

Year 9 Food Preparation & Nutrition Vocabulary List

(Tier 2 and Tier 3)



Aerate - adding air to a mixture when heated, air expands to make it rise

Bicarbonate soda – a chemical raising agent used in strong flavoured cakes

Carbon dioxide – a gas produced to make products rise

Chemical raising agents – raising agents that produce carbon dioxide when they are heated with a liquid

Choux pastry – a light, crisp and hollow pastry

Layers – to make a dish up with different ingredients placed one on top of the other

Mechanical raising agents – the incorporation of air or steam to make a mixture rise

Gluten – is formed when water is added to flour

Shortening – when fats give biscuits and pastry a crumbly texture

Self raising flour – a type of flour that has baking powder added to it during production.

Sieving – putting dry ingredients through a sieve to trap air between the particles.