

## KS4 Year 11 Food Preparation & Nutrition Vocabulary List



**Additives** - Natural or synthetic chemical substances added to food during manufacture or processing to improve the quality, flavour, colour, texture or stability of the product.

**Al dente** - 'Firm to the bite', a description of the texture of correctly cooked pasta.

**Allergies** - An immune system reaction that occurs soon after eating a certain food and can cause severe symptoms.

**Amino acids** - The building blocks of proteins.

**Antioxidant** - A molecule that is able to stop the oxidation process in other molecules and therefore can be useful in stopping foods from deteriorating. Antioxidants can prevent or slow down damage to the body which otherwise can lead to diseases such as heart disease. Antioxidants also improve our immune system.

**Bacteria** - Pathogenic microscopic living organisms, usually single-celled, that can be found everywhere. They can be dangerous, such as when they cause infection, or beneficial, as in the process of fermentation (for wine).

**Best before date** - Date on food products after which a non-high risk food will be safe to eat, but not be at its best.

**Carbohydrates** - Macronutrients required by all animals; made in plants by the process of photosynthesis.

**Coagulation** - The setting or joining together of lots of denatured protein molecules during heating or change in PH. An irreversible change to the appearance and texture of protein foods.

**Deficiencies** - A state of lacking or incompleteness. For example, deficiencies in the consumption of certain vitamins can cause health issues.

**Dietary fibre** - Complex carbohydrate/non-starch polysaccharide, eg whole grain cereals and cereal products.

**'Eat well guide'** - Informs individuals of the variety of food groups required for a healthy balanced diet.

**Fats** - Macronutrient which supplies the body with energy.

**Gelatinisation** - When starch granules swell when cooked with liquid, then burst open and release the starch, causing the liquid to thicken.

**High risk foods** - Foods that are high in moisture and nutrients, especially protein (perishable foods: meat, shellfish, cooked rice, eggs, milk, cream). They support the growth of pathogenic microorganisms, such as bacteria.

**Lactose intolerant** - A condition which means you cannot digest disaccharide sugar lactose.

**Macronutrient** - A type of food (eg fat, protein, carbohydrate) required in large amounts in the diet.

**Micronutrients** - Nutrients required in small quantities to facilitate a range of physiological functions.

**Mise en place** - Preparation before starting to cook.

**Nutrients** - The properties found in food and drinks that give nourishment – vital for growth and the maintenance of life. The main nutrients needed by the human body are carbohydrates, proteins, fats, vitamins and minerals.

**Nutritional analysis** - Nutritional information for different foods, creating a nutritional profile of the specific nutrients in the food.

**Obesity** - Diet-related disease where the body contains too much stored fat.

**Pasteurisation** - The process of heating a food to a specific temperature for a specific period of time in order to kill microorganisms that could cause disease, spoilage or undesired fermentation.

**Protein** - A macronutrient that is essential to building muscle mass.

**Raising agents** - An ingredient or process that introduces a gas into a mixture so that it rises when cooked.

**Saturated fats** - This type of fat is mostly from animal sources; they are normally solid fats. All of the carbon atoms in the fatty acid molecules are linked by single bonds.

**Scientific principles** - Demonstrates how science of the ingredients are at work in producing, processing, preparing, preserving, and metabolising foods.

**Vegan** - People who do not eat flesh or any animal products. They can eat plant protein soya, TVP, tofu.

**Vegetarian** - A lacto-vegetarian diet includes dairy products and plants, and a lacto-ovo vegetarian diet includes eggs, dairy products and nuts.

**Water soluble vitamins** - Soluble vitamins (the B group and vitamin C) in water of energy in the body. Found in wheat flour, eggs, milk some meats. Deficiency is called pellagra.

**Yeasts** - A microscopic fungus consisting of single oval cells that reproduce by budding, and capable of converting sugar into alcohol and CO<sub>2</sub> gas. Also ferments in the correct conditions to make bread rise.