

Year 8 Food Preparation & Nutrition Vocabulary List

(Tier 2 and Tier 3)



Gluten - Gluten is a protein found in the wheat plant and some other grains.

Knead - work (moistened flour or clay) into dough or paste with the hands.

Bechamel - a rich white sauce made with milk infused with herbs and other flavourings.

Sauce - a liquid or semi-liquid substance served with food to add moistness and flavour.

Roux - a mixture of fat (especially butter) and flour used in making sauces.

Pastry - a dough of flour, fat, and water, used as a base and covering in baked dishes such as pies

Seasonality - the quality or fact of varying with or depending on the season or time of year.

Shortcrust - crumbly pastry made with flour, fat, and a little water, typically used for pies, flans, and tarts

Shortening - Shortening is any fat that is a solid at room temperature and used to make crumbly pastry and other food products

Cross contamination - the process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.