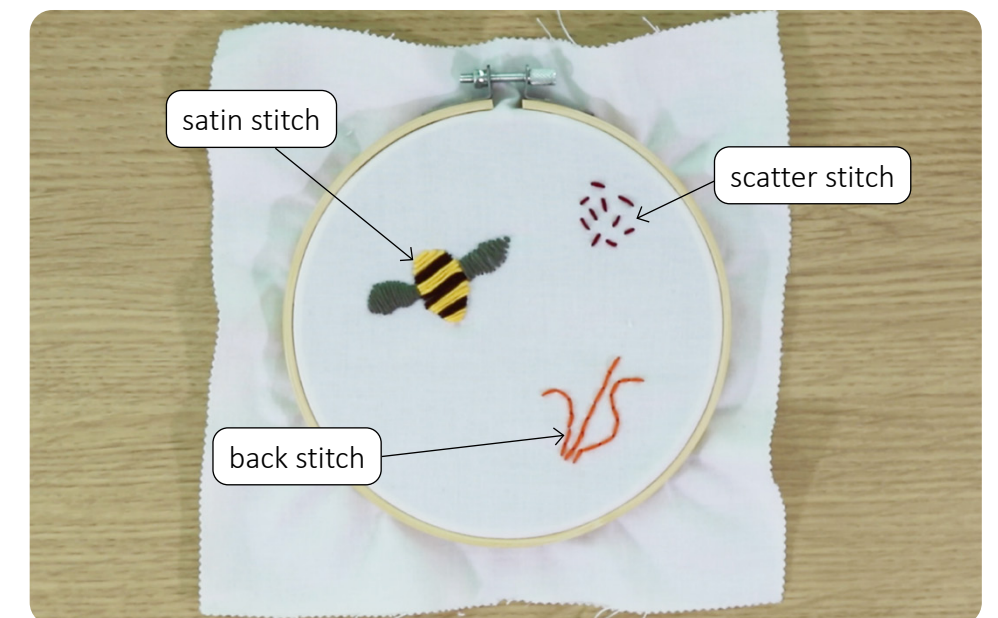


Tie a knot at the end of the hem and cut the thread. Iron along the crease to flatten the hem.

### Embellishments

Embellishments are things that can be added to fabric for decoration. They include sequins, appliqué and buttons. Patterns and motifs can also be printed or drawn onto fabric. Embroidery is another type of fabric embellishment that uses stitches and colourful thread to add patterns and pictures.

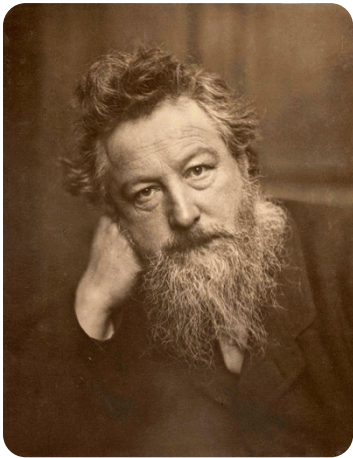
- **Scatter stitch** is used to make random stitches facing in different directions.
- **Satin stitch** is used to fill a shape with thread.
- **Back stitch** is used to give a continuous line of stitching.





# William Morris

William Morris was a British artist, designer, poet and campaigner. He was born in 1834. He and other artists and designers started the Arts and Crafts movement in the 1860s, which encouraged craftspeople to use traditional techniques.



William Morris and his friends started a business called Morris & Co, producing home furnishings, including wallpaper, stained glass windows, furniture and carpets. The wallpapers and fabrics were block printed using wooden blocks and natural dyes.



## Features of William Morris designs

William Morris designed repeating patterns with these three features:

### Form

He liked to show simple forms of animals and plants.



### Symmetry

His designs were often symmetrical.



### Colour

He only used a few colours for each pattern.



## William Morris pattern structure

William Morris built his designs on a pattern structure. He used three main patterns:

### Diamond

A pattern based on rhombus shapes.



### Wey

A pattern based on diagonal lines.



### Trellis

A pattern based on horizontal and vertical lines.



## William Morris motifs

William Morris was inspired by nature and the British countryside. His designs feature wild gardens, birds and animals. He used simple motifs of leaves, flowers, fruits and birds. These are some of William Morris’ most famous designs.



Strawberry Thief



Daisy



Willow Bough

## Glossary

<b>appliqué</b>	Decorative needlework where small pieces of fabric are sewn or stuck onto a larger piece to form a pattern.
<b>motif</b>	An image or design that can be repeated to create a pattern.
<b>synthetic</b>	Made from artificial substances rather than natural ones.