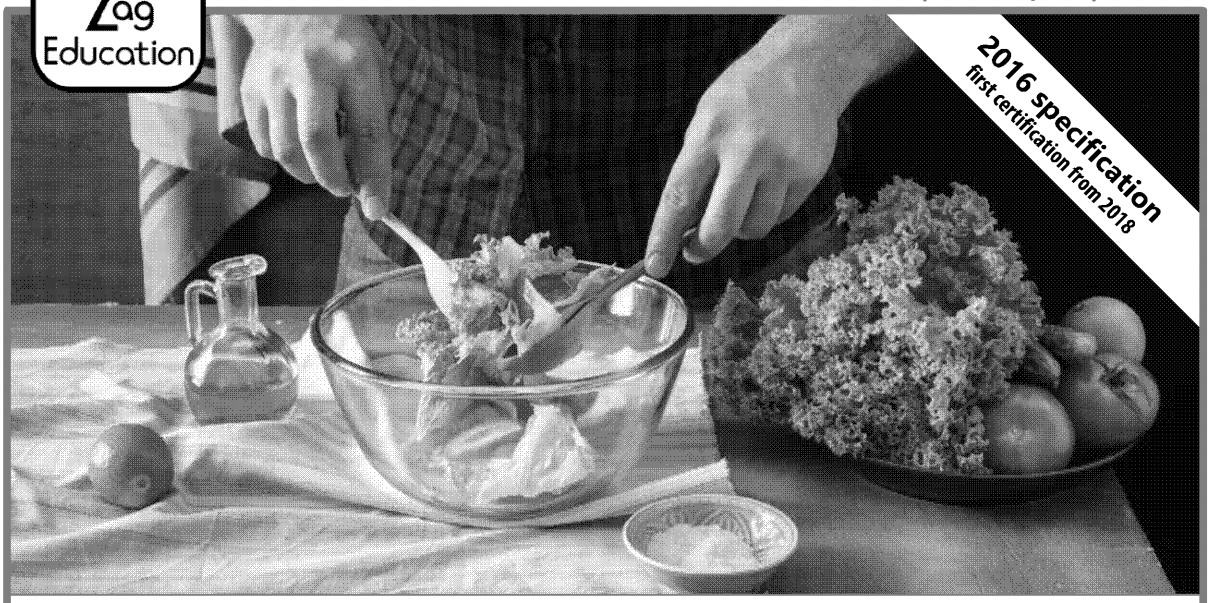
Zig Zag Education

Food and Nutrition GCSE (9–1) | Eduqas | C560



Keyword Activities for Eduqas GCSE Food Preparation and Nutrition

Principles of Nutrition; Diet and Good Health; The Science of Food; Where Food comes From; Cooking and Food Preparation

CB11/ 7950

POD 7950

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Contents

Teacher's Introduction

Overview

This resource has been produced to support teaching and learning of the **Eduqas GCSE** specification. The learning content is covered by the following sets of keywords with n of the Learning Aims for the following topics:

- Macronutrients: proteins
- Macronutrients: proteins (amino acids)
- Macronutrients: fats, oils and lipids
- Macronutrients: carbohydrates
- Micronutrients: vitamins
- Micronutrients: minerals and water
- Energy requirements of individuals
- Balanced diet and guidelines
- Dietary needs and health part 1
- Dietary needs and health part 2
- Lifestyles and religions
- Calculate energy and n[illegible]nal values of recipes, meals and diets
- Rea[illegible]y [illegible]ds cooked
- Heat[illegible]r and cooking methods
- Positive use of microorganisms in dairy products
- Functional and chem
- Buying and storing f
- Preparing and cooki
- Microorganisms, enz
- Bacterial contamina
- Food origins
- Food miles, packagi
- Food security
- Culinary traditions a
- Food production
- Technology and food
- Sensory perception
- Factors which influe
- Food choices
- Food labelling and m

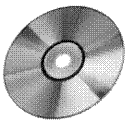
For each set, there are a number of different keyword activities on CD designed to give classroom, homework and revision. This variety enables you to take a different approa the Crosswords as homework for one topic, and the Match Up as a starter for another.

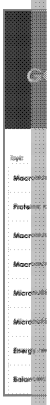
Alternatively, differentiate the activity for a given topic; for example, you might want t **Crosswords** early on while you start weaker learners on the **Match Up** (where terms a **Domino** and **Bingo** activities add an element of fun and reinforcement, as well as pote the **Flash Cards** come into their own for revision and the **Table Fill** and **Write Your Ow** understanding by correctly filling in keywords or definitions.

For more information about the different activities included, see overleaf →

Digital Format!

All of the activities are provided electronically on the accompanying CD. To use on a school network, the entire contents of the CD needs to be copied and pasted into an accessible location.





Providing easy access to the activities are two HTML menus:

1. ***Access All* Menu** →

   Location: **index.html**

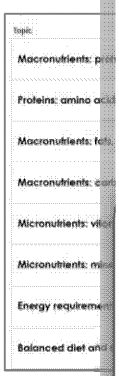
   This menu, designed primarily for teacher use, includes links to everything on provided on the CD – allowing you to easily select what you need when preparing your lessons.

   If you intend to give learners access to this menu, then [illegible]are that it does include links to the solutions.

2. ***Interactive Crossword* Menu** →

   Location: **interactive [illegible]s/index.html**

   This m[illegible]which [illegible]e accessed via the *Access All* Menu[illegible]ded to allow learner access to just the interac[illegible]crosswords (without the answers).



Free Updates!

Register your email address to receive any future free updates* made to this resource or other Food Preparation and Nutrition resources your school has purchased, and details of any promotions for your subject.

** resulting from minor specification changes, suggestions from teachers and peer reviews, or occasional errors reported by customers*

Go to **zzed.uk/freeupdates**

Activity Types

All activities are provided as PDF files, allowing for easy printing and sharing o
VLE. In addition, each of the single-page activities (*crosswords*, *match up* and
are provided on paper too.

The activities included in this resource are as follows:

Bingo
Each student is given a different bingo card containing a selection of words fro
teacher reads the definitions using the Keyword Answers and the student mus
to the words on their card to complete rows, columns, and the full bingo card.

Crosswords
These traditional keyword activities are
– and are also an excellent wa
In a
for
our Internet browser.

Dominoes
This is essentially another match-up activity, but this one is designed to be use
to engage students. It is recommended that students work in pairs or small gr

Half of each card contains a keyword, and the other contains a description. To
must align all the cards in the correct order. There is a 'Start' and a 'Finish', me
outside of the chain, then students have gone wrong somewhere.

Match Up
Students match descriptions to their keyword by drawing lines between them.
there are similar descriptions and keywords, students are likely to make the oc
while completing the activity, so it is recommended that they use a pencil to st
keywords that they are familiar with, students can then think about and learn
confident with.

Flash Cards
These are a helpful revision tool. To make the cards, fold the page in half, then
together so the keyword is on one side and the definition the other. In additio
these to play a game of pairs. Cut each card in two and place face down on the
Students will then take it in turns to turn over two cards with the aim of match
Matched up cards are removed and the game is finished when all the cards ha

Table Fill
Nothing fancy – students simply write th
other help. Because this activi
homework activity at th
the key t
see wha

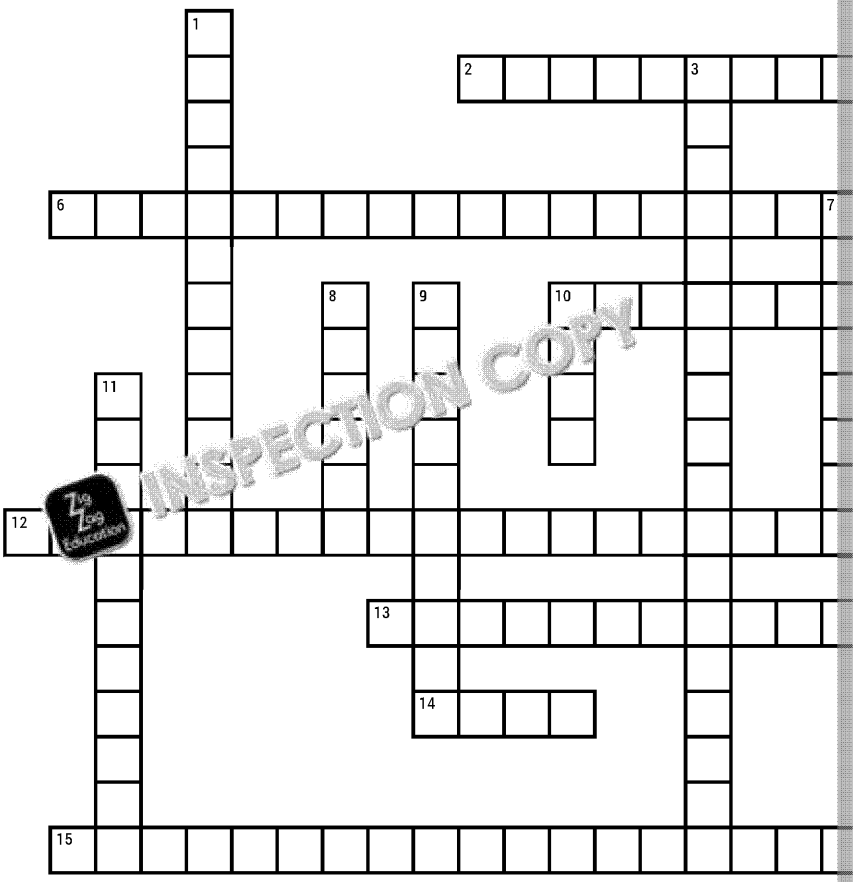
Write Your Own Glossary
Like the Table Fill, this activity can be used to test pupils before learning a topi
after learning a topic. Students are given a list of the keywords and need to pr
definitions. Using Table Fill and Write Your Own Glossary, lessons can be differ

Table of Topics

	Keyword Titles
1	Macronutrients: proteins
2	Macronutrients: proteins (amino acids)
3	Macronutrients: fats, oils and lipids
4	Macronutrients: carbohydrates
5	Micronutrients: vitamins
6	Micronutrients: minerals and water
7	Energy requirements of individuals
8	Balanced dietary guidelines
9	Dietary needs and health part 1
10	Dietary needs and health part 2
11	Lifestyles and religions
12	Calculate energy and nutritional values of recipes, meals and diets
13	Reasons why food is cooked
14	Heat transfer and cooking methods
15	Positive use of microorganisms in dairy products
16	Functional and chemical properties of ingredients
17	Buying and storing food
18	Preparing and cooking food
19	Microorganisms, enzymes and food spoilage
20	Bacterial contamination
21	Food origins
22	Food miles, packaging and sustainability
23	Food security
24	Culinary traditions and cuisines
25	Food production
26	Technological food modifications
27	Sensory perception
28	Factors which influence food choice
29	Food choices
30	Food labelling and marketing influences

* **Preparation and cooking techniques** and **Developing recipes and meals** c
keywords, due to cross-over with other topics.

Macronutrients: proteins



Across

2 What happens to proteins when the molecules aggregate, e.g. as a reaction to salt. (11)

6 A by-product of extracting oil from soya beans, usually in the form of chunks. (8,9,7)

10 Protein-rich product made by *Fusarium venenatum* fungi. (11)

12 Amino acids which cannot be produced by the human body from scratch and have to be provided as a part of a healthy diet. (9,5,5)

13 Soya and meat are examples of ___ ___ protein. (4,10)

14 The only pla[illegible] HBV protein. (4)

15 The process [illegible] bining rice and peas. (7,15)

Down

1 A process that ha[illegible] temperatures, in [illegible] of mechanical ac[illegible]

3 Type of protein in[illegible] acids are in low a[illegible] origin. (3,10,5)

4 Soya, tofu and Q[illegible] (12)

5 ___ ____ amino a[illegible] from available re[illegible]

7 The main functio[illegible] repair of body tis[illegible]

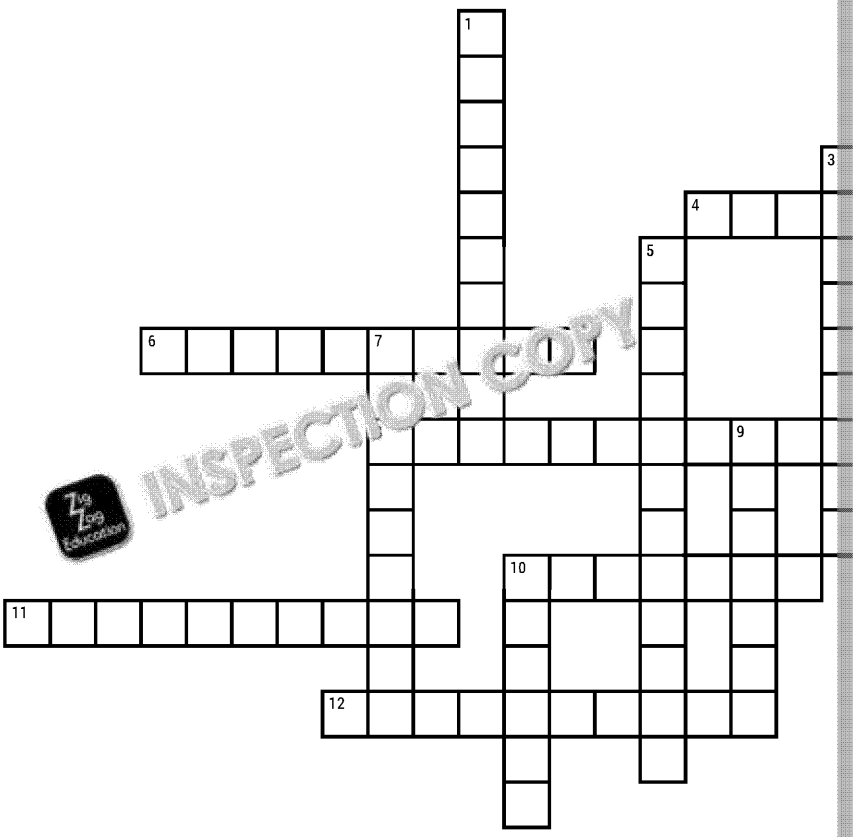
8 Tiny, easy-to-dig[illegible] from South Amer[illegible] and fibre, and us[illegible]

9 Nitrogen-based n[illegible] chains. (5,5)

10 Traditional Japar[illegible] used for sauces a[illegible]

11 Disease caused b[illegible]

Macronutrients: proteins (amino acids)



Across

4 Essential amino acid, an excess of which can cause diabetes. (6)

6 Amino acid which occurs in large amounts in asparagus. (10)

8 Amino acid which should be avoided by people suffering from phenylketonuria. (13)

10 Amino acid used as a flavour enhancer under code E641. (7)

11 Sesame and other seeds are rich in this amino acid (10)

12 Eggs, fish and seeds are a good source of this amino acid. (10)

Down

1 Branched amino

2 Essential amino

3 Amino acid used for allergic reacti

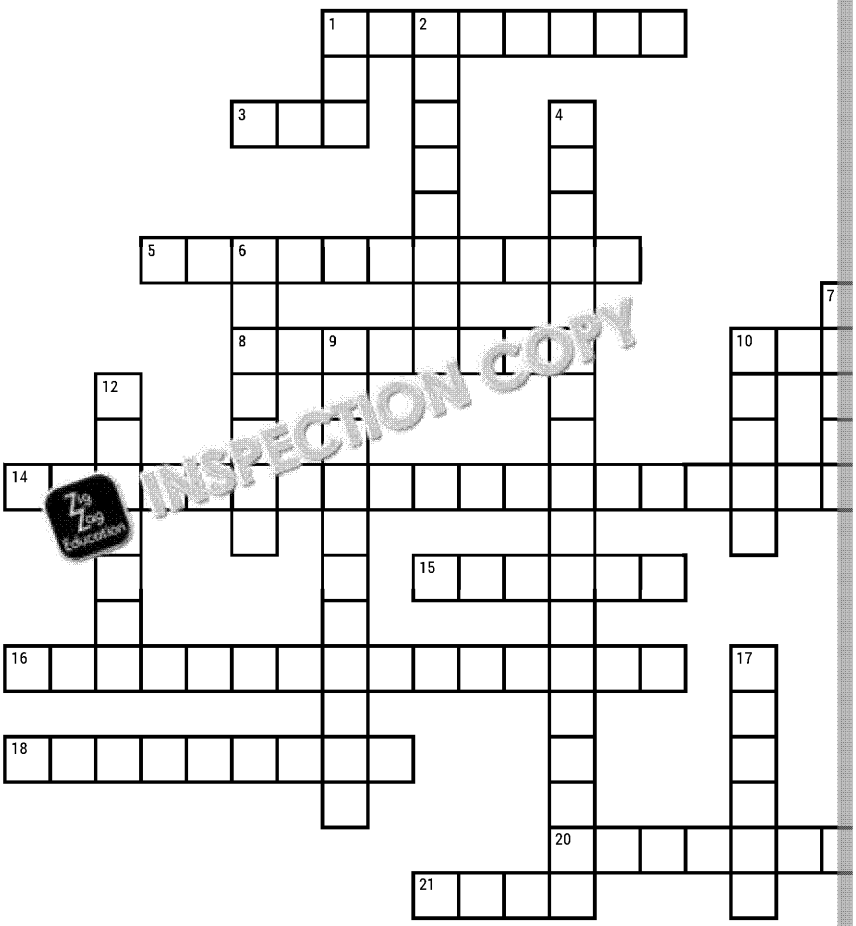
5 An amino acid wh

7 Low-calorie swee

9 The second most (7)

10 One of the amino grains. (6)

Macronutrients: fats, oils and lipids



Across

1 When atoms of ___ are added to an oil, it becomes solid. (8)

3 The 'bad' fraction of cholesterol. (3)

5 Fatty substance necessary for building cell membranes and bile in the gall bladder. (11)

8 A mixture of oil and water. (8)

10 Visible fat derived from pigs. (4)

14 Fatty acids which cannot be built by the human body from scratch and have to be provided as a part of a healthy diet. (9,5,5)

15 Measured in kilojoules in most Nutritional Value tables found on food products. (6)

16 The type of fat present in fish and ...

18 The type of fat present in butter. (9)

20 Connective tissue whose main function is to store energy, and insulate and cushion organs. (7,6)

21 Hard animal fat used in traditional British cuisine or to feed birds. (4)

Down

1 The 'good' fraction ...

2 Type 2 ___ is a dise... may cause health c...

4 Type of fat where o... in the fatty acid cha...

6 Condition in which ... are stored in the bo... macronutrients. (7)

7 Fats produced whe... (5)

9 Type of fat present ...

10 Group of chemical s... triglycerides, waxes ... water. (5)

11 Scientific name for ...

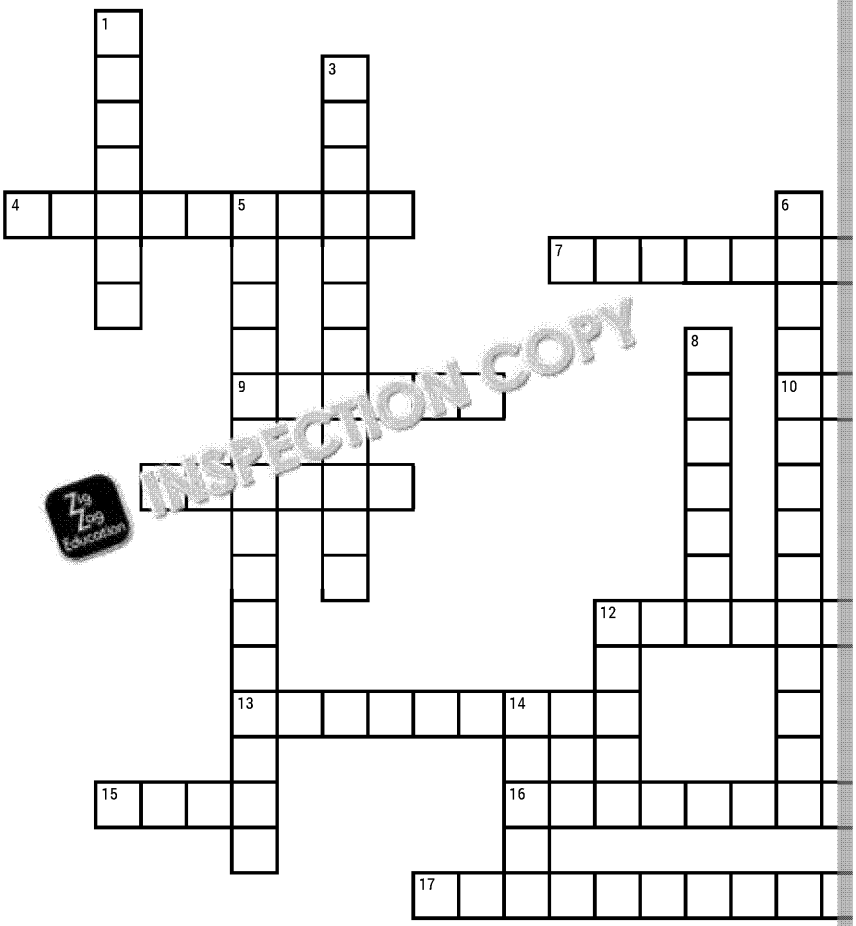
12 The only animal-de... temperature. (4,3)

13 There are three cha...

17 An oily fish which is ... bright pink flesh. (6)

19 An energy-dense m... three chains of acid ... insulating the body ...

Macronutrients: carbohydrates



Across

4 Flour which is made of whole grains. (9)

7 Simple sugar naturally present in fruit. (8)

9 Carbohydrate occurring in potatoes and corn. (6)

10 ____ fibre swells in the stomach and increases the feeling of satiety. (7)

11 Type of soluble fibre, present in fruit, which acts as a gelling agent. (6)

12 Substance occurring in plant cells only, usually indigestible for humans but necessary for maint in g health. (7,5)

13 Sugars which naturally c t are called ____. (9)

15 ____ sugar is d to food and its consumption should be limited. (4)

16 Polysaccharide reserve in the liver. (8)

17 Primary source of energy which should make up 50% of a balanced diet. (13)

Down

1 Simple sugar whi carbohydrates. (

2 Cellulose and lig

3 Type of carbohyd sugar, such as la

5 Carbohydrates b fructose and gal

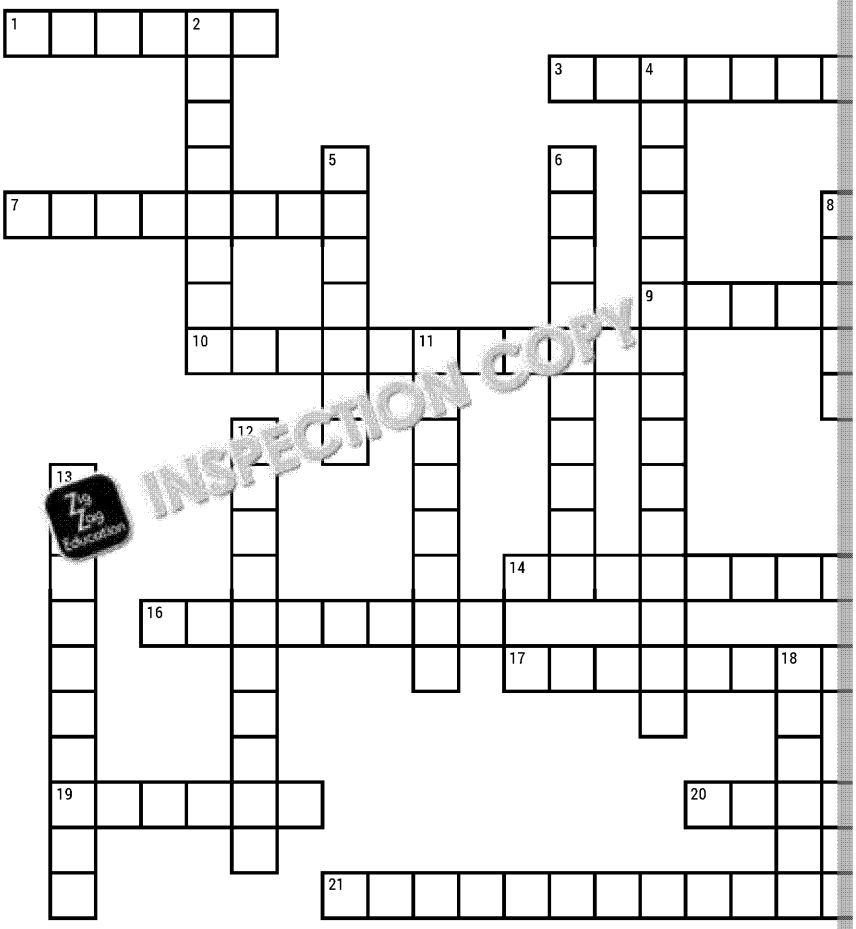
6 Long carbohydra

8 Disaccharide pre

12 Tooth ____ may b sweets. (5)

14 Carbohydrate wh (5)

Micronutrients: vitamins



Across

1 Condition caused by vitamin C deficiency. (6)

3 Childhood disease caused by calcium deficiency. (7)

7 The chemical name for vitamin B1. (8)

9 Scientific name for vitamin B12, found in meat and offal. (9)

10 Condition caused by folate deficiency during the prenatal period. (5,6)

14 In ___ bones become brittle and fragile. (12)

16 Symptoms of this disease caused by niacin de[ficiency] include three Ds: diarrhoea, derma[titis] [and] dementia. (8)

17 Beta-____ is [the] scientific name for the form of vitamin A pre[sent] in carrots. (8)

19 A group of people whose dietary restrictions may lead to cobalamin deficiency. (6)

20 _____ acid is the vitamin found in large amounts in fruit and vegetables. (8)

21 Eyesight condition caused by vitamin A deficiency. (5,9)

Down

2 Organic molecul[e] the body. (8)

4 The chemical nam[e] amounts in milk, produced in the s[tomach]

5 Scientific name f[or] butter or liver. (7)

6 ____ anaemia ma[y] (10)

8 ____ acid is the v[itamin] and spinach. (5)

11 Disease caused b[y] which include we[akness] paralysis. (8)

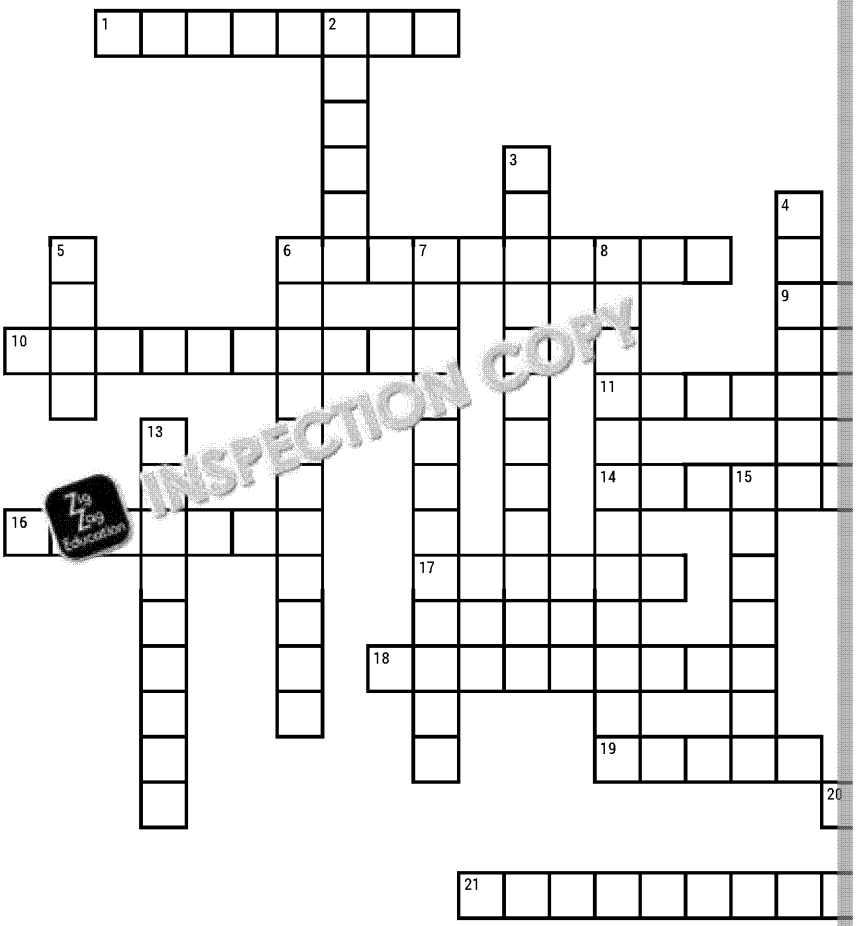
12 A pill or capsule t[hat] in the body and i[s]

13 The chemical nam[e] is crucial for relea[sing] B2). (10)

15 Vitamin D is prod[uced] sunlight. (4)

18 Deficiency of this

Micronutrients: minerals and water



Across

1 Trace element necessary for strengthening enamel. (8)

6 ___ often affects the elderly on the hot, sunny days. (10)

9 Chemical element found in milk, dairy products and bony fish, necessary for the proper development and growth of bones and teeth. (7)

10 Condition caused by improper fluoride intake and bad mouth hygiene, where enamel becomes damaged by acids and bacteria. (5,5)

11 The hardest tissue in the human body. (6)

14 One of the electrolytes that has a role in supporting n[illegible]ve impulses. (9)

16 Inorganic chemical element n[illegible] the body to build cells, conduct [illegible]ic i[illegible] or build hormones. (7)

17 Condition in w[illegible] thyroid gland is enlarged. (6)

18 Mineral which together with vitamin B6 is responsible for the proper muscle performance. (9)

19 Salty secretion on the skin. (5)

20 Cheese, yoghurt or buttermilk. (5)

21 When not enough water is drunk. (11)

Down

2 Microelement nece

3 Function of water w from the body. (12)

4 Childhood disease deficient in vitamin

5 Non-haem ____ is broccoli. (4)

6 Blood protein respo

7 Small gland in front necessary for prope

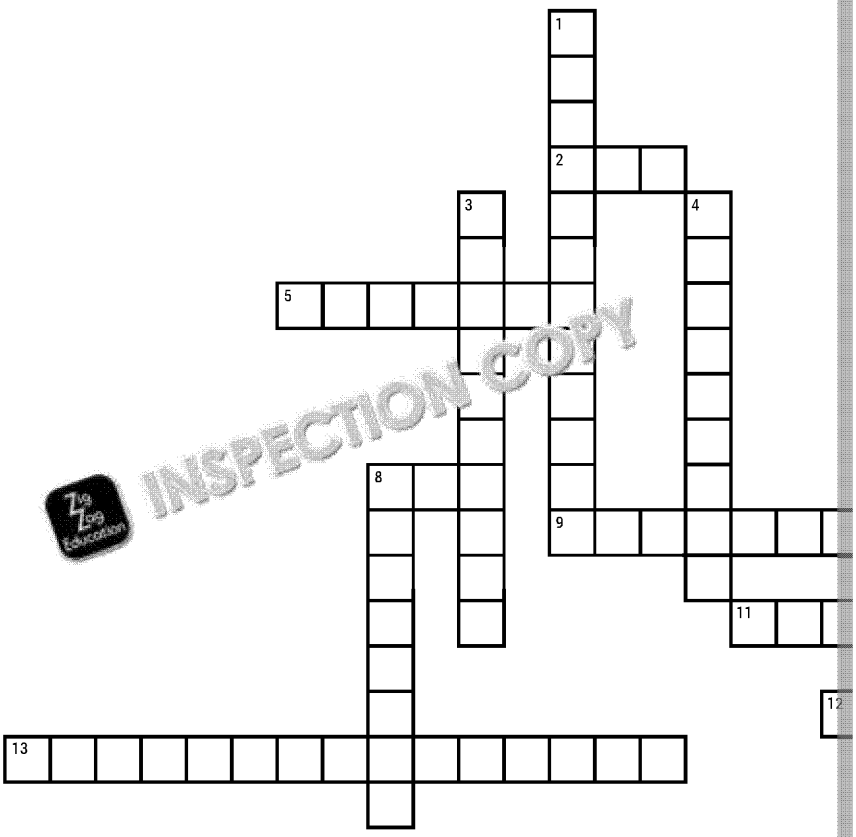
8 Brittle bone disease

12 Process in which dr

13 Invertebrate marine protein and iodine.

15 Condition caused b particular iron, vita red blood cell level

Energy requirements of individuals



Across

2 Acronym for the amount of energy necessary to stay alive. (3)

5 Condition diagnosed when BMI is higher than 30. (7)

6 Macromolecules present in a high concentration in nuts, seeds and fish. (4)

8 Acronym for the amount of energy needed to perform life activities. (3)

9 Situation in which energy consumption and expenditure are equal. (6,7)

11 Unit used to measure energy, equal to 1 kilocalories. (9)

12 A ____ source of energy is food that is used mainly to provide energy. (6)

13 Food which provides many calories in one gram. (6-5,4)

Down

1 Nutrient provided bread, other than

3 What happens to negative – more the diet. (6,4)

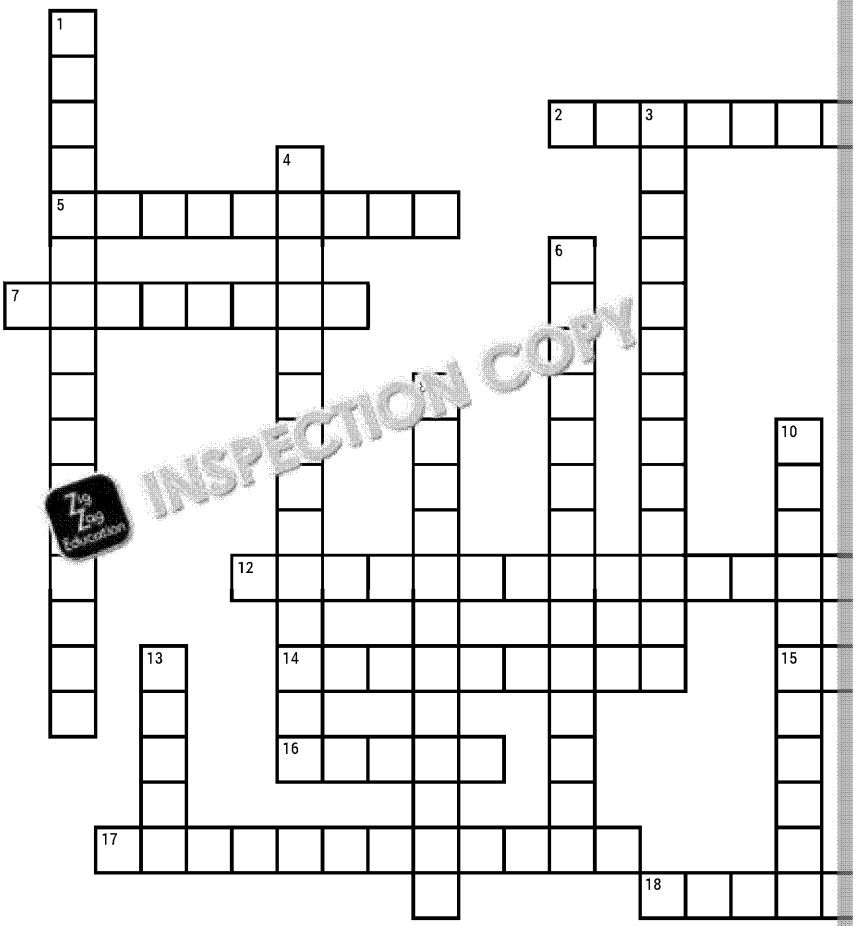
4 A ____ source of energy only if oth

7 Bread and pasta

8 Macromolecules fish, meat and da

10 A unit used to me count the _____s

Balanced diet and guidelines



Across

2 Period in which the body increases its dimensions rapidly. (6,5)

5 Sugar naturally occurring in foods. (9)

7 To stay healthy, one must eat a ____ diet. (8)

11 The British Nutrition Foundation states that these sugars should provide less than 5% of daily calorie intake. (4)

12 Chemical substances necessary for the proper functioning of the body, needed in small amounts only. (14)

14 Process of supplying a sufficient level of water in the body (9)

15 ____-3 is an essential fatty acid prese[illegible] and oily fish. (5)

16 Food which pr[illegible] energy in one gram is energy ____. (5)

17 The maximum bone density, reached during adolescence and early adulthood, thanks to calcium accumulation. (4,4,4)

18 Sugars added to food products, as opposed to those naturally occurring in foods, consumption of which should be limited to remain healthy. (4,6)

Down

1 Movement of the b[illegible] (8,8)

3 State in which exce[illegible] micromolecules ar[illegible] related health cond[illegible]

4 A person who does[illegible] (14)

6 ___ include three g[illegible] the organism in lar[illegible]

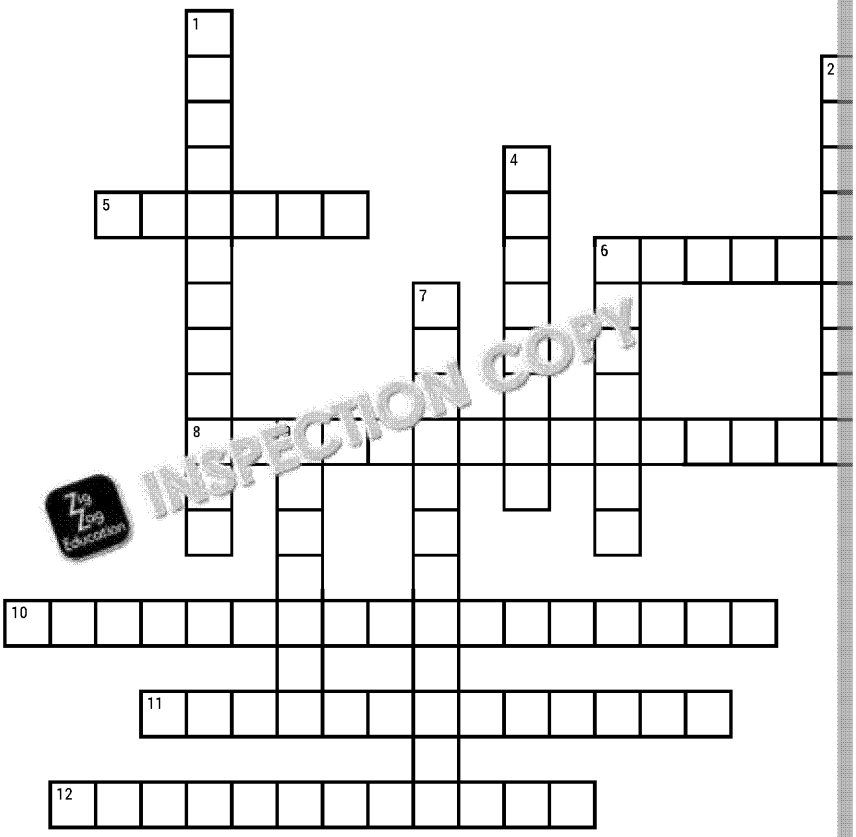
8 A person who does[illegible]

9 Low-activity lifesty[illegible]

10 A _____ _____ for [illegible]

13 There are two types[illegible] reduce cholesterol[illegible]

Dietary needs and health part 1



Across

5 Protein in cereals that may cause digestive problems or an autoimmune reaction. (6)

6 ____ heart disease often causes chest pain AKA angina. (8)

8 Condition caused by iron deficiency or an inability to properly ingest it. (4,10,7)

10 Condition in which fat accumulates in the liver, which can cause scarring and impair the performance of the liver, often seen in obese people. (5,5,7)

11 Ratio of body mass to height squared (kg/m²) used to assess whether someone's weight is optimal for their height. (4,4,5)

12 High blood p[illegible]e. (12)

Down

1 State in which in[illegible] micronutrients a[illegible]

2 The medical term[illegible]

3 Condition (usuall[illegible] cannot be digest[illegible] stomach ache an[illegible]

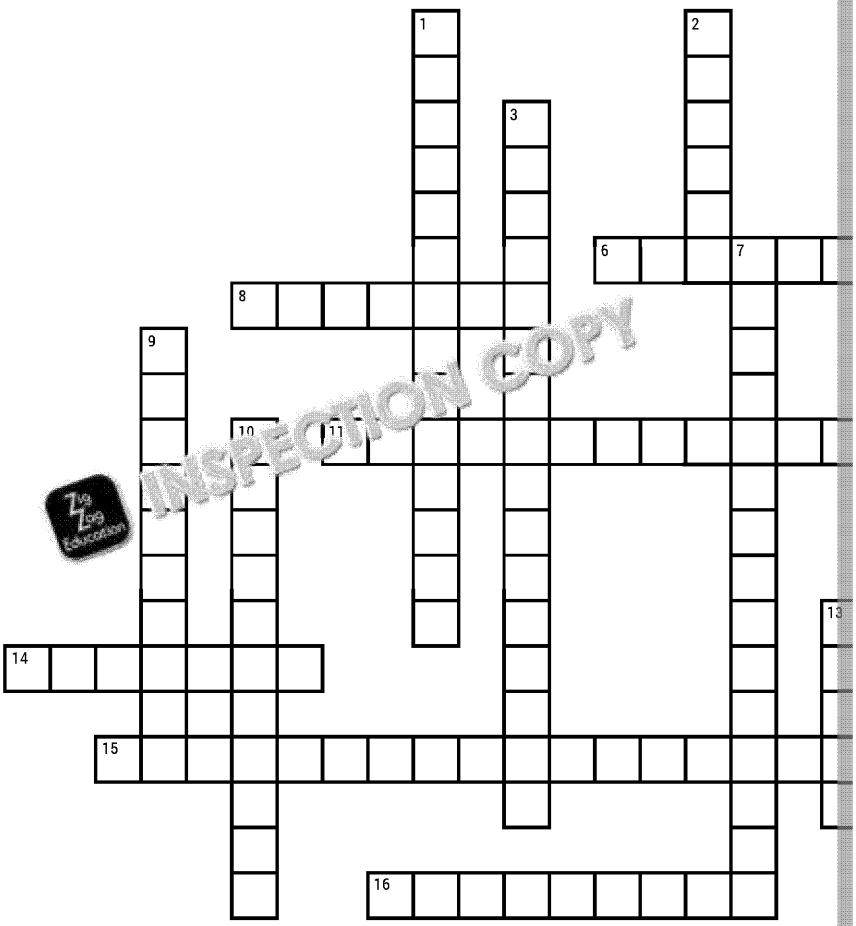
4 A person who su[illegible]

6 Person who cann[illegible] autoimmune reac[illegible]

7 A disease that is [illegible] strength, often d[illegible] (12)

9 State in which a l[illegible] in the body. (7)

Dietary needs and health part 2



Across

6 Mammary gland tumour, for which risk factors include obesity, drinking alcohol and lack of exercise, as well as hormonal issues and gene mutations. (6,6)

8 Hormone which lowers blood sugar levels. (7)

11 Condition in which fat accumulates in the liver, which can cause scarring and impair the performance of the liver, often seen in obese people. (5,5,7)

14 Simple sugar present in blood. (7)

15 High level of cholesterol in blood. (20)

16 Condition in which the joints are swollen and painful. (9)

Down

1 The 'bad' choleste atherosclerosis a excess. (3,11)

2 Also known as a ' a diet high in satu

3 Vessels which pu

4 The organ which blood sugar level

5 Childhood diseas which is deficien

7 Condition in whic blood vessels. (1

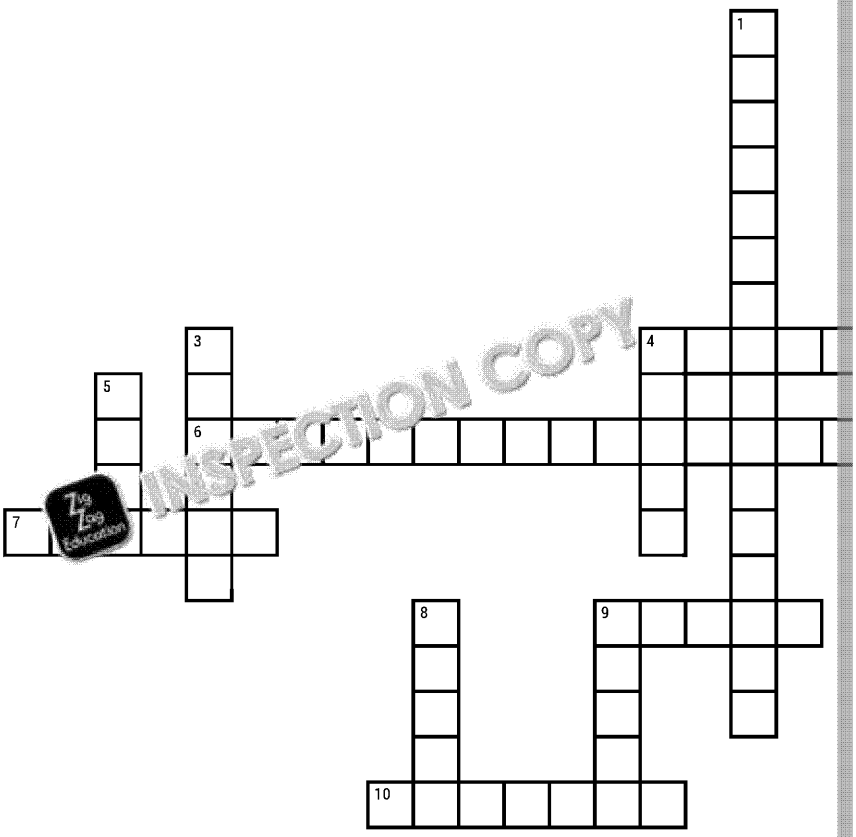
9 Damage to enam too many sugary

10 Substance prese LDL. (11)

12 Ability to protect

13 The risk of ___ ca don't eat enough

Lifestyles and religions



Across

4 Type of diet which does not allow consumption of meat, and sometimes other animal-derived foods such as fish, milk or eggs. (10)

6 Group of people who do not eat meat, but eat eggs and dairy products. (5-3-11)

7 Beef and lamb are examples of ___ food in Judaism. (6)

9 Pork is not considered a ___ meat in Islam. (5)

10 During Ramadan, ___ must fast from dawn to dusk. (7)

Down

1 Group of people v… dairy products. (5…

2 System of beliefs… lives, from their li…

3 Idea, trust or con… religion, ethics or… food choices in a…

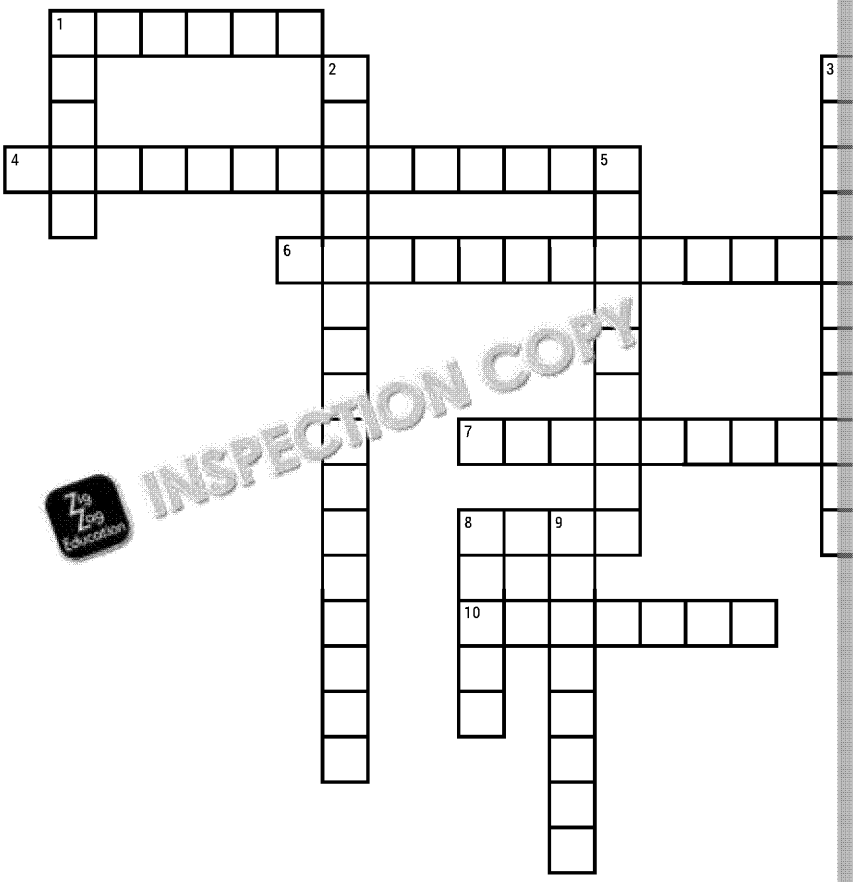
4 A person who do…

5 Many ___ celebra… special foods. (4…

8 Holi and Diwali a…

9 Pork chops and b… food in Islam. (5…

Calculate energy and nutritional values of recipes, meal



Across

1 Polysaccharide in pasta or grains. (6)

4 Chemical substances necessary for building the body and providing energy, needed in large amounts. (14)

6 Chemicals needed by the human organism in small amounts. (14)

7 To track one's eating habits, it is important to note all food eaten in a _____ _____. (7,5)

8 A ____ table contains all the data about a product or ingredient. (4)

10 State in which sufficient, appropriat[illegible] of nutrients and water are pr[illegible]

Down

1 Organic macrom[illegible] photosynthesis, [illegible] the form of singl[illegible]

2 The ____ ____ can[illegible]

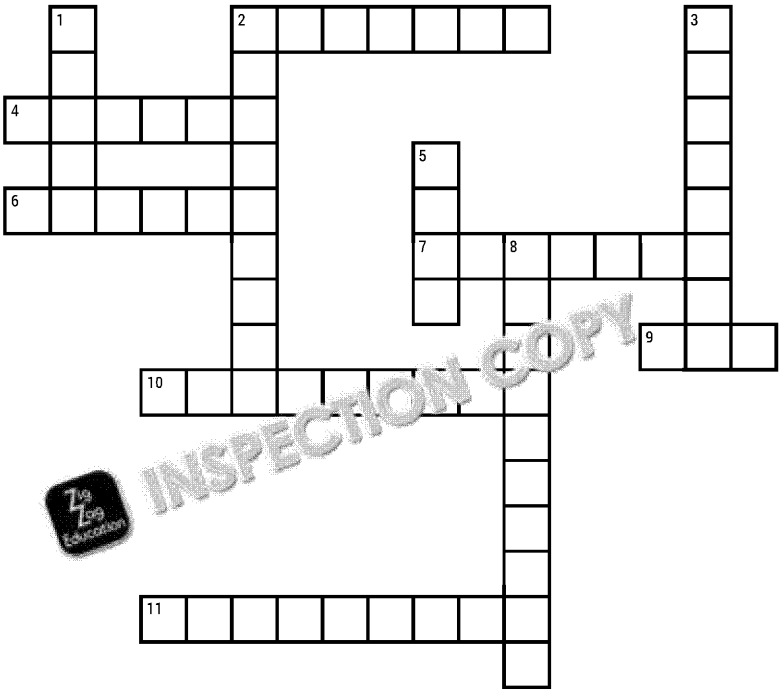
3 Regimen in which micronutrients ar[illegible] amounts, from va[illegible]

5 Fats present in su[illegible]

8 Polysaccharide w[illegible]

9 Type of freshwat[illegible] present in large a[illegible] around their body[illegible]

Reasons why food is cooked



Across

2 Cooking helps to improve it by making food easier to chew. (7)

4 Solanine is an example of a natural ____ occurring in green potatoes. (6)

6 Roof of the mouth. (6)

7 Cooking can affect the ____ of meat thanks to multiple chemical reactions, such as caramelisation and denaturation. (7)

9 Food which is in its natural state, before any heat treatment or processing. (3)

10 How long a food can be st[illegible] (5,4)

11 Process of b[illegible] nutrients in the stomach and intestine[illegible] form which can be ingested through the gut wall into the bloodstream. (9)

Down

1 Can't be smelled

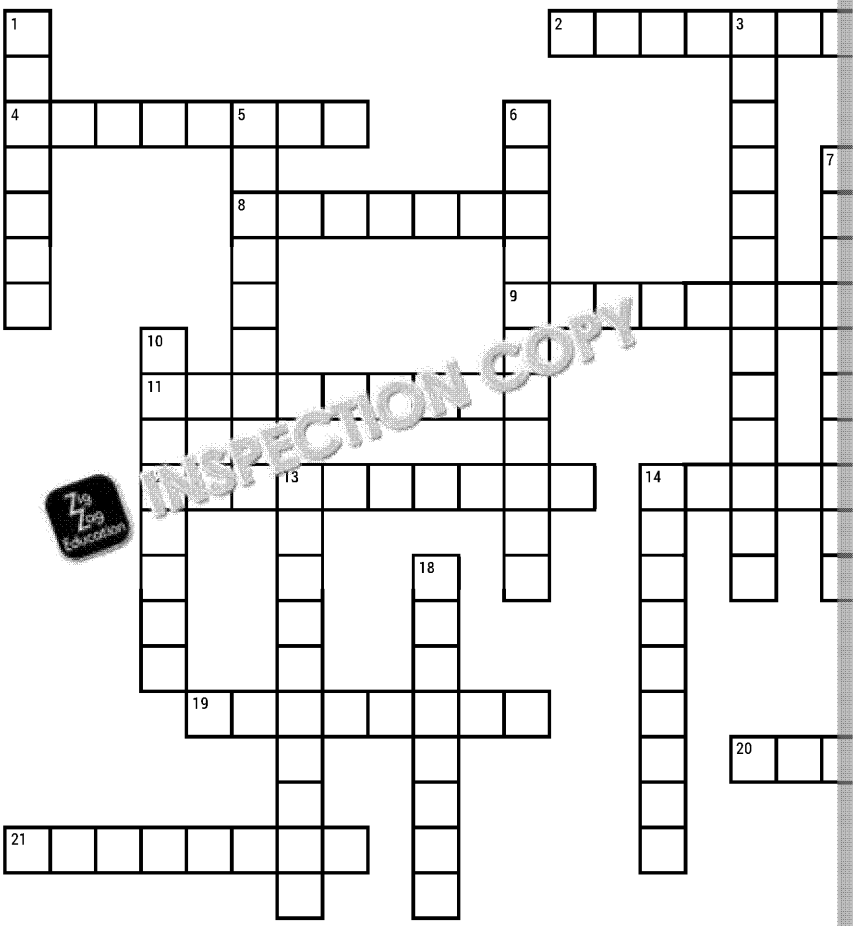
2 Cooking pork for [illegible] helps to ____ the [illegible]

3 Salmonella is typ[illegible] poisoning if you [illegible]

5 Food which is sec[illegible] called ___. (4)

8 Food which is par[illegible] appealing. (10)

Heat transfer and cooking methods



Across

2 Cooking method in which food is first sealed, and then stewed. (8)

4 Type of wave emitted by every living organism. (8)

8 Baking and toasting are examples of using ___ ____ in cooking. (3,4)

9 Electromagnetic waves used in radio transmissions or cooking. (10)

11 The effect on food of exposure to air. (9)

12 _____ transfers heat directly from the pan to the food in it. (10)

14 Moist cooking method where a large ar[illegible] bling water at 100 degrees Celsius [illegible]

16 Traditional Su[illegible] sts of meat, potatoes, Yorkshire pud[illegible] getables and gravy. (5)

19 Mixture of oil, acid and spices used to tenderise meat. (8)

20 Dry cooking method that involves using an oven without exposing food to the flame. (6)

21 The effect on fruit of enzyme action. (8)

Down

1 Fat-based cooking [illegible] requires the use of [illegible] (4-3)

3 Fat-based cooking [illegible] fat to transfer the h[illegible]

5 In ____, heat waves [illegible]

6 When various prepa[illegible] decrease in the nut[illegible]

7 _____ needs a mediu[illegible]

10 Moist cooking meth[illegible] degrees Celsius in a[illegible] its texture. (8)

13 Cooking method in [illegible] of hot oil. (4-6)

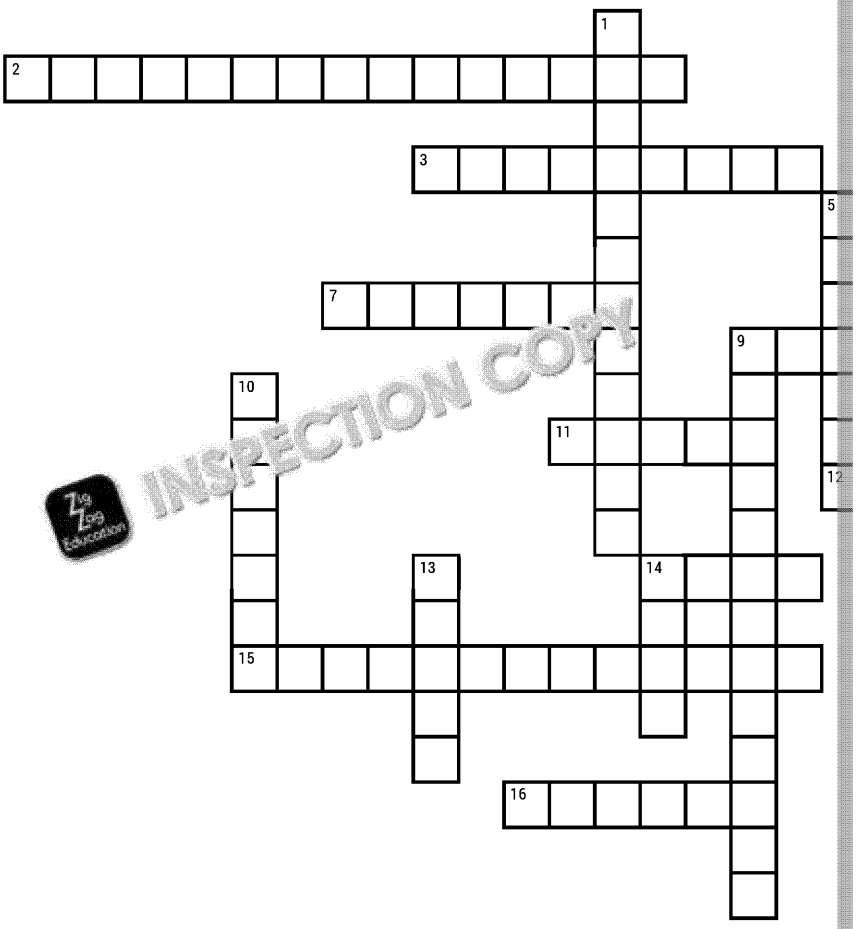
14 The process in whic[illegible] for a short time and[illegible] (9)

15 Barbecuing – cooki[illegible] oven or over an ope[illegible]

17 Food which is cook[illegible] ____. (8)

18 Cooking method wh[illegible] in food. (8)

Positive use of microorganisms in dairy products



Across

2 Bacteria used in cheese production, added to begin the process of milk fermentation. (7,8)

3 French cheese with a white skin. (9)

6 Coagulated milk or lemon spread. (4)

7 Low-sugar product of milk fermentation. (7)

9 Fermented, cured and smoked spicy sausage originating from Spain. (7)

11 Popular beverage made from fermented apple juice. (5)

12 Disaccharide in milk. (7)

14 Popular alcoholic beverage traditionally made from grapes fermented with yeast. (4)

15 Harmless bacteria used in food manufacturing. (3-10)

16 Spicy sausage originating from Italy, made of fermented beef or pork. (6)

Down

1 Process in which substance, used i (12)

4 Product of milk s

5 Colourless liquid

8 Enzyme used in c

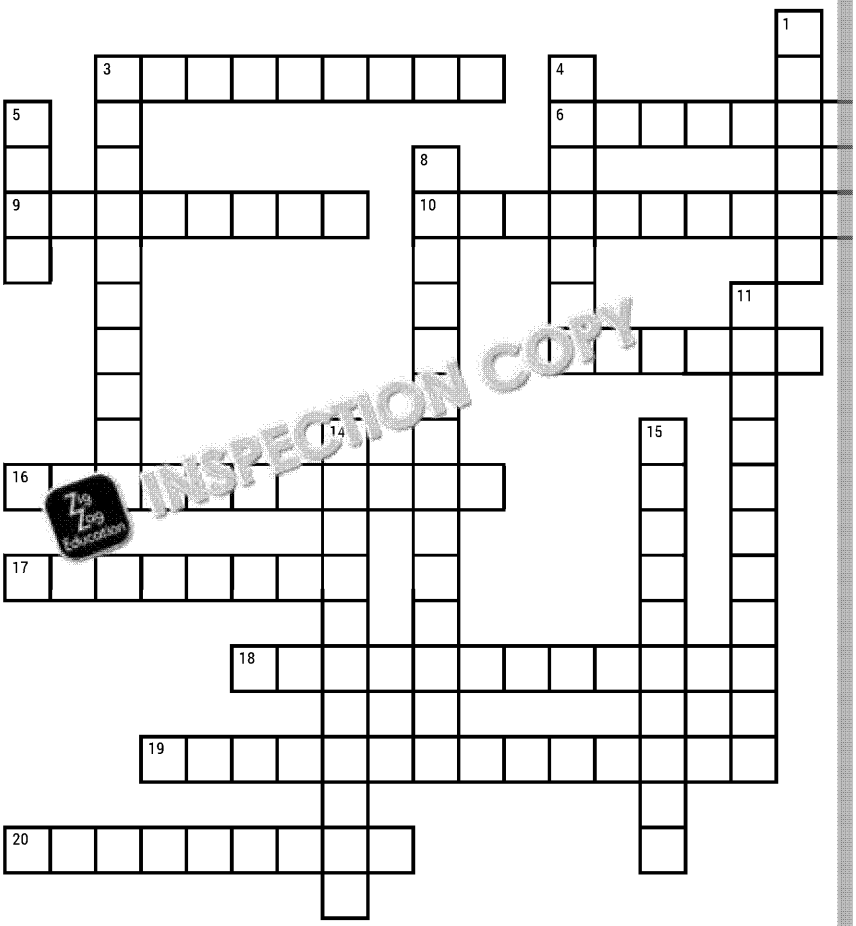
9 Colourless gas in

10 Traditional Britis

13 Single-celled fun manufacturing of

14 Liquid by-produc

Functional and chemical properties of ingredients



Across

3 ____ happens in overcooked eggs, which leak water and become rubbery. (9)

6 A solution of acid, oil, herbs and spices, used to prepare a range of meats and tenderise them. (8)

9 Process in which air bubbles are trapped in a mixture of fat, leading to cream formation. (8)

10 Process of mixing oil and water together to obtain a stable mixture, used to prepare mayonnaise. (14)

12 Net-like structure which makes bread springy. (6)

13 Chemical substance which reacts with [illegible] and causes potatoes to darken. (6)

16 A particle which [illegible] by water is called ____. (11)

17 Step of cheese production. (8)

18 Temperature at which fat becomes oil. (7,5)

19 ____ is a process which happens when flour is boiled with water. (14)

20 The effect on food of exposure to air, leading to decrease in nutritional value as well as a change in flavour or smell. (9)

Down

1 Carbohydrate in [illegible]

2 One of the protein [illegible] presence of water

3 Traditional crumble [illegible] with butter. (10)

4 Unbranched polysaccharides which build the [illegible]

5 Light, delicate structure [illegible] trapped in a liquid

7 Strong acids or [illegible]

8 Causes toast to [illegible]

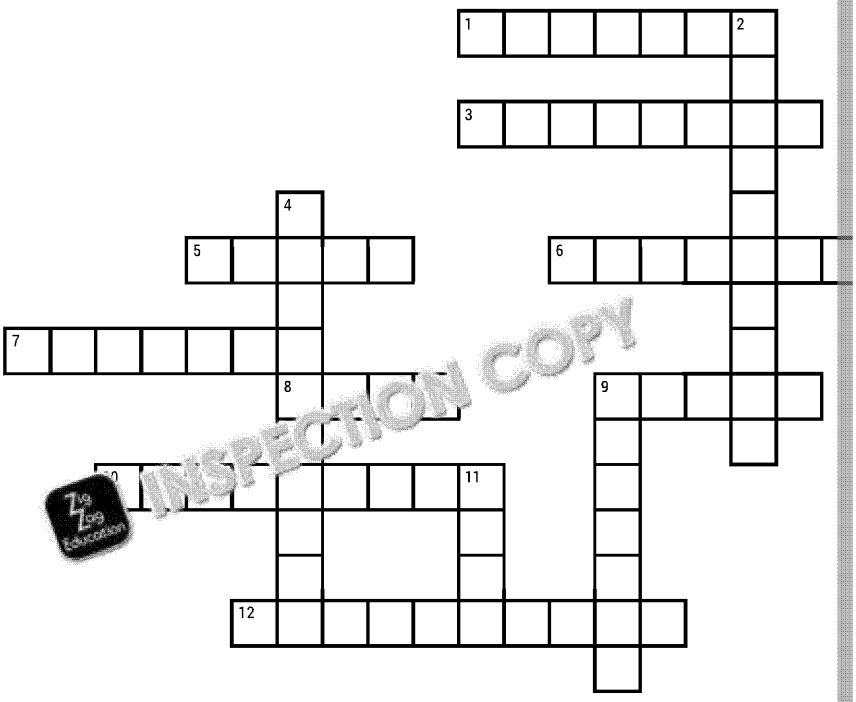
11 Branched polysaccharides which build the [illegible]

12 One of the protein [illegible] presence of water

14 Thanks to this process [illegible]

15 ____ of fats mean [illegible] reshaped over a [illegible]

Buying and storing food



Across

1 Refrigerators are used to store ___ foods. (7)

3 Storing food at temperatures below 0 degrees Celsius, in order to stop bacterial growth and preserve nutritional value. (8)

5 Date mark on fresh, easily spoiled foods. (3,2)

6 ___ ___ food increases the possibility of food poisoning. (4-4)

7 Temperature between 20 and 25 degrees Celsius, at which some foods can be safely stored. (7)

8 Freezer ___ happens to improperly [illegible] or insecurely wrapped frozen [illegible]

9 Strong chee[illegible] ot[illegible] smelly foods often ___ (or contaminate) foods. (5)

10 How long a food can be used or eaten. (5,4)

12 Another name for thawing. (10)

Down

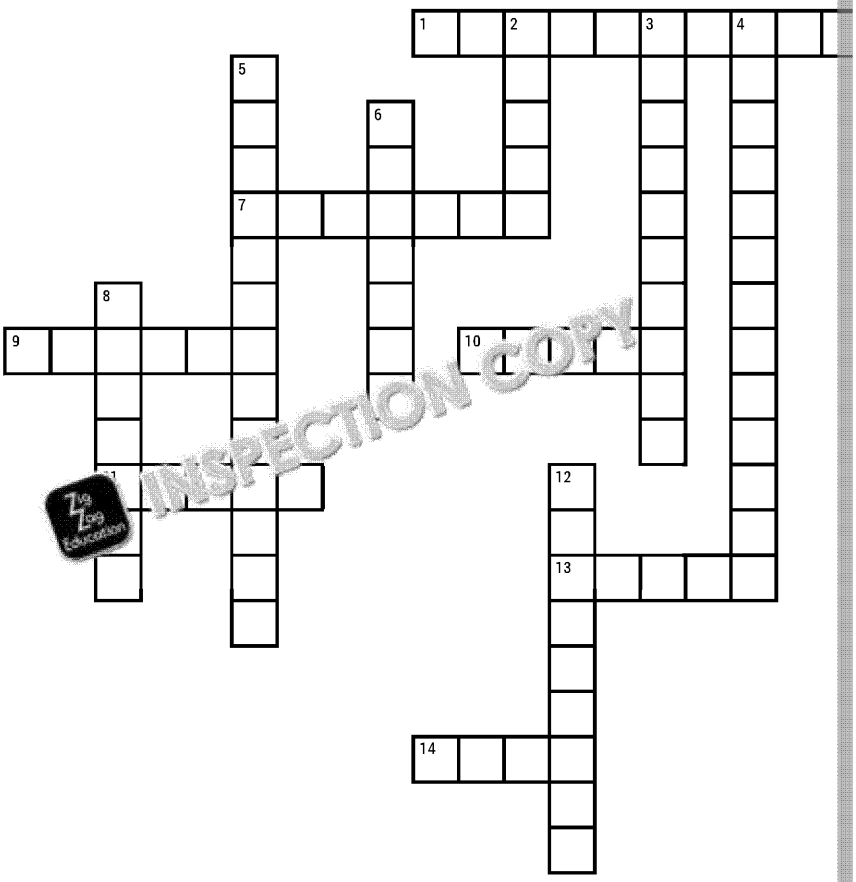
2 ___ ___ tempera[illegible] growth. (6,4)

4 Date mark on dry[illegible]

9 Changing the phy[illegible] temperature. (7)

11 Perishable food p[illegible] poisoning – the [illegible] after the best bef[illegible]

Preparing and cooking food



Across

1 Killing bacteria with heat or special sprays. (12)

7 Personal ____ rules include washing one's hands after touching one's face. (7)

9 Made of latex or vinyl. (6)

10 Electronic tool inserted into food to check its readiness. (5)

11 Protects clothes from stains and dirt. (5)

13 Harmful substance released by microorganisms. (5)

14 A food probe is used to measure the ____ tem[illegible] of a dish. (4)

Down

2 Survival form of [illegible]

3 All the actions an[illegible] food is not harm[illegible]

4 Cross-____ is a t[illegible] food to another. [illegible]

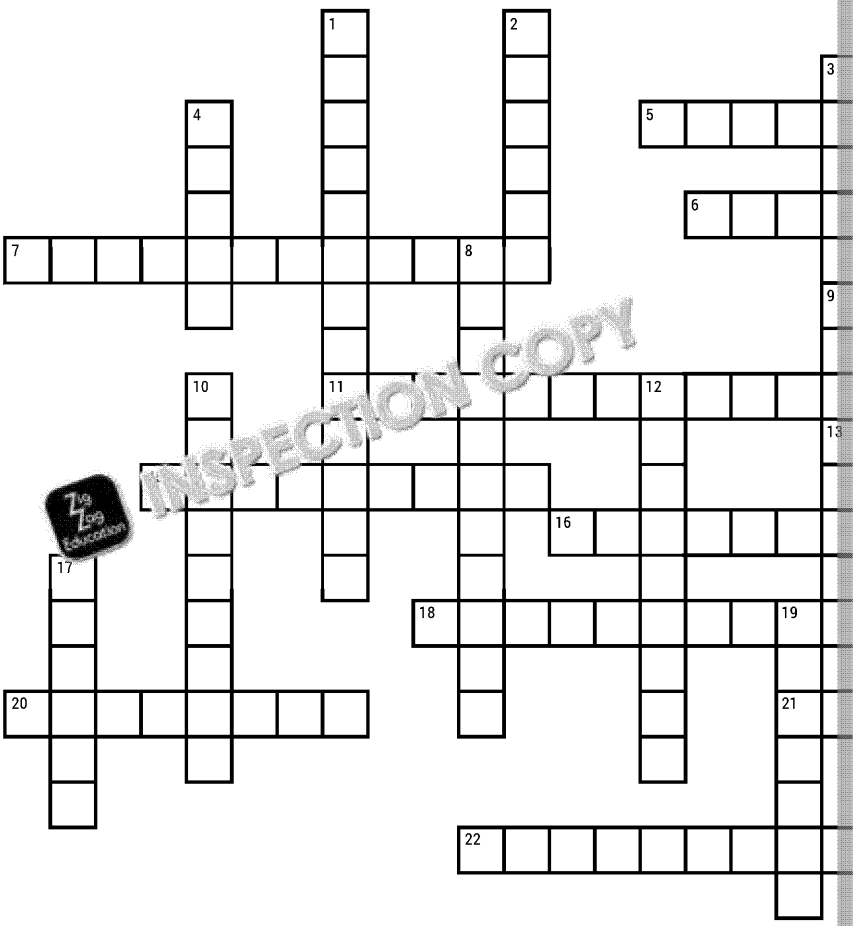
5 Food products wh[illegible] microorganism g[illegible] poisoning or food[illegible]

6 Item of clothing [illegible]

8 State in which mi[illegible] slowed down and [illegible] survive unfriendly [illegible] temperatures and [illegible]

12 Bacteria which ca[illegible]

Microorganisms, enzymes and food spoilage



Across

5 Illness caused by microorganisms or toxins. (9)

6 Microscopic organisms of various shapes used in food production, which can also cause diseases and food poisoning. (8)

7 Negative change in food properties caused by microorganisms and improper storage conditions. (4,8)

9 Furry growth on bread or fruit. (5)

11 A process which turns milk into yoghurt. (12)

13 Bacteria which need oxygen. (7)

15 Disease-causing bacteria. (4)

16 ____ kills all bacteria and spores. (13)

18 Microscopic organisms found everywhere in the environment, on the human body and in food, which can cause food spoilage. (14)

20 Darkening of fruit and vegetables. (8)

21 Chemical reaction booster. (8)

22 The effect on food of exposure to air, leading to a decrease in nutritional value as well as a change in flavour or smell. (9)

Down

1 Food products wh
microorganism g
poisoning, which
ready-to-eat proc

2 Biologically activ
speeds up chemi

3 ____ of food with
(13)

4 Single-celled fun

8 ____ is a process

10 Cooking method
vegetables. (9)

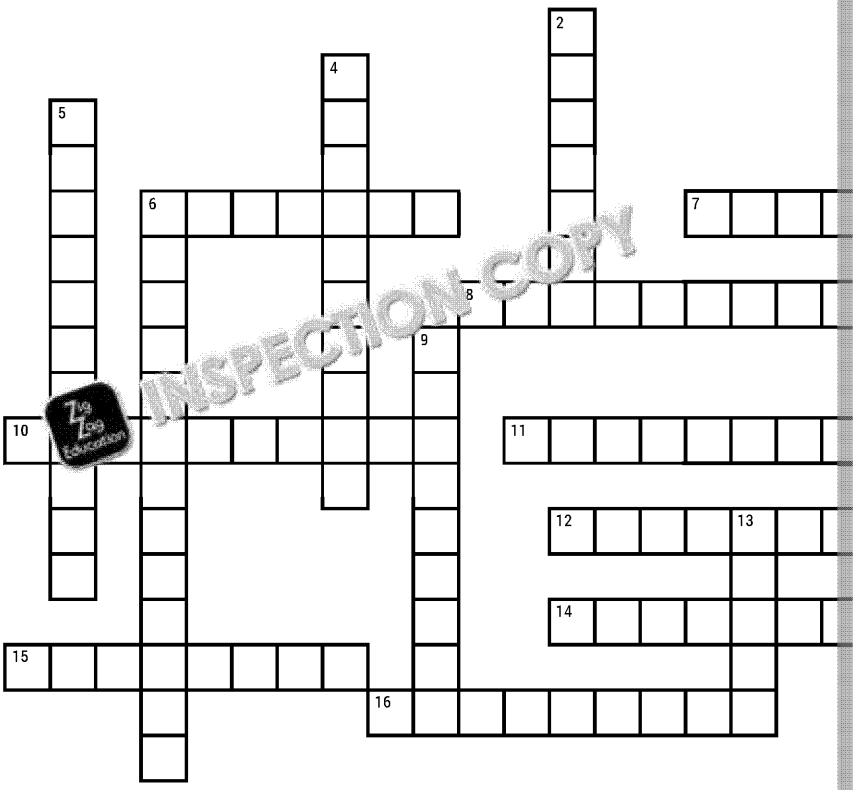
12 Bacteria which d

14 20 to 40 degrees
bacterial growth.

17 Form of bacteria
temperatures wh
more friendly cor

19 One of the produ

Bacterial contamination



Across

6 Person or animal in which bacteria or parasites are present, but don't cause any illness. (7)

7 Method of preserving food by fermentation in a brine or vinegar solution. (8)

8 Bacteria species found in offal and poultry. (13)

10 Bacteria species found in eggs. (10)

11 Method of food packaging in which all the air is sucked out of the package before sealing, which prevents oxidation and prolongs shelf life. (6,7)

12 Condition caused by eating contami[illegible] food, due to development of pathogeni[illegible] or release of toxins. (4,9)

14 This kind of [illegible]ses the risk of listeriosis. (13)

15 One of the main symptoms of food poisoning, usually preceded by nausea. (8)

16 Bacteria which cause diseases. (9)

17 Bacteria species naturally occurring in the human intestines but which is harmful if eaten. (1,4)

Down

1 Bacterium comm[illegible] produces toxins [illegible] eaten. (14,6)

2 Manifestation of [illegible]

3 Process in which [illegible] with the use of hi[illegible] sprays. (12)

4 ___ foods are us[illegible] need to be refrige[illegible] poisoning. (10)

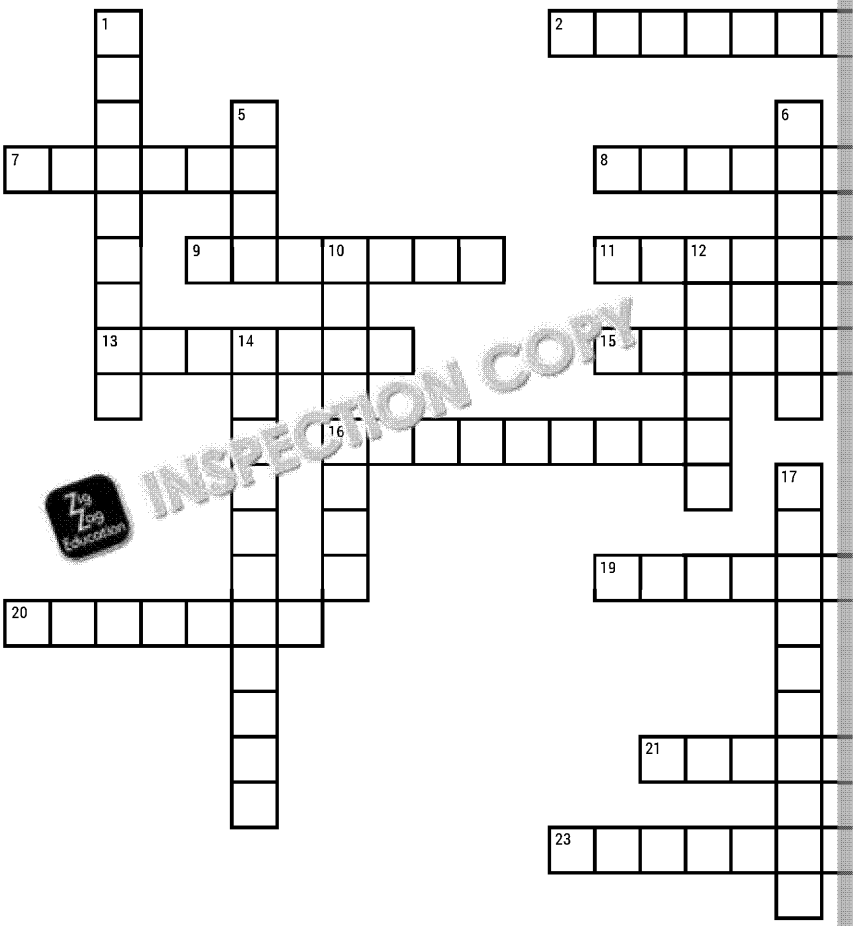
5 One of the main s[illegible] known as dyspep[illegible]

6 Cross-___ of foo[illegible] (13)

9 One of the main s[illegible] characterised by [illegible] pain. (9)

13 Insects or other [illegible] crops or food sup[illegible]

Food origins



Across

2 Method of fishing in which a net is pulled through the water or just above the seabed behind one or more boats. (8)

7 Large metal frame with a net shaped in a scoop, used to catch oysters and other seafood. (6)

8 Examples of this type of food include wild mushrooms and herbs. (8)

9 Animal ____ concerns the conditions in which animals are kept. (7)

11 Nutrient-rich mixture used to enhance soil quality. (10)

13 Leftovers and organic waste used as a fertiliser. (7)

15 ___ foods include turkey in winter and [illegible] in spring. (8)

16 Eggs which ar[illegible]

19 Method of gro[illegible]nts in which roots are dipped directly into water. (10)

20 One of the most ancient ways of obtaining food, today it is performed for amusement. (7)

21 Food product grown or reared without the use of chemicals or GM compounds. (7)

22 Spiral molecule locked in the nucleus of a cell, which carries all the information about a person, animal or plant. (3)

23 Chemical substance sprayed on fields to prevent insects from spoiling the crops. (9)

Down

1 All the animals rea[illegible]

3 Plant or animal wh[illegible] order to obtain or [illegible]

4 Transporting good[illegible]

5 Part of the DNA str[illegible] information. (4)

6 Deer meat. (7)

10 Specially built plac[illegible]

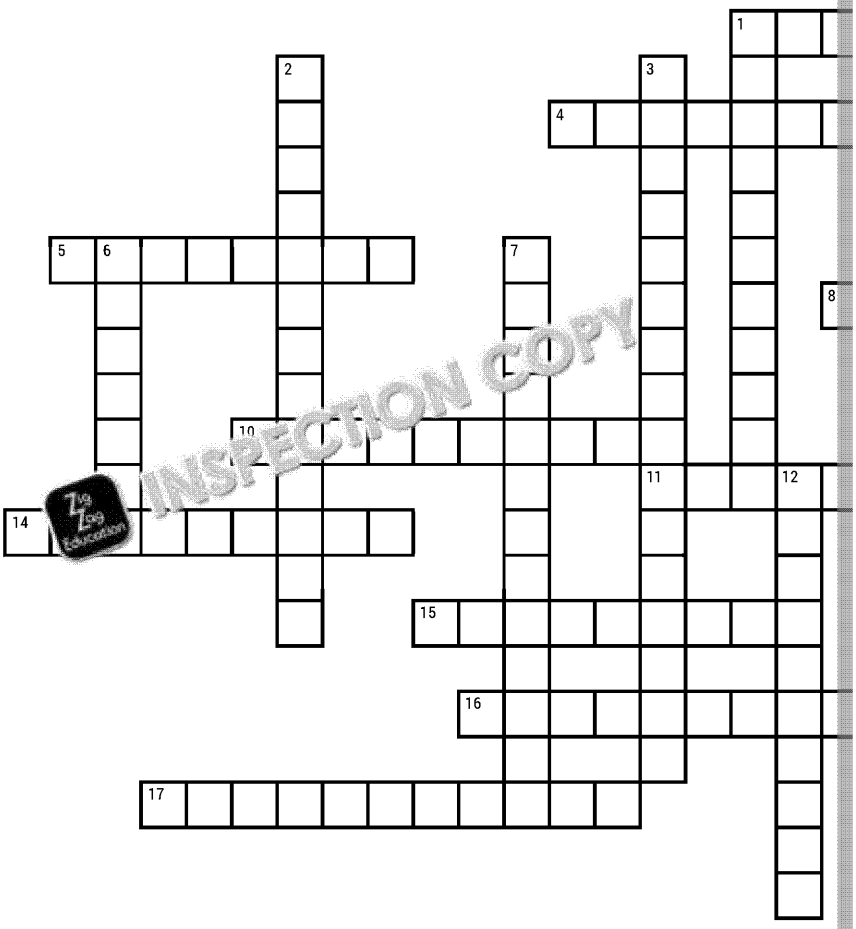
12 Foods made from a[illegible] ingredients. (6)

14 ___ protect plants [illegible] fluctuations. (11)

17 Where food comes [illegible]

18 Piece of land cover[illegible]

Food miles, packaging and sustainability



Across

1 ___ ___ is the distance a food product has to travel from the farm to the plate. (4,5)

4 Foods characteristic of a given time of year. (8,5)

5 Type of an organisation which helps to redistribute food for free to those who cannot afford it. (4,4)

8 Synthetic material used to produce carrier bags. (7)

10 ___ gases are the main cause of climate change. (10)

11 Non-decomposable light synthetic substance. (9)

14 Process of reusing old or broken items to pr[illegible] new ones. (9)

15 The carbon ___ is the [illegible] of gas which is released int[illegible]mosphere during the production of a given food.

16 Material which can be broken down in natural conditions is called ___. (13)

17 ___ ___ include coal, gas and oil. (6,5)

Down

1 Situation in whic[illegible] amounts of nutri[illegible] desired food due

2 Situation in whic[illegible] rises, causing we[illegible] glaciers. (6,7)

3 Naturally occurri[illegible] of non-organic or[illegible] or wood. (7,9)

6 Eggs labelled 0 a[illegible]

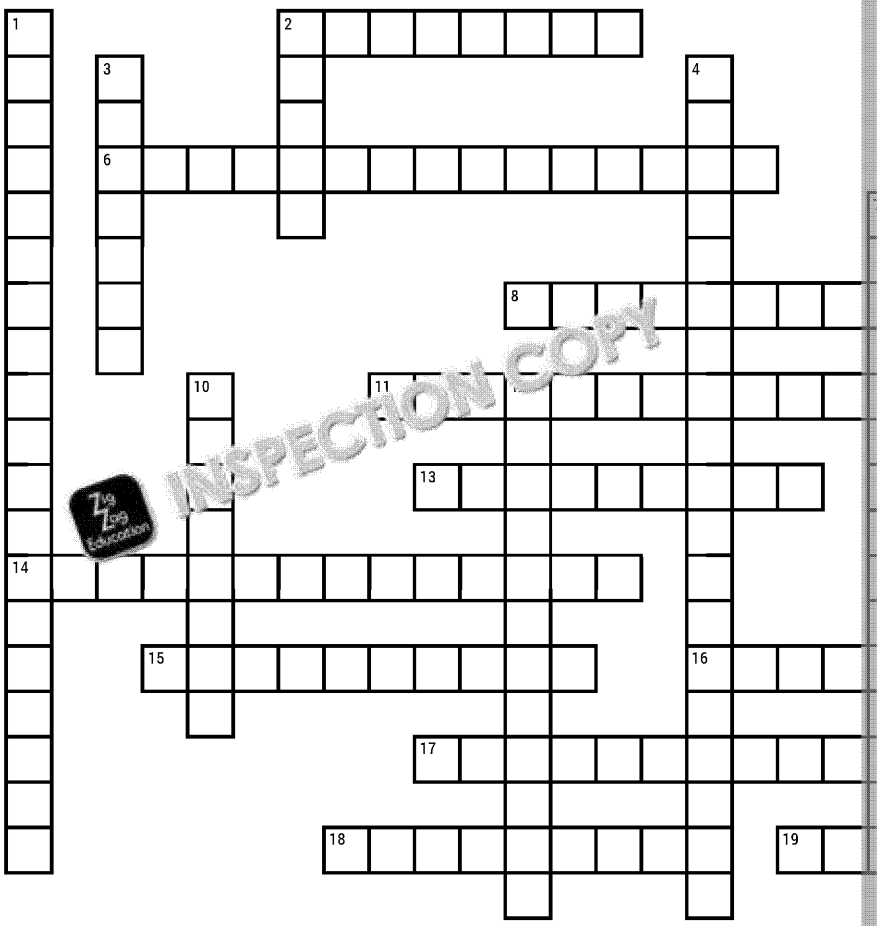
7 The layer of ___ [illegible] (6,7)

9 ___ fishing allow[illegible] ocean wildlife. (1[illegible]

12 ___ ___ is a food[illegible]

13 All food which ha[illegible] and has to be dis[illegible] exceeded date m[illegible]

Food security



Across

2 Artificial fishery built in order to protect natural wildlife and achieve food sustainability. (4,4)

6 The ___ ___ is produced during food production and transportation. (6,9)

7 Large ice mass at the poles. (7)

8 Natural or synthetic mixture of nutrients which increase plant growth. (10)

11 ___ ___ causes weather anomalies and rising ocean levels. (6,7)

13 The distance a food has to travel from a farm to the plate of a consumer. (4,5)

14 State in which a person does not have enough. (14)

15 ___ are used to prevent insects from destroying crops. (10)

16 State in which famine has occurred for a prolonged period of time, causing crop failure and major problems with food production or hygiene. (7)

17 Non-renewable energy sources made of decomposed organic matter. (6,5)

18 Ethical way of buying foods from developing countries. (9)

19 Place where fish are caught. (7)

Down

1 Poor, unindustrialised countries increase their growth by implementing mod

2 State in which mass period of time, caus the surrounding lan

3 Catching undesired species. (2-5)

4 Plant or animal wh order to obtain or e

5 ____ may lead to e

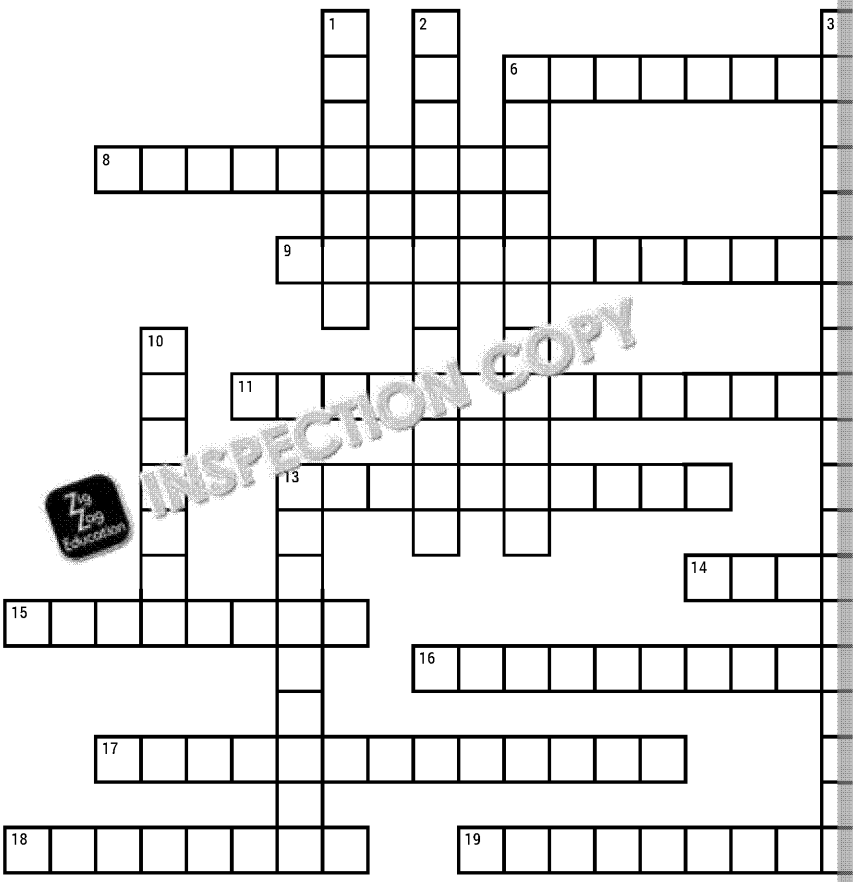
7 Methane, nitrous ox climate change. (1

9 State in which ever amount of safe, he

10 Oranges and water cannot be grown lo

12 ____ means there i ecosystem. (12)

Culinary traditions and cuisines



Across

4 State in which massive rainfall has occurred for a prolonged period of time, causing rivers to leave their beds and swamp the surrounding land. (5)

6 The distance a food has to travel from a farm to the plate of a consumer. (4,5)

8 ___ are used to prevent insects from destroying crops. (10)

9 Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desirable features. (11,8)

11 State in which a person does not eat enough. (14)

13 Natural or synthetic mixture of nutrients which increase plant growth. (10)

14 State in which no rainfall has occurred for [illegible] period of time, causing crop fail[illegible] major problems with food production or hygi[illegible]. (7)

15 Artificial fishe[illegible] in order to protect natural wildlife and achieve food s[illegible]ability. (4,4)

16 The ___ ___ is produced during food production and transportation. (6,9)

17 ___ ___ causes weather anomalies and rising ocean levels. (6,7)

18 Oranges and watermelons are ___ into the UK because they cannot be grown locally. (8)

19 Methane, nitrous oxide and other gases responsible for climate change. (10,5)

Down

1 Large ice mass at t[illegible]

2 State in which ever[illegible] amount of safe, he[illegible]

3 Poor, unindustrial[illegible] increase their grow[illegible] implementing mod[illegible]

5 ____ may lead to e[illegible]

6 Non-renewable ene[illegible] organic matter. (6,5)

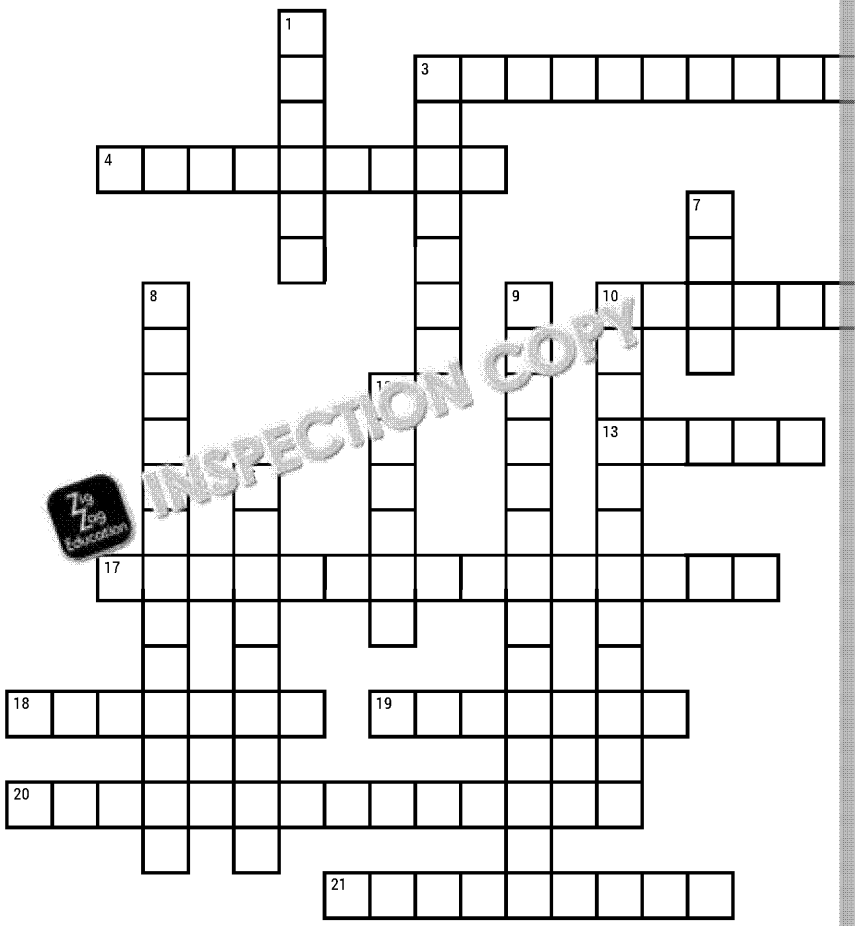
7 ____ means there i[illegible] ecosystem. (12)

10 Catching undesired[illegible] species. (2-5)

12 Place where fish ar[illegible]

13 Ethical way of buyi[illegible]

Food production



Across

3 ___ ___ are bacteria added to milk to lower its pH. (7,8)

4 Bacteria used in yoghurt production are called ____. (9)

6 Turns grain into flour. (4)

10 In __-___ food is first frozen and then moisture is removed under pressure. (6-6)

13 Microorganism used in blue cheese production. (5)

16 Gelling agent naturally present in fruit. (6)

17 Pressing milk through very fine membranes to remove bacteria. (15)

18 The sugar in milk. (7)

19 ___ is a meat-derived, flavourless g[illegible] a[illegible]t. (7)

20 Process in which fat gl[illegible] milk are broken down to protect it fro[illegible]g. (14)

21 Turning fruit in[illegible] is an example of ___ processing of food. (9)

Down

1 Food preservation [illegible] sugar and sometim[illegible] fish. (6)

2 Turning wheat into [illegible] food. (7)

3 Milk from which fat [illegible]

5 Dairy product made [illegible]

7 Protein-rich liquid [illegible]

8 Heat treatment whi[illegible] milk due to the high[illegible]

9 Heat treatment app[illegible] harmful bacteria. (1[illegible]

10 Bacterial ___ turns [illegible]

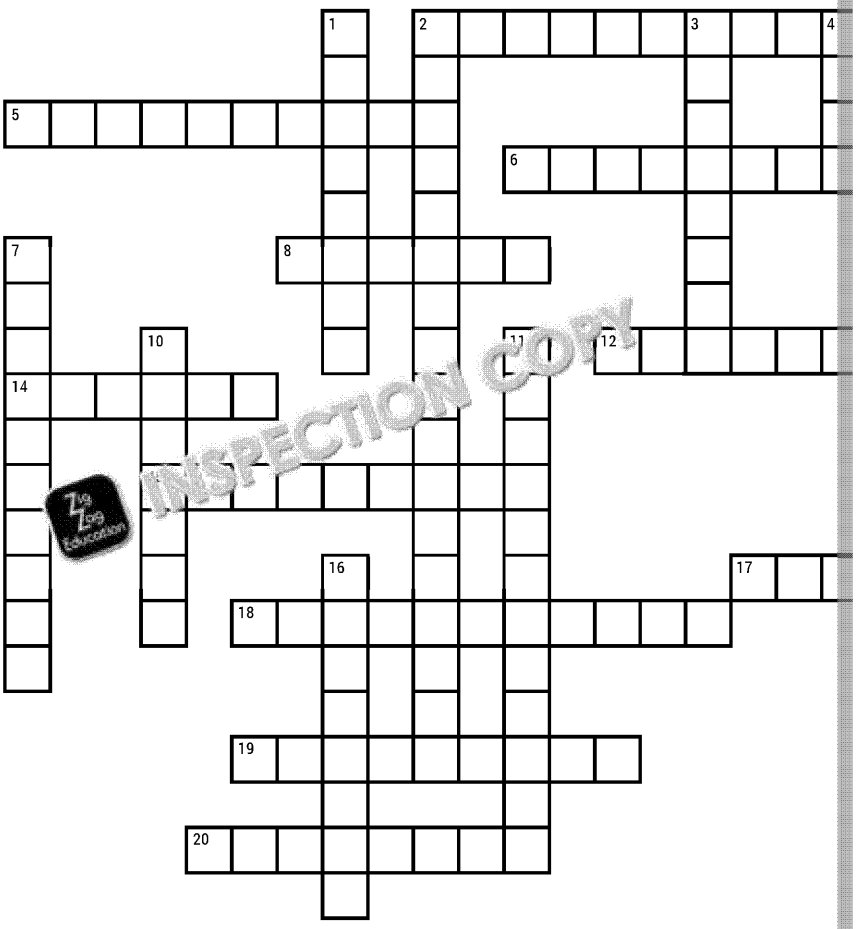
11 The complex protei[illegible]

12 ___ acid is produce[illegible] (6)

14 Wheat grains or raw[illegible]

15 When the time com[illegible] to a factory or shop[illegible]

Technology and food modifications



Across

2 Food additive which prevents food spoilage and enhances shelf life. (12)

5 Lecithin is an example of an _____. (10)

6 Fat spread used instead of butter, obligatorily enriched in vitamins A and D. (9)

8 A vitamin added to flour by law to prevent pellagra. (6)

12 Group of food additives with numbers from E400 to E499, used to fix a food's structure. (11)

14 ___ are at risk of developing vitamin B12 deficiency because they eat no meat or other animal-derived products. (6)

15 Natural or artificial food additives which alter the look of a food. (9)

17 Kind of flour which doesn't lose nutritional value during milling. (9)

18 ___ is a fatty substance associated with cardiovascular diseases. (11)

19 ___ fortification refers to substances which are added to foods by law. (9)

20 Chemicals used to maintain the pink colour of cured meats and prevent the growth of Clostridium botulinum bacteria. (8)

Down

1 A vitamin added to (8)

2 Type of anaemia ca

3 Substance added t (7,1)

4 A mineral added to

7 Food additive used (10)

9 ___ flour has adde

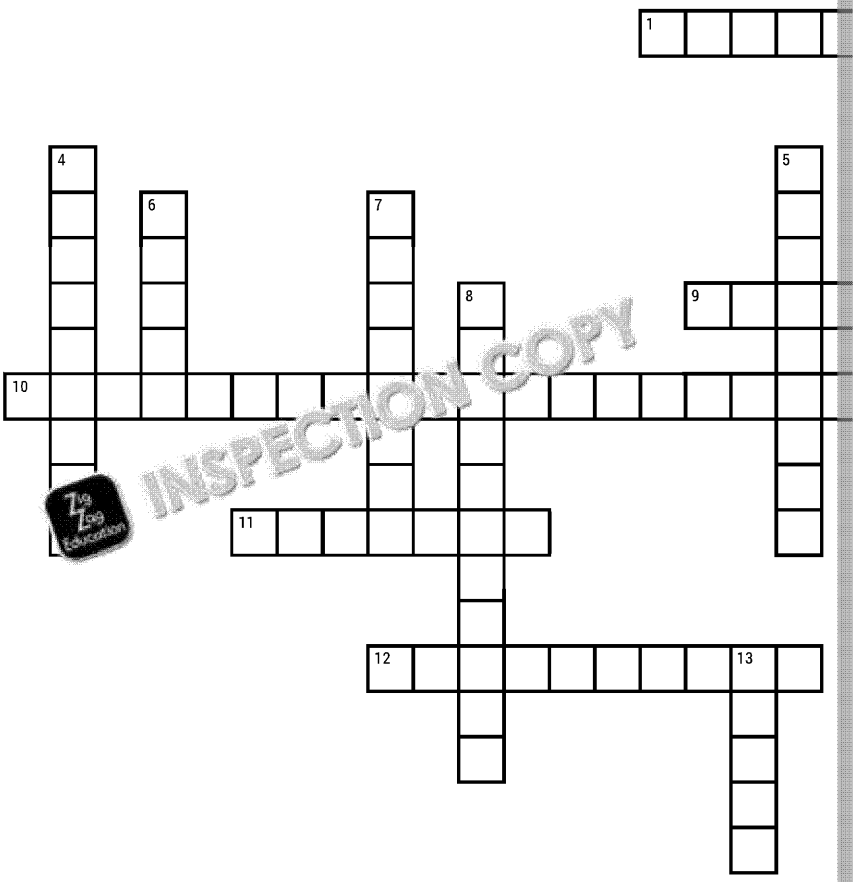
10 A mineral added to

11 Naturally occurring which have the pote decrease the risk o

13 Kind of milk which

16 ___ heart disease increasing the risk

Sensory perception



Across

1 Desire to eat a specific food. (8)

3 One of the five senses, which allows you to assess whether a food looks appetising or not. (5)

9 May be sweet or sour. (7)

10 Properties and aspects of food which are perceived via the senses, especially taste and smell. (12,9)

11 Piece of bread or wafer used to serve pastes and spreads during sensory testing. (7)

12 Tissue which covers and protects all inner organs. (10)

Down

2 Tongue cells spe

4 Liked more or fav

5 The _____ system aromas. (9)

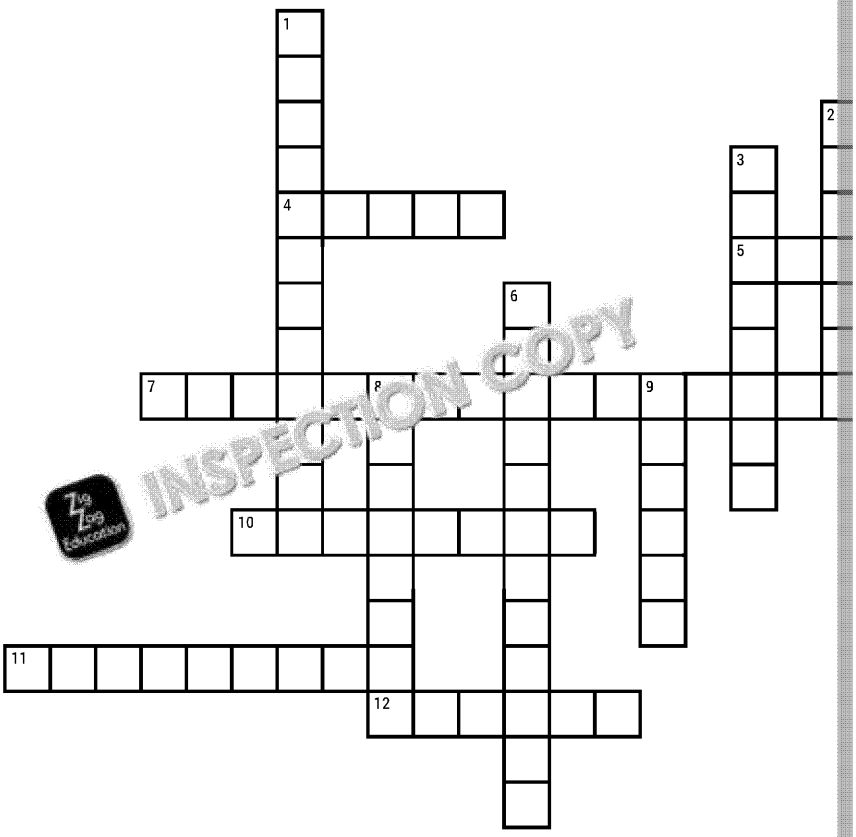
6 One of the featur

7 A cell which send the brain. (8)

8 Actions taken to settings and instr results. (4,7)

13 One of the tastes and soy sauce. (5

Factors which influence food choice



Across

4 The cost of food – the amount of money one has to pay to buy the food. (5)

5 Traditions and ideas specific to a region, country or ethnic group. (7)

7 ____ ____ level indicates how much energy a person needs during the day, and may influence food choices. (8,8)

10 Food specific to a given time of year. (8)

11 May be sedentary. (9)

12 Precise instructions needed to cook [illegible] (6)

Down

1 The influence of [illegible] which may affect

2 People who are [illegible] buy fast food. (7)

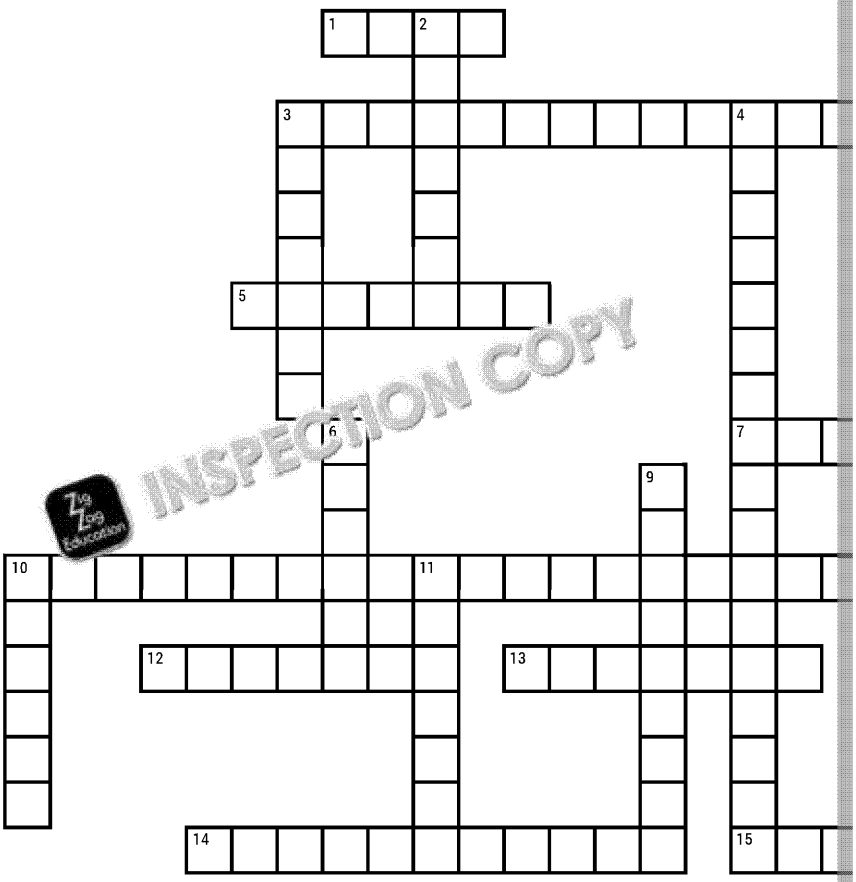
3 Important event [illegible]

6 ____ of food may [illegible] products. (12)

8 Person who buys

9 How much a pers

Food choices



Across

1 Type of meat forbidden in Islam. (4)

3 ___ ___ ensures good living conditions for livestock on farms. (6,7)

5 In ___ farming no pesticides or fertilisers are used. (7)

7 Chemical substance occurring in beverages, forbidden in many religions. (7)

10 An organism whose DNA has been altered by bioengineers. (11,8)

12 Disease in which gluten cannot be [illegible] (7)

13 Enzyme which breaks [illegible] sugar. (7)

14 A food ___ i[illegible] reaction of the digestive tract to a cer[illegible]od. (11)

15 Permitted in Judaism. (6)

Down

2 In Islam, a month [illegible] nothing can be e[illegible] (7)

3 A food ___ is a r[illegible] certain food. (7)

4 ___ ___ may be [illegible] shellfish. (12,5)

6 Hindu festival of [illegible]

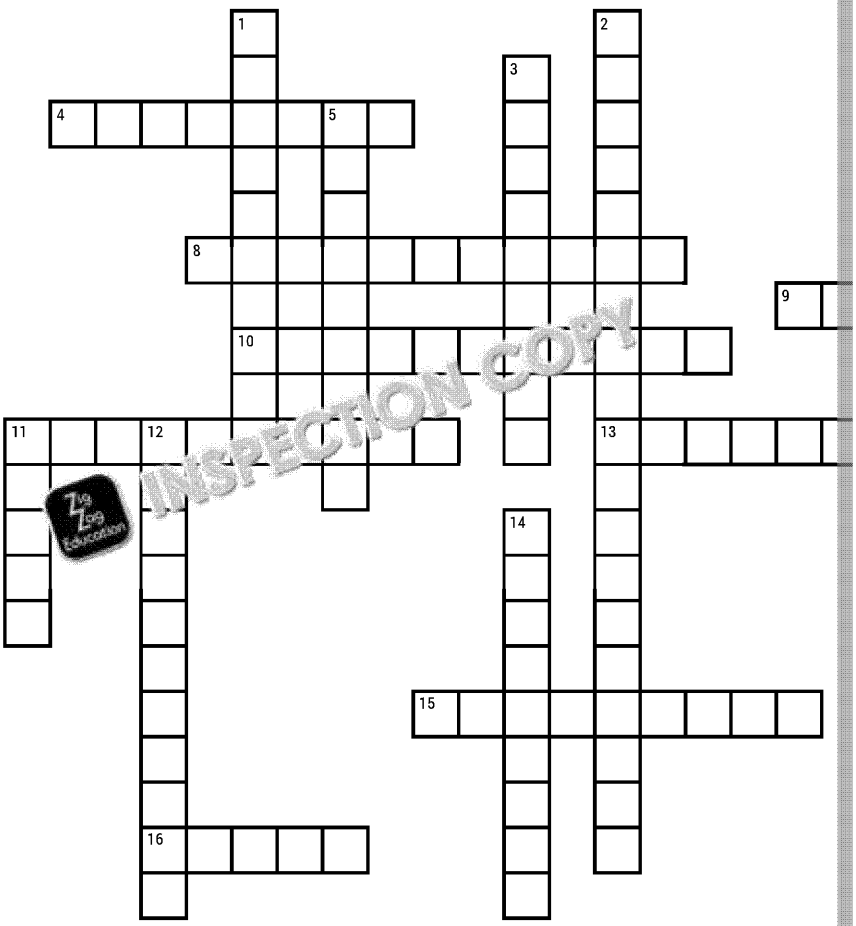
8 In Islam, ___ me[illegible]

9 ___ ensures prop[illegible] workers. (9)

10 A protein present [illegible] is a cause of food [illegible]

11 Carbohydrate fou[illegible] some people who [illegible]

Food labelling and marketing influences



Across

4 Reduction in price. (8)

8 List of what food is made of. (11)

9 A ____ claim states that a food has the potential to improve one's well-being or fitness. (6)

10 _____ value has to be included on a food label. (11)

11 Date mark which applies to food quality. (4,6)

13 Foods which can cause anaphylactic shock if eaten. (9)

15 Product _____ is when a branded product is used in a popular TV series or show. (9)

16 Date mark which applies to food safety. (3,2)

Down

1 Where food com

2 British governme public health in r

3 Methods and tec buy specific goo

5 A ____ claim stat nutrient. (9)

6 Placing sweet an (5,2,4)

7 When buying two getting them sep

11 Marketing techni buying a given pr same product for

12 Group of people a is aimed. (6,5)

14 ____ fortification added to food by

Macronutrients: proteins (Match Up)

1	A by-product of extracting oil from soya beans, usually in the form of chunks.
2	A process that happens to proteins at high temperatures, in an acidic environment or as an effec mechanical action.
3	Amino acids which can be built by the human body from available resources.
4	Amino acids which cannot be produced by the human body from scratch and have to be provide healthy diet.
5	Combining two or more low biological value proteins in order to produce a high biological value
6	Condition caused by prolonged deficiency of protein, occurring especially in developing countri characterised by swelling of the stomach.
7	Long chains of amino acids that are the building blocks of the body, support growth and develop make up 15% of a balanced diet.
8	Nitrogen-based molecules that bind together to form a chain of peptides.
9	Protein-rich product made by *Fusarium venenatum* fungi.
10	Protein-rich products made without the use of animal-derived ingredients.
11	Tiny, easy-to-digest, gluten-free grains originating from South America, rich in carbohydrates, pr fibre, and used as a protein alternative.
12	Traditional Japanese paste made of fermented soya, used for sauces and spreads.
13	Type of bean rich in high biological value protein, used for manufacturing many other products, oil, sauce or cheese-like products.
14	Type of protein in which all essential amino acids are present in the correct amounts; usually of
15	Type of protein in which some of the essential amino acids are in low amounts or lacking; usually origin.
16	What happens to proteins when the molecules aggregate, e.g. as a reaction to salt.

Macronutrients: proteins (amino acids) *(Match Up)*

1	Essential amino acid abbreviated to His, used in the body to produce histamine, which plays a ma inflammation and allergic reactions.
2	Essential amino acid abbreviated to Ile.
3	Essential amino acid abbreviated to Lys.
4	Essential amino acid abbreviated to Met.
5	Essential amino acid abbreviated to Phe, dangerous for people suffering from phenylketonuria.
6	Essential amino acid abbreviated to Thr, used in the body to produce glycine and present in large beans and pulses.
7	Essential amino acid abbreviated to Trp.
8	Essential amino acid abbreviated to Val. High levels of it increase the risk of diabetes.
9	Non-essential amino acid abbreviated to Ala. The second most abundant amino acid in the huma
10	Non-essential amino acid abbreviated to Asn.
11	Non-essential amino acid abbreviated to Asp.
12	Non-essential amino acid abbreviated to Glu.
13	The most abundant essential amino acid in the human body, abbreviated to Leu and used in the fo as a flavour enhancer under code E461.

Macronutrients: fats, oils and lipids (Match Up)

1	A mixture of oil and water.
2	An energy-dense macromolecule built from glycerol and three chains of acids, necessary for buil hormones and insulating the body.
3	An oily fish which is rich in essential fatty acids, characterised by its pink flesh.
4	Chronic disease characterised by high blood sugar levels, often developing as a result of high fat obesity.
5	Condition in which abnormally high levels of adipose tissue are stored in the body, usually cause excessive intake of macronutrients.
6	Connective tissue whose main function is to store energy, and insulate and cushion organs.
7	Fatty acids which cannot be built by the human body from scratch and have to be provided as a p healthy diet.
8	Fatty substance necessary for building cell membranes and bile in the gall bladder.
9	Group of chemical substances which include fatty acids, triglycerides, waxes and sterols, and wh insoluble in water.
10	High-density fraction of cholesterol which transports fats from the blood to the liver, and lower cholesterol levels.
11	Low-density fraction of cholesterol which transports fats around the body and to the cells.
12	The chemical name for a fat molecule.
13	The density or amount of calories derived from a given food, measured in kilojoules or kilocalori
14	The only animal-derived fat which is liquid at room temperature.
15	The process of adding hydrogen atoms to a triglyceride to change its texture from liquid to solid.
16	Three long hydrocarbon chains attached to a glycerol particle to form a molecule of fat.
17	Type of fat in which all the chemical bonds are single.
18	Type of fat in which one or more double chemical bonds are present.
19	Type of fat where more than one double chemical bond is present in the fatty acid chain.
20	Type of fat where only one double chemical bond is present in the fatty acid chain.
21	Type of fats which are produced as a result of heating oils to high temperatures for a long time.
22	Visible fat derived from pigs.
23	Visible fat surrounding the loins and kidneys of cows and sheep, high in saturated fats and chara traditional British cuisine.

Macronutrients: carbohydrates (Match Up)

1	A simple sugar built from five atoms of carbon, naturally occurring in fruit.
2	Carbohydrate which is built from large numbers of molecules bound together into long chains.
3	Carbohydrates built from one molecule only.
4	Carbohydrates built from two particles of sugars, examples of which are lactose and sucrose.
5	Condition in which enamel is damaged by bacteria, causing pain and trouble eating.
6	Disaccharide present in milk.
7	Flour made from whole grains, without separating the bran.
8	Large organic macromolecules produced by plants during photosynthesis, and which include su and fibre.
9	Organic macromolecules produced by plants during photosynthesis, present in a range of food p form of single or paired molecules.
10	Organic macromolecules produced by plants, bound into long chains in order to store energy fo
11	Polysaccharide stored in the liver and muscle cells which is an emergency source of energy.
12	Simple sugar which is a basic source of energy for all of the cells around the human body.
13	Substance occurring in plant cells only, usually indigestible for humans but necessary for mainta
14	Sugars added to food products, as opposed to those naturally occurring in foods.
15	Sugars that occur naturally in food products, as opposed to free sugars.
16	Type of fibre which absorbs water and enhances bowel movements, usually in the form of cellul
17	Type of fibre which swells in the stomach giving the feeling of satiety, usually in the form of pect
18	Type of soluble fibre, present in fruit, which acts as a gelling agent.

Micronutrients: vitamins (Match Up)

1	A group of people whose dietary restrictions may lead to cobalamin deficiency.
2	A pill or capsule taken to top up micronutrient levels in the body and improve overall health.
3	Childhood disease caused by an imbalanced, micronutrient-deficient diet.
4	Condition caused by folate deficiency during the prenatal period.
5	Condition in which bones lose their density and become fragile and easy to break.
6	Disease caused by niacin deficiency, characterised by sensitivity to sunlight.
7	Disease caused by thiamine deficiency, symptoms of which include weakening of the muscles lea paralysis.
8	Disease caused by vitamin C deficiency, the main symptoms of which include receding and bleed tooth loss.
9	Eyesight condition caused by vitamin A deficiency.
10	Form of vitamin A found in animal-derived foods.
11	Form of vitamin A found in fruit and vegetables.
12	Organic molecules needed in very small amounts, usually provided by the diet but some can also in the body.
13	The chemical name for a water-soluble vitamin which is crucial for releasing energy from foods (
14	The chemical name for vitamin B1, deficiency of which causes beriberi disease.
15	The chemical name for vitamin B12, found mainly in meat, offal and egg yolk.
16	The chemical name for vitamin B3, necessary for releasing energy from food, found in lean meat,
17	The chemical name for vitamin B9, crucial for proper development of the spinal cord and for the of red blood cells.
18	The chemical name for vitamin C, found mainly in fruit and vegetables, such as potatoes, blueber cabbage.
19	The chemical name for vitamin D, present in large amounts in milk, dairy products and oily fish, a produced in the skin.
20	The organ which produces cholecalciferol in reaction to exposure to sunlight.
21	Type of anaemia caused by vitamin B12 deficiency, as opposed to iron deficiency anaemia.

Micronutrients: minerals and water *(Match Up)*

1	Chemical element found in milk, dairy products and bony fish, necessary for the proper develop growth of bones and teeth.
2	Chemical trace element necessary for the proper development of tooth enamel.
3	Childhood disease caused by an imbalanced diet which is deficient in vitamin D and calcium.
4	Condition caused by a deficiency of micronutrients, in particular iron, vitamin B12 and folate, ch by low red blood cell levels.
5	Condition caused by improper fluoride intake and bad mouth hygiene, where enamel becomes da acids and bacteria.
6	Condition caused by iodine deficiency, symptoms of which include swelling of the neck and char metabolism.
7	Condition in adults in which bones lose their density and become fragile and easy to break.
8	Element necessary for building red blood cells, which is easily ingested from meat and eggs but w harder to ingest from plant-derived foods.
9	Function of water whereby harmful substances are removed from the body.
10	Important electrolyte necessary for conducting electrical impulses in the nerves and for lowerin pressure.
11	Inorganic chemical element necessary for the body to build cells, conduct electric impulses or bu
12	Invertebrate marine organisms used as food which is rich in protein and iodine.
13	Liquid, salty secretion from glands located mainly in the armpits and from skin pores all over the
14	Mineral necessary for the proper performance of the nervous system, preventing involuntary mu contractions and keeping the heartbeat steady.
15	Process in which drinking water is enriched in fluoride.
16	Products made from milk, often high in calcium.
17	Red pigment in blood cells, built from four peptide chains attached to iron atoms, responsible fo oxygen in the body.
18	Serious condition in which the body cannot cool down any more and gets so hot that it becomes e.g. as the result of very hot weather.
19	Small gland in front of the neck which produces hormones necessary for proper metabolism.
20	State caused by excessive loss and insufficient replenishment of water, usually as the result of ex sweating or exaggerated physical activity.
21	The hardest tissue in the human body, which forms the external part of the teeth.
22	Trace element necessary for building thyroid hormones which regulate the rate of metabolism in

Energy requirements of individuals (Match Up)

1	A method of expressing an individuals physical activity as a number, used to indicate the amount required for activities such as running, walking and sleeping.
2	Amount of energy necessary for conducting basic life functions, such as breathing or heartbeat.
3	Condition in which abnormally high levels of adipose tissue are stored in the body, usually cause excessive intake of macronutrients.
4	Easily available source of energy which is used as a first resort.
5	Food rich in certain macromolecules, such as carbohydrates or fats, which is consumed mainly t power.
6	Food which provides many calories in one gram.
7	Group of macronutrients which should constitute around 15% of daily calorie intake.
8	Group of macronutrients which should provide around 50% of daily energy intake, usually along vitamins and dietary fibre.
9	Situation in which energy consumption and expenditure are equal.
10	Source of energy which is used only if other resources are unavailable.
11	Triglycerides – energy-dense macromolecules present in a range of foods, which should provide daily calorie intake.
12	Unit used to measure energy, equals to 0.24 kilocalories.
13	Unit used to measure energy, which equals approximately 4,184 joules.
14	What happens to the body when the energy balance is negative – more energy is burnt than is pr diet.

Balanced diet and guidelines (Match Up)

1	Amount of food eaten in one meal, usually differing depending on a person's age, sex and body si
2	Chemical substances necessary for building the body and providing energy, needed in large amo
3	Chemical substances necessary for the proper functioning of the body, needed in small amounts
4	Consumption of this type of sugar should be limited to less than 5% of daily calorie intake.
5	Essential fatty acids, present in large amounts in fish, with double bonds located at the third carb the end of the fatty acid chain.
6	Food which provides many calories in one gram.
7	Habits and behaviours which include little or no physical activity.
8	Movement of the body which requires energy expenditure.
9	Period in which the body grows rapidly, i.e. in early childhood and during adolescence.
10	Process of supplying a sufficient level of water in the body.
11	Regimen in which all macronutrients and micronutrients are provided in sufficient, appropriate allow proper functioning of the human body.
12	State in which excessive amounts of macro- or micromolecules are provided, which may lead to r related health conditions.
13	State in which insufficient amounts of macro- and micronutrients are provided.
14	State in which insufficient macro- and micronutrients are provided, often leading to weight loss caused by nutrient deficiency.
15	Substance necessary for proper digestion and bowel movements, decreasing blood sugar levels a the risk of bowel cancer.
16	Sugars added to food products, as opposed to those naturally occurring in foods, consumption o should be limited to remain healthy.
17	Sugars naturally occurring in food products, as opposed to free sugars.
18	The maximum bone density, reached during adolescence and early adulthood, thanks to calcium

Dietary needs and health part 1 *(Match Up)*

1	Abnormally high blood pressure, characteristic of cardiovascular diseases.
2	Chronic disease caused by insufficient performance of insulin, in which abnormally high blood s occur.
3	Condition (usually acquired) in which milk sugar cannot be digested properly, causing bloating, s and diarrhoea.
4	Condition caused by iron deficiency or an inability to properly ingest it.
5	Condition in which abnormally high levels of adipose tissue are stored in the body, usually cause excessive intake of macronutrients.
6	Condition in which bones lose their density and become fragile and easy to break.
7	Condition in which fat accumulates in the liver, which can cause scarring and impair the perforn liver, often seen in obese people.
8	Condition in which heart blood vessels are narrowed by the accumulation of cholesterol plaque lead to heart attack.
9	Disease characterised by immune reaction to gluten, leading to damage of the villi in the intestin nutrient malabsorption.
10	Glycaemia, or the amount of glucose present in the blood.
11	Protein which is present in some cereals, such as wheat, rye or barley, and which cannot be eate with coeliac disease.
12	Ratio of body mass to height squared (kg/m^2), used to assess whether someone's weight is optim height.
13	State in which insufficient amounts of macro- and micronutrients are provided.

Dietary needs and health part 2 *(Match Up)*

1	Childhood disease caused by an imbalanced diet which is deficient in vitamin D and calcium.
2	Condition in which crystals accumulate in joints, causing swelling, pain and difficulty walking, of effect of unhealthy diet and obesity.
3	Condition in which enamel is damaged by bacteria.
4	Condition in which fat accumulates in the liver, which can cause scarring and impair the perforn liver, often seen in obese people.
5	Condition in which veins and arteries are narrowed due to cholesterol plaque accumulation.
6	High level of cholesterol in blood.
7	Important hormone, produced in the pancreas, which is responsible for lowering blood sugar lev
8	Important organ which produces enzymes which are necessary for proper digestion and hormon regulate blood sugar levels.
9	Mammary gland tumour, for which risk factors include obesity, drinking alcohol and lack of exer as hormonal issues and gene mutations.
10	Simple sugar which is a basic source of energy for all of the cells around the human body.
11	State in which blood is not provided to the brain or massive bleeding occurs in the brain, causing death to the brain cells.
12	The 'bad' cholesterol, which can contribute to atherosclerosis and coronary heart disease if in ex
13	The blood vessels which pump blood to the heart.
14	The body's defence system, protecting it from infections and fighting off bacteria and viruses.
15	The 'good' cholesterol, which lowers the level of overall cholesterol in blood by transporting it t
16	Tumour of the lower digestive tract, for which risk factors include low consumption of dietary fi and unhealthy diet.

Lifestyles and religions *(Match Up)*

1	Food prepared following the rules of the Jewish food law called kashrut.
2	Food products which are forbidden for consumption in Islam, such as pork and alcohol.
3	Group of people who do not eat meat or eggs, but eat dairy products.
4	Group of people who do not eat meat, but eat eggs and dairy products.
5	Idea, trust or confidence in something, relating to religion, ethics or morality, which can affect p choices in a significant way.
6	Meat from animals killed in a ritual way or other food products permitted for consumption by M
7	Person who follows the rules of a religion originating in India.
8	Person who follows the rules of Islam, a religion established in the seventh century by Muhamm
9	Person who follows the rules of Judaism, a religion originating in Israel.
10	System of beliefs and laws which affect human's lives, from their lifestyle to their food choices.
11	Type of diet which does not allow consumption of any animal-derived food products.
12	Type of diet which does not allow consumption of meat, and sometimes other animal-derived foo fish, milk or eggs.

Calculate energy and nutritional values of recipes, meals and diets (Matcl

1	Amount of macro- and micronutrients present in a given food, ingredient or meal.
2	Chemical substances necessary for building the body and providing energy, needed in large amo
3	Chemical substances necessary for the proper functioning of the body, needed in small amounts
4	Digestible polysaccharide present in rice, bread or pasta, built from long chains of glucose partic together.
5	Organic macromolecules produced by plants during photosynthesis, present in a range of food p form of single or paired molecules.
6	Regimen in which all macronutrients and micronutrients are provided in sufficient, appropriate from various sources.
7	State in which sufficient, appropriate amounts of nutrients and water are provided.
8	Substance necessary for proper digestion and bowel movements, decreasing blood sugar levels a the risk of bowel cancer.
9	Table which shows detailed nutritional information about food products and ingredients.
10	Type of fats in which all the chemical bonds are single, present in large amounts in lard or butter
11	Type of freshwater and saltwater fish in which fats are present in large amounts and distributed around their body.
12	Type of notes or calendar in which all foods eaten during a certain period of time are written in c assess one's diet or eating habits.

Reasons why food is cooked (Match Up)

1	All actions and procedures taken to ensure that food is not harmful and is secure to eat.
2	Appealing – stimulating craving for a particular food product.
3	Durability – the amount of time during which a food can be safely stored and eaten.
4	Food which is in its natural state, before any heat treatment or processing.
5	Process of breaking down nutrients in the stomach and intestines into a form which can be inges the gut wall into the bloodstream.
6	Process of softening and improving the texture of meat and poultry by slow-cooking, cutting it ir using a marinade or a mallet.
7	Term that refers to whether food is pleasurable and agreeable to the palate.
8	The combined sensation of taste, smell and mouthfeel, which can be greatly altered and improve cooking.
9	The consistency of a food product, usually created or altered during cooking.
10	The smell of food, usually more prominent in hot foods than in cold ones.
11	Tiny, omnipresent microorganisms which can cause food poisoning if a food is uncooked or impr cooked.
12	Toxic substances naturally present in foods, which can be deactivated or neutralised during coo

Heat transfer and cooking methods (Match Up)

1	Barbecuing – cooking food on a special grid, usually in an oven or over an open fire.
2	Dry cooking method in which food is first sealed in fat and then stewed for a long time.
3	Dry cooking method that involves using an oven without exposing food to the flame.
4	Dry cooking method that uses a small amount of fat/oil to prevent foods from drying out.
5	Electromagnetic waves used in radars, radio transmissions or cooking, which quickly heat up wa
6	Fat-based cooking method in which food is sunk in a large amount of oil.
7	Fat-based cooking method that originated in Asia and that requires the use of a wok and a small a or sauce.
8	Fat-based cooking method which requires a small amount of fat to transfer the heat and seal the food.
9	Method of transferring thermal energy between two objects without the use of water or oil.
10	Mixture of oil, acid, herbs and flavourings used to flavour and tenderise meat.
11	Moist cooking method in which food is kept below boiling point (85–99 degrees Celsius) for a lo
12	Moist cooking method in which food is simmered below 85 degrees Celsius in a small amount of order to keep its texture.
13	Moist cooking method in which water vapour/steam is used to cook products that are placed abo water.
14	Moist cooking method where a large amount of bubbling water at 100 degrees Celsius is used.
15	Process in which heat is transferred directly to the food via vibration of the pan's molecules.
16	Process in which heat is transferred to food indirectly by sending heat waves to it.
17	Process in which heat is transferred to food indirectly through water or oil, or another medium,
18	The effect of plant cell damage, leading to a change in the colour and nutritional value of a fruit c
19	The effect on food of exposure to air, leading to a decrease in nutritional value as well as a chang or smell.
20	The process in which vegetables are put into boiling water for a short time and then quickly dipp cold water.
21	The process in which vegetables are put into boiling water for a short time and then quickly dipp cold water.
22	Type of invisible radiation emitted by every living organism, used in grills and ovens to transfer h food.
23	When various preparation and cooking methods cause a decrease in the nutritional value of a fo

Positive use of microorganisms in dairy products (Match Up)

1	Alcoholic beverage made from apple juice fermented with yeast.
2	Bacteria used in cheese production, added to begin the process of milk fermentation.
3	Coagulated milk – one of the steps of cheese production.
4	Enzyme used to coagulate milk in cheese production.
5	Fermented, cured and smoked spicy sausage originating from Spain.
6	Harmless bacteria used in food manufacturing.
7	Invisible and odourless gas produced in sugar fermentation, which helps to obtain fizzy beverage dough to rise.
8	Milky liquid – a by-product of cheese production, drained from the cheese and used as a beverag feed.
9	One of the products of yeast fermentation, used in beer and wine production.
10	Popular alcoholic beverage typically made from grapes fermented with yeast.
11	Process in which sugar is turned into another substance, used in yoghurt and cheese production
12	Product of milk fermentation with the use of probiotic bacteria.
13	Single-celled fungus used as leavening agent in the manufacturing of bread.
14	Spicy sausage originating from Italy, made of fermented beef or pork.
15	Sugar which occurs naturally in milk.
16	Traditional British cheese made with the use of mould.
17	Traditional French cheese made with the use of mould, with a characteristic white skin.
18	What lactose is turned into during bacterial fermentation.

Functional and chemical properties of ingredients (Match Up)

1	A solution of acid, oil, herbs and spices, used to prepare a range of meats and tenderise them.
2	Ability of fats to change their physical state at various temperatures, as well as to be easily sprea reshaped.
3	Branched polysaccharide – one of the compounds which build the chains of starch.
4	Denaturation of milk proteins in reaction to acid or enzymes, used in cheese production.
5	Light, delicate structure in which air bubbles are trapped in a liquid.
6	Long-chained carbohydrate present in potatoes, rice and pasta, built from amylose and amylope
7	Molecule which is repelled by water molecules and doesn't mix easily with it.
8	One of the proteins present in flour, which, in presence of water, creates gluten.
9	One of the proteins present in flour, which, in the presence of water, creates gluten.
10	Process in which air bubbles are trapped in a mixture of fat, leading to cream formation.
11	Process in which fat molecules surround starch and prevent gluten formation, causing pastry to
12	Process of mixing oil and water together to obtain a stable mixture, used to prepare mayonnaise.
13	Protein formed when flour is mixed with water, which builds a springy, elastic net and traps air b the mixture.
14	Reaction of starch to dry heating, in which long chains of starch break down into shorter ones, c slight sweet flavour.
15	Reaction of starch to water and heating, in which starch granules swell and break up, used to thi or cook a risotto.
16	Temperature at which fat transforms into oil.
17	The effect of plant cell damage, leading to a change in the colour and nutritional value of a fruit c
18	The effect on food of exposure to air, leading to decrease in nutritional value as well as a change smell.
19	The process of separating water from overcooked, overcoagulated proteins, e.g. in eggs.
20	Unbranched polysaccharide – one of the compounds which build the chains of starch.
21	What happens to proteins at high temperatures, in an acidic environment or as an effect of mech
22	What happens to proteins when the molecules aggregate, e.g. as a reaction to salt.

Buying and storing food (Match Up)

1	A condition that occurs to frozen foods if they are not covered properly and air reaches them, ca oxidation and dehydration.
2	Date mark which applies to food quality, usually used for dry foods such as biscuits or pasta.
3	Date mark which applies to food safety, after which the food cannot be eaten any more; usually u unprocessed foods.
4	Defrosting – changing the physical state of food from solid and hard to soft or liquid, caused by i temperature.
5	Durability – the amount of time during which a food can be safely stored and eaten.
6	Endothermic process of changing the state of a food from solid to liquid or hard to soft by chang temperature it is stored at.
7	Food products which offer the best conditions for microorganism growth and increase the risk o poisoning, which include raw, moist, protein-rich and ready-to-eat products.
8	Perishable food product usually associated with food poisoning – the only one which should not after the best before date.
9	Range of temperatures at which the growth of microorganisms is the fastest, usually between 5 a Celsius.
10	Storing food at temperatures below 0 degrees Celsius, in order to stop bacterial growth and pres nutritional value.
11	Storing food at temperatures between 0 and 5 degrees Celsius, usually in a fridge or cooling cou
12	Temperature of the air surrounding us, usually considered to be between 20 and 25 degrees Cels dry, sealed food can be safely stored.
13	When a strong smell from one food goes into another, less strongly smelling, food product.

Preparing and cooking food (Match Up)

1	All the actions and procedures taken to ensure that food is not harmful and is secure to eat.
2	Disposable items used to protect a cook's hands.
3	Electronic tool used to measure the temperature inside food.
4	Food products which offer the best conditions for microorganism growth and increase the risk c poisoning or food allergy.
5	Form of bacteria or fungi resistant to high or low temperatures which can multiply and reproduc friendly conditions.
6	Habits and actions taken by individuals in order to prevent food contamination or poisoning.
7	Harmful bacteria that cause diseases and poisoning.
8	Harmful substance released by microorganisms and other organisms, usually bitter in taste, whic poisoning.
9	Item of clothing used to prevent hair from falling into food.
10	Item of clothing used to protect the cook's clothes and body from dirt, stains or damage caused b splattering.
11	Process in which microorganisms are killed, usually with the use of high temperatures or antibac
12	State in which microorganisms' bodily functions are slowed down and all activity is minimised in survive unfriendly conditions such as low temperatures and allow for later growth.
13	The number of degrees Celsius or Fahrenheit in the centre of a cooked food product.
14	Transfer of microorganisms or food particles to another food, which may cause food poisoning c anaphylactic shock.

Microorganisms, enzymes and food spoilage (Match Up)

1	All agents capable of causing diseases, such as bacteria, viruses or parasites.
2	Biologically active, protein-based compounds necessary for conducting many life processes, whi catalysts in chemical reactions.
3	Effect of enzymatic action which leads to change in colour of a food.
4	Food products which offer the best conditions for microorganism growth and increase the risk c poisoning, which include raw, moist, protein-rich and ready-to-eat products.
5	Form of bacteria or fungi resistant to high or low temperatures which can multiply and reproduc friendly conditions.
6	Heat treatment applied to vegetables and fruit to prevent browning.
7	High-temperature treatment of food or kitchen utensils in which all microorganisms and spores
8	Microscopic organisms found everywhere in the environment, on the human body and in food, w cause food spoilage.
9	Microscopic organisms of various shapes used in food production, which can also cause disease poisoning.
10	Microscopic, single-celled fungus used in bread, wine and beer production.
11	Negative change in food properties caused by microorganisms and improper storage conditions.
12	Process conducted by bacteria or yeast in which sugar is turned into carbon dioxide and other s such as alcohol and lactic acid.
13	Product of yeast fermentation used in wine and beer production.
14	Range of temperature which creates ideal conditions for bacterial growth and increases enzyme
15	Reaction of the body to harmful microorganisms or toxins present in food.
16	Substance or agent which speeds up the rate of a chemical reaction.
17	The effect on food of exposure to air, leading to a decrease in nutritional value as well as a chang or smell.
18	Tiny fungi used in blue cheese production and which create a furry growth on bread and fruit, ca food to spoil.
19	Transfer of microorganisms or food particles to another food, which may cause food poisoning c anaphylactic shock.
20	Type of bacteria which do not need oxygen to live.
21	Type of bacteria which need oxygen to live.
22	When bacteria spores become active again, leading to bacterial growth and food spoilage.

Bacterial contamination (Match Up)

1	Bacteria species naturally occurring in the human intestines but which is harmful if eaten.
2	Bacterium commonly found on the skin, which produces toxins and causes food poisoning when
3	Condition caused by eating contaminated food, due to development of pathogenic bacteria or re toxins.
4	Foods which pose the best conditions for microorganism growth and increase the risk of food p refrigerated; for example, raw chicken or eggs.
5	Harmful bacteria that cause diseases and poisoning.
6	Insects or other organisms that cause damage to crops or food supplies.
7	Manifestation of an illness or poisoning which can be observed by the patient.
8	Method of food packaging in which all the air is sucked out of the package before sealing, which oxidation and prolongs shelf life.
9	Method of preserving food by fermentation in a brine or vinegar solution.
10	Milk or another food product which has not been heat treated in any way, which makes it a high- increases the risk of food poisoning.
11	One of the main symptoms of food poisoning, also known as dyspepsia.
12	One of the main symptoms of food poisoning, characterised by increased bowel movements and
13	One of the main symptoms of food poisoning, usually preceded by nausea.
14	Person or animal in which bacteria or parasites are present, but don't cause any illness.
15	Process in which microorganisms are killed, usually with the use of high temperatures or antibac
16	The most common cause of food poisoning in the UK, found in offal and poultry.
17	The most common cause of hospital admissions from food poisoning in the UK, typically associat eggs.
18	Transfer of microorganisms or food particles to another food, which may cause food poisoning c anaphylactic shock.

Food origins (Match Up)

1	A piece of land on which fruit trees are grown.
2	Activity during which people catch and kill wild animals and birds, often with the use of specially
3	All animals reared on a farm for meat or other purposes.
4	Artificial fishery built in order to protect natural wildlife and achieve food sustainability.
5	Bringing or transporting goods from another country.
6	Chemical substance sprayed on fields and orchards to prevent damage caused by pests.
7	Chemical, nutrient-rich mixture used to enrich and improve soil quality in order to obtain higher
8	Food characteristic of a given time of year.
9	Food product or farming method produced without the use of any artificial compounds, pesticid or GM feeds or fertilisers.
10	Foods made from animals which were purposely bred in a farm in order to obtain milk, egg, meat benefits.
11	Foods such as mushrooms, herbs, roots and wild fruit which are not farmed but are looked for in
12	Long, transparent plastic tube used in farming in order to provide warmth to plants and protect unfavourable weather conditions.
13	Method of catching oysters, crabs and other sea creatures by pulling a large scoop made of a met a net along the seabed.
14	Method of egg production in which hens can move freely outside the barn; eggs from such hens a
15	Method of fishing in which a net is pulled through the water or just above the seabed behind one boats.
16	Organic material left to decay and used as a natural fertiliser.
17	Part of a DNA molecule which carries specific information, such as the colour of a flower or size
18	Plant growing method in which roots are placed into water instead of soil, used to grow lettuces
19	Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desi
20	Spiral molecule locked in the nucleus of a cell, which carries all the information about a person, a plant.
21	The idea which advocates humane conditions and treatment for animals.
22	The meat of a deer.
23	The origin of food – place where the food comes from and how is it manufactured.

Food miles, packaging and sustainability (Match Up)

1	Ability to produce sufficient amounts of food, ensuring that the ecosystem remains stable and di
2	Able to be broken down in natural conditions, e.g. by bacteria and pests.
3	All food which has not been eaten for various reasons, and has to be disposed of due to spoilage, date mark or another reason.
4	Amount of CO_2 released during the production and transportation of a given good, e.g. a food pr
5	CO_2, methane, nitrous oxide, ozone and water vapour – the gases which have the potential to tra around the Earth and contribute to global warming.
6	Food assurance scheme which ensures food safety, traceability, environmental protection and a in the UK.
7	Food product or farming method produced without the use of any artificial compounds, pesticid or GM feeds or fertilisers.
8	Foods characteristic of a given time of year.
9	Invisible, odourless gas produced in large amounts during food production and transportation, c trapping warmth around the Earth.
10	Light, white synthetic material which does not decompose and which is used to insulate and prot
11	Naturally occurring, non-renewable sources of energy which were formed as the result of anaer decomposition of organic matter.
12	Naturally occurring, usually non-renewable reserves of non-organic or organic matter, such as v wood.
13	Non-profit organisation or warehouse in which non-perishable, basic foods can be gathered, stc redistributed free of change to those in need to prevent food poverty and hunger.
14	Process of turning a used product (e.g. newspaper) into a new one (e.g. toilet paper).
15	Situation in which a person cannot buy sufficient amounts of nutritious, healthy food or cannot desired food due to lack of money.
16	Situation in which the average temperature on Earth rises, causing weather anomalies and meltir
17	Synthetic, usually elastic compound which is very hard to decompose and which is used to produ packaging.
18	The distance a food has to travel from a farm to the plate of a consumer.

Food security *(Match Up)*

1	Accidentally catching fish or other animals which weren't intended to be caught.
2	Amount of CO_2 released during the production and transportation of a given good, e.g. a food pr
3	Artificial fishery built in order to protect natural wildlife and achieve food sustainability.
4	Bringing or transporting goods from another country.
5	Chemical substance sprayed on fields and orchards to prevent damage caused by pests.
6	Chemical substances used to enrich and improve soil quality in order to obtain higher crop yield
7	CO_2, methane, nitrous oxide, ozone and water vapour – the gases which have the potential to tra around the Earth and contribute to global warming.
8	Ethical way of trading between developed and developing countries, which allows fair prices an the farmers and farm workers.
9	Ice or snow mass formed at the tops of mountains and near the poles.
10	Naturally occurring, non-renewable sources of energy which were formed as the result of anaer decomposition of organic matter.
11	Place where fish are caught or reared, either in the wild or in fish farms.
12	Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desi
13	Poor, unindustrialised countries which are attempting to increase their growth rate and quality trading and implementing modern technologies.
14	Situation in which the average temperature on Earth rises, causing weather anomalies and meltir
15	State in which a person does not provide sufficient amounts of macro- and micronutrients, ofter deficiency-related diseases.
16	State in which everybody around the world has a sufficient amount of safe, healthy, nutritious fc
17	State in which massive rainfall has occurred for a prolonged period of time, causing rivers to lea and swamp the surrounding land.
18	State in which no rainfall has occurred for a prolonged period of time, causing crop failure and r problems with food production or hygiene.
19	State in which too many fish are caught, leading to the extinction of a given shoal or the extinctic species.
20	The distance a food has to travel from a farm to the plate of a consumer.
21	Variety of species occurring in the environment.

Culinary traditions and cuisines (Match Up)

1	A pizza that is folded before cooking.
2	Afternoon nap or rest typical of southern countries such as Spain or Mexico.
3	Britain's most popular traditional hard cheese, made from cow's milk and originating from Some
4	Clay dish with a lid used for prepare traditional Arab meals.
5	Cutlery items used instead of a knife and fork in East Asia.
6	Deep frying pan characteristic of Asia.
7	In Great Britain it is a meal eaten around midday or in the early afternoon, often consisting of sa salads or other easy-to-make foods.
8	Light meal eaten between lunch and dinner; usually consists of sweet treats and small sandwiche accompanied by a pot of a hot beverage.
9	Light meal eaten usually in the late evening.
10	Meal which is eaten around noon instead of breakfast and lunch.
11	Originating from Italy, a small snack eaten before the main dish to increase the appetite.
12	Round clay oven used for cooking traditional Indian meals.
13	Small snacks or biscuits eaten before noon.
14	Style of cooking characteristic of a country or region, which uses specific ingredients and cookir
15	Style of cooking characteristic of the south of Europe.
16	The main or largest meal of the day; in Great Britain it is usually eaten in the early evening, often restaurant on formal occasions.
17	Traditional British meal consisting of sandwiches, cakes or scones and a pot of tea.
18	Traditional dessert characteristic of Greece and Turkey, made from flaky pastry with a filling tra made from nuts, and soaked in syrup or honey.
19	Traditional Japanese dish made of rice, seaweed and fish or vegetables, dipped in soy sauce or w
20	Traditional Scottish dish made from offal, oats and herbs sealed in an animal's stomach.
21	Traditional Spanish dish made of rice, vegetables, chicken and seafood, usually served in a shallo

Food production *(Match Up)*

1	A type of fibre which occurs naturally in fruit and which acts as a gelling agent.
2	Acid produced from milk sugar during fermentation of milk.
3	Coagulated milk – one of the steps of cheese production.
4	Disaccharide which occurs naturally in milk and which is transformed into acid during milk ferm
5	Early processes in which food is turned from raw produce into ingredients for an edible, saleabl product.
6	Food preservation method involving the use of nitrates, salt, sugar and sometimes smoking, usua meats or fish.
7	Freezing food and removing moisture afterwards under pressure to enhance shelf life without af nutritional value of a food.
8	Furry microorganism which is used in blue cheese production and which causes bread and fruit
9	Gathering the crops from a field or orchard.
10	Heat treatment of milk and meat preserves in which the food is heated to 130°C for 30 minutes t bacteria and spores and significantly increase the shelf life of the finished product.
11	Live bacteria added to pasteurised milk to begin the process of fermentation during cheesemakir
12	Milky liquid, a by-product of cheese production, drained from the cheese and used as a beverage feed.
13	Net-like protein in wheat, rye and barley, responsible for the soft, springy texture of bread.
14	Pressing milk through very fine membranes in order to remove bacteria.
15	Process of decreasing the amount of fat in milk.
16	Process of decreasing the size of fat particles in milk by pressing them through tiny holes to obta mixture.
17	Process of gently heating a liquid or a food product to 72°C in order to kill harmful bacteria and safe to eat.
18	Processes which affect food's properties or turn it into a different product.
19	Pulverising – turning grain into powder.
20	Raw, unrefined food, usually freshly harvested.
21	Transparent, tasteless substance derived from collagen, used as a gelling agent.
22	Turning milk into yoghurt or cheese with the use of bacteria.
23	Various bacteria species which are beneficial for health and useful in food production.

Technology and food modifications *(Match Up)*

1	A disease caused by vitamin B12 deficiency, in which red blood cells cannot be built properly.
2	A mineral added to plain flour by law to prevent anaemia.
3	A mineral added to plain flour by law to prevent rickets and osteoporosis.
4	A vitamin added to plain flour by law to reduce the risk of pellagra and other effects of its defici
5	A vitamin added to plain flour by law to restore its levels lost during milling, the deficiency of wh beriberi disease.
6	Addition of nutrients to a given product to improve or restore its nutritional value.
7	Additive used to maintain a food's chemical structure.
8	Agent used to change or enhance the taste and smell of food.
9	Chemical substances containing nitrogen, used in the production of cured meats to prevent the g *Clostridium botulinum* bacteria and improve the colour of the final product.
10	Condition in which blood vessels of the heart are narrowed due to cholesterol plaque accumula increasing the risk of heart attack.
11	Fatty substance which does not occur in vegetable fats, responsible for many diet-related condit
12	Group of people who, due to their dietary restrictions, are at increased risk of developing vitami deficiency and anaemia.
13	Kind of flour which does not have to be fortified because its nutritional value has not been affec processing.
14	Kind of milk which has to be fortified by law due to its low fat content.
15	Natural or synthetic agent used to enhance the shelf life of a food and prevent spoilage.
16	Naturally occurring molecules found in plant substances which have the potential to lower bloo level and decrease the risk of heart failure.
17	Obligatory – necessary to add to a food product by law.
18	Pigment – agent used to change or enhance the visual aspects of food.
19	Soft, spreadable mixture made of hydrogenated vegetable oils, used instead of butter, and fortifi A and D by law.
20	Substance added to fat spreads and skimmed milk by law.
21	Substance used to improve the texture of food and prevent separation of ingredients.

Sensory perception *(Match Up)*

1	Actions taken to make sure all tasters have the same settings and instructions, in order to obtain results.
2	Cell located in the skin and other organs, specialised in conducting stimuli to the brain.
3	Desire to eat a specific food product, as opposed to hunger.
4	One of the features of foods – the smell.
5	One of the five senses, which allows you to assess whether a food looks appetising or not.
6	Piece of bread or wafer that is neutral in taste and that is used during food tasting to serve sprea
7	Properties and aspects of food which are perceived via the senses, especially taste and smell.
8	Sensory test used to assess which one of two samples is liked more by the person doing the tastir
9	Specialised receptors localised on the tongue which are responsible for recognising flavours.
10	The combined sensation of taste, smell and mouthfeel.
11	The meaty, savoury taste.
12	The system used for recognising aromas.
13	The tissue which covers all of the inner organs, such as the digestive tract.

Factors which influence food choice *(Match Up)*

1	A method of expressing an individuals physical activity as a number, used to indicate the amount required for activities such as running, walking and sleeping.
2	All actions, traditions, ideas or beliefs characteristic of a country, region or ethnic group.
3	Describes food that is characteristic of a given time of year.
4	Eating a balanced diet and choosing ingredients carefully.
5	Habits and actions of an individual – the way a person lives.
6	List of ingredients and cooking instructions necessary to obtain a given dish.
7	Person who buys and eats foods – a client.
8	Situation in which food is present in the market and affordable for the buyers, thanks to modern methods, storage system improvements and imports.
9	The amount of money a family has available to spend on food or other goods, after all the taxes h subtracted.
10	The cost of food – the amount of money one has to pay to buy the food.
11	The influence of a group people of one's own age, which may affect one's food choices.
12	Unusual or particularly important event; cause for celebration and enjoyment, during which fest drinks are consumed.

Food choices (Match Up)

1	A protein present in wheat, rye and barley, and which is a cause of food intolerance.
2	Chemical substance occurring in beverages, forbidden in many religions.
3	Disease in which gluten cannot be digested and a gluten-free diet has to be followed for the pers life.
4	Ethical way of trading between developed and developing countries, which allows fair prices an the farmers and farm workers.
5	Food product or farming method produced without the use of any artificial compounds, pesticid antibiotics, GM feeds or fertilisers.
6	Foods and other goods which are permissible for Jews.
7	Foods and other goods which are permissible for Muslims.
8	Hindu festival of lights, celebrated in autumn.
9	In Islam, a month-long fasting period during which nothing can be eaten or drunk from sunrise t
10	Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desi
11	Severe, life-threatening allergic reaction to food or other factors.
12	The enzyme which breaks down milk sugar in the small intestine.
13	The meat derived from a commonly reared animal, forbidden in many religions, such as Islam or J
14	The negative reaction of the digestive system to a food ingredient, often manifesting as stomach diarrhoea.
15	The principle of humane treatment and conditions for animals.
16	The reaction of the immune system to a food ingredient, which may lead to anaphylactic shock.
17	The sugar naturally present in milk and one of the most common causes of food intolerance.

Food labelling and marketing influences *(Match Up)*

1	Amount of macro- and micronutrients present in a given food, ingredient or meal.
2	British government agency responsible for protecting public health in relation to food.
3	Date mark which applies to food quality, usually used for dry foods such as biscuits or pasta.
4	Date mark which applies to food safety, after which the food cannot be eaten any more, usually u unprocessed foods.
5	Group of people at whom an advertisement or product is aimed.
6	Marketing technique designed to attract people into buying a given product by offering another same product for free.
7	Marketing technique in which stands containing sweets or other rather expensive, non-staple fo located near checkout counters.
8	Marketing technique in which two or more products bought together are cheaper than when bu separately.
9	Methods and techniques designed to increase sales and encourage people to buy specific items c
10	Obligatory – necessary to include on a food label.
11	One of the mandatory elements of a food label, in which all the contents of the food are listed in order.
12	Reduction in price.
13	Statement on a food label indicating that consumption of a given food or an ingredient it contain advantageous for health.
14	Statement on a food label indicating the presence of a given ingredient, usually added for health
15	Substances or ingredients present in a food which may pose a possible danger to someone who i sensitive or susceptible to them.
16	The origin of food – place where the food comes from.
17	The use of a brand name or product in a popular TV programme, series or show.

Macronutrients: proteins *(Table Fill)*

Long chains of amino acids that are the building blocks of the body, support growth and development, and make up 15% of a balanced diet.
Type of protein in which some of the essential amino acids are in low amounts or lacking; usually of plant origin.
Type of protein in which all essential amino acids are present in the correct amounts; usually of animal origin.
A process that happens to proteins at high temperatures, in an acidic environment or as an effect of mechanical action.
Combining two or more low biological value proteins in order to produce a high biological value meal.
Protein-rich products made without the use of animal-derived ingredients.
Protein-rich products made by *Fusarium venenatum* fungi.
What happens to proteins when the molecules aggregate, e.g. as a reaction to salt.
Nitrogen-based molecules that bind together to form a chain of peptides.
Amino acids which cannot be produced by the human body from scratch and have to be provided as a part of a healthy diet.
Amino acids which can be built by the human body from available resources.
Type of bean rich in high biological value protein, used for manufacturing many other products, such as flour, oil, sauce or cheese-like products.
Tiny, easy-to-digest, gluten-free grains originating from South America, rich in carbohydrates, protein and fibre, and used as a protein alternative.
Condition caused by prolonged deficiency of protein, occurring especially in developing countries and characterised by swelling of the stomach.
A by-product of extracting oil from soya beans, usually in the form of chunks.
Traditional Japanese paste made of fermented soya, used for sauces and spreads.

Macronutrients: proteins (amino acids) *(Table Fill)*

Essential amino acid abbreviated to His, used in the body to produce histamine, which plays a major role in inflammation and allergic reactions.
Essential amino acid abbreviated to Ile.
Essential amino acid abbreviated to Lys.
The most abundant essential amino acid in the human body, abbreviated to Leu and used in the food industry as a flavour enhancer under code E461.
Essential amino acid abbreviated to Met.
Essential amino acid abbreviated to Phe, dangerous for people suffering from phenylketonuria.
Essential amino acid abbreviated to Thr, used in the body to produce glycine and present in large amounts in beans and pulses.
Essential amino acid abbreviated to Trp.
Essential amino acid abbreviated to Val. High levels of it increase the risk of diabetes.
Non-essential amino acid abbreviated to Ala. The second most abundant amino acid in the human body.
Non-essential amino acid abbreviated to Asn.
Non-essential amino acid abbreviated to Asp.
Non-essential amino acid abbreviated to Glu.

Macronutrients: fats, oils and lipids *(Table Fill)*

An energy-dense macromolecule built from glycerol and three chains of acids, necessary for building hormones and insulating the body.
Type of fat in which all the chemical bonds are single.
Type of fat in which one or more double chemical bonds are present.
Condition in which abnormally high levels of adipose tissue are stored in the body, usually caused by excessive intake of macronutrients.
Type of fat where more than one double chemical bond is present in the fatty acid chain.
Type of fat where only one double chemical bond is present in the fatty acid chain.
Type of fats which are produced as a result of heating oils to high temperatures for a long time.
Connective tissue whose main function is to store energy, and insulate and cushion organs.
A mixture of oil and water.
An oily fish which is rich in essential fatty acids, characterised by its pink flesh.
Visible fat derived from pigs.
Visible fat surrounding the loins and kidneys of cows and sheep, high in saturated fats and characteristic of traditional British cuisine.
The only animal-derived fat which is liquid at room temperature.
The chemical name for a fat molecule.
Three long hydrocarbon chains attached to a glycerol particle to form a molecule of fat.
Fatty substance necessary for building cell membranes and bile in the gall bladder.
Low-density fraction of cholesterol which transports fats around the body and to the cells.
High-density fraction of cholesterol which transports fats from the blood to the liver, and lowers blood cholesterol levels.
Fatty acids which cannot be built by the human body from scratch and have to be provided as a part of a healthy diet.
Group of chemical substances which include fatty acids, triglycerides, waxes and sterols, and which are insoluble in water.
The density or amount of calories derived from a given food, measured in kilojoules or kilocalories.
The process of adding hydrogen atoms to a triglyceride to change its texture from liquid to solid.
Chronic disease characterised by high blood sugar levels, often developing as a result of high fat intake and obesity.

Macronutrients: carbohydrates *(Table Fill)*

Large organic macromolecules produced by plants during photosynthesis, and which include sugars, starch and fibre.
Organic macromolecules produced by plants during photosynthesis, present in a range of food products in the form of single or paired molecules.
Organic macromolecules produced by plants, bound into long chains in order to store energy for later.
Substance occurring in plant cells only, usually indigestible for humans but necessary for maintaining health.
Carbohydrates built from one molecule only.
Carbohydrate which is built from large numbers of molecules bound together into long chains.
Simple sugar which is a vital source of energy for all of the cells around the human body.
Disaccharide present in milk.
Sugars added to food products, as opposed to those naturally occurring in foods.
Polysaccharide stored in the liver and muscle cells which is an emergency source of energy.
Type of fibre which absorbs water and enhances bowel movements, usually in the form of cellulose or lignin.
Type of fibre which swells in the stomach giving the feeling of satiety, usually in the form of pectin or gum.
Carbohydrates built from two particles of sugars, examples of which are lactose and sucrose.
A simple sugar built from five atoms of carbon, naturally occurring in fruit.
Flour made from whole grains, without separating the bran.
Type of soluble fibre, present in fruit, which acts as a gelling agent.
Condition in which enamel is damaged by bacteria, causing pain and trouble eating.
Sugars that occur naturally in food products, as opposed to free sugars.

Micronutrients: vitamins *(Table Fill)*

Organic molecules needed in very small amounts, usually provided by the diet but some can also be produced in the body.
Form of vitamin A found in animal-derived foods.
Form of vitamin A found in fruit and vegetables.
Eyesight condition caused by vitamin A deficiency.
Childhood disease caused by an imbalanced, micronutrient-deficient diet.
Condition in which bones lose their density and become fragile and easy to break.
The organ which produces cholecalciferol in response to exposure to sunlight.
A pill or capsule taken to top up micronutrient levels in the body and improve overall health.
The chemical name for vitamin B1, deficiency of which causes beriberi disease.
The chemical name for a water-soluble vitamin which is crucial for releasing energy from foods (vitamin B2).
The chemical name for vitamin B3, necessary for releasing energy from food, found in lean meat, eggs and milk.
The chemical name for vitamin B9, crucial for proper development of the spinal cord and for the production of red blood cells.
Condition caused by folate deficiency during the prenatal period.
Disease caused by thiamine deficiency, symptoms of which include weakening of the muscles leading to paralysis.
Type of anaemia caused by vitamin B12 deficiency, as opposed to iron deficiency anaemia.
A group of people whose dietary restrictions may lead to cobalamin deficiency.
Disease caused by vitamin C deficiency, the main symptoms of which include receding and bleeding gums, and tooth loss.
Disease caused by niacin deficiency, characterised by sensitivity to sunlight.
The chemical name for vitamin B12, found mainly in meat, offal and egg yolk.
The chemical name for vitamin C, found mainly in fruit and vegetables, such as potatoes, blueberries or cabbage.
The chemical name for vitamin D, present in large amounts in milk, dairy products and oily fish, and also produced in the skin.

Micronutrients: minerals and water *(Table Fill)*

Childhood disease caused by an imbalanced diet which is deficient in vitamin D and calcium.
Condition in adults in which bones lose their density and become fragile and easy to break.
Condition caused by improper fluoride intake and bad mouth hygiene, where enamel becomes damaged by acids and bacteria.
The hardest tissue in the human body, which forms the external part of the teeth.
Products made from milk, often high in calcium.
Condition caused by a deficiency of micronutrients, in particular iron, vitamin B12 and folate, characterised by low red blood cell level.
Process in which drinking water is enriched in fluoride.
Small gland in front of the neck which produces hormones necessary for proper metabolism.
Condition caused by iodine deficiency, symptoms of which include swelling of the neck and changes in metabolism.
Red pigment in blood cells, built from four peptide chains attached to iron atoms, responsible for transporting oxygen in the body.
Invertebrate marine organisms used as food which is rich in protein and iodine.
State caused by excessive loss and insufficient replenishment of water, usually as the result of excessive sweating or exaggerated physical activity.
Serious condition in which the body cannot cool down any more and gets so hot that it becomes dangerous, e.g. as the result of very hot weather.
Liquid, salty secretion from glands located mainly in the armpits and from skin pores all over the body.
Function of water whereby harmful substances are removed from the body.
Chemical element found in milk, dairy products and bony fish, necessary for the proper development and growth of bones and teeth.
Element necessary for building red blood cells, which is easily ingested from meat and eggs but which is harder to ingest from plant-derived foods.
Chemical trace element necessary for the proper development of tooth enamel.
Trace element necessary for building thyroid hormones which regulate the rate of metabolism in the body.
Inorganic chemical element necessary for the body to build cells, conduct electric impulses or build hormones.
Important electrolyte necessary for conducting electrical impulses in the nerves and for lowering blood pressure.
Mineral necessary for the proper performance of the nervous system, preventing involuntary muscle contractions and keeping the heartbeat steady.

Energy requirements of individuals *(Table Fill)*

Unit used to measure energy, which equals approximately 4,184 joules.
Food which provides many calories in one gram.
Easily available source of energy which is used as a first resort.
Source of energy which is used only if other resources are unavailable.
Amount of energy necessary for conducting basic life functions, such as breathing or heartbeat.
A method of expressing an individuals physical activity as a number, used to indicate the amount of energy required for activities such as running, walking and sleeping.
Food rich in certain macromolecules such as carbohydrates or fats, which is consumed mainly to provide energy.
Unit used to measure energy, equals to 0.24 kilocalories.
Triglycerides – energy-dense macromolecules present in a range of foods, which should provide up to 35% of daily calorie intake.
Group of macronutrients which should provide around 50% of daily energy intake, usually along with group B vitamins and dietary fibre.
Group of macronutrients which should constitute around 15% of daily calorie intake.
Condition in which abnormally high levels of adipose tissue are stored in the body, usually caused by excessive intake of macronutrients.
What happens to the body when the energy balance is negative – more energy is burnt than is provided in the diet.
Situation in which energy consumption and expenditure are equal.

Balanced diet and guidelines *(Table Fill)*

Regimen in which all macronutrients and micronutrients are provided in sufficient, appropriate amounts to allow proper functioning of the human body.
State in which insufficient amounts of macro- and micronutrients are provided.
Chemical substances necessary for the proper functioning of the body, needed in small amounts only.
Chemical substances necessary for building the body and providing energy, needed in large amounts.
Amount of food eaten in one meal, usually differing depending on a person's age, sex and body size.
Consumption of this type of sugar should be limited to less than 5% of daily calorie intake.
Essential fatty acids present in large amounts in fish, with double bonds located at the third carbon from the end of the fatty acid chain.
Substance necessary for proper digestion and bowel movements, decreasing blood sugar levels and lowering the risk of bowel cancer.
Process of supplying a sufficient level of water in the body.
Period in which the body grows rapidly, i.e. in early childhood and during adolescence.
The maximum bone density, reached during adolescence and early adulthood, thanks to calcium accumulation.
Food which provides many calories in one gram.
State in which excessive amounts of macro- or micromolecules are provided, which may lead to many diet-related health conditions.
State in which insufficient macro- and micronutrients are provided, often leading to weight loss and diseases caused by nutrient deficiency.
Sugars added to food products, as opposed to those naturally occurring in foods, consumption of which should be limited to remain healthy.
Sugars naturally occurring in food products, as opposed to free sugars.
Habits and behaviours which include little or no physical activity.
Movement of the body which requires energy expenditure.

Dietary needs and health part 1 *(Table Fill)*

Disease characterised by immune reaction to gluten, leading to damage of the villi in the intestines and nutrient malabsorption.
Condition (usually acquired) in which milk sugar cannot be digested properly, causing bloating, stomach ache and diarrhoea.
Protein which is present in some cereals, such as wheat, rye or barley, and which cannot be eaten by people with coeliac disease.
Glycaemia, or the amount of glucose present in the blood.
Condition in which fat accumulates in the liver, which can cause scarring and impair the performance of the liver, often seen in obese p[illegible].
Condition in which abnormally high level[illegible] tissue are stored in the body, usually caused by excessive [illegible] macronutrients.
Ratio of body [illegible] height squared (kg/m^2), used to assess whether someone's weight is optim[illegible] their height.
Chronic disease caused by insufficient performance of insulin, in which abnormally high blood sugar levels occur.
Condition in which heart blood vessels are narrowed by the accumulation of cholesterol plaque, which may lead to heart attack.
Abnormally high blood pressure, characteristic of cardiovascular diseases.
Condition in which bones lose their density and become fragile and easy to break.
Condition caused by iron deficiency or an inability to properly ingest it.
State in which insufficient amounts of macro- and micronutrients are provided.

Dietary needs and health part 2 *(Table Fill)*

Mammary gland tumour, for which risk factors include obesity, drinking alcohol and lack of exercise, as well as hormonal issues and gene mutations.
Tumour of the lower digestive tract, for which risk factors include low consumption of dietary fibre, obesity and unhealthy diet.
Condition in which crystals accumulate in joints, causing swelling, pain and difficulty walking, often as an effect of unhealthy diet and obesity.
State in which blood is not provided to the brain or massive bleeding occurs in the brain, causing damage and death to the brain cells.
Childhood disease caused by an imbalanced diet which is deficient in vitamin D and calcium.
Condition in which enamel is damaged by bacteria.
The body's defence system, protecting it from infections and fighting off bacteria and viruses.
Condition in which veins and arteries are narrowed due to cholesterol plaque accumulation.
The blood vessels which pump blood to the heart.
Simple sugar which is a basic source of energy for all of the cells around the human body.
Important hormone, produced in the pancreas, which is responsible for lowering blood sugar levels.
Important organ which produces enzymes which are necessary for proper digestion and hormones which regulate blood sugar levels.
Condition in which fat accumulates in the liver, which can cause scarring and impair the performance of the liver, often seen in obese people.
High level of cholesterol in blood.
The 'good' cholesterol, which lowers the level of overall cholesterol in blood by transporting it to the liver.
The 'bad' cholesterol, which can contribute to atherosclerosis and coronary heart disease if in excess.

Lifestyles and religions *(Table Fill)*

Type of diet which does not allow consumption of meat, and sometimes other animal-derived foods such as fish, milk or eggs.
Type of diet which does not allow consumption of any animal-derived food products.
Group of people who do not eat meat, but eat eggs and dairy products.
Group of people who do not eat meat or eggs, but eat dairy products.
Meat from animals killed in a ritual way or other food products permitted for consumption by Muslims.
System of beliefs and laws which affect human's li[illegible] fr[illegible] their lifestyle to their food choices.
Person who follows the ru[illegible] a [illegible]ligion originating in India.
Person who fol[illegible]e rules of Islam, a religion established in the seventh century by Muhammad.
Food prepared following the rules of the Jewish food law called kashrut.
Food products which are forbidden for consumption in Islam, such as pork and alcohol.
Person who follows the rules of Judaism, a religion originating in Israel.
Idea, trust or confidence in something, relating to religion, ethics or morality, which can affect people's food choices in a significant way.

Calculate energy and nutritional values of recipes,

Table which shows detailed nutritional information about food products and ingredients.
Amount of macro- and micronutrients present in a given food, ingredient or meal.
Chemical substances necessary for building the body and providing energy, needed in large amounts.
Chemical substances necessary for the proper functioning of the body, needed in small amounts only.
State in which sufficient, appropriate amounts of nutrients and water are provided.
Regimen in which all macronutrients and micronutrients are provided in sufficient, appropriate amounts from various sources.
Type of notes compiled in which all foods eaten during a certain period of time are written in order to assess one's diet or eating habits.
Digestible polysaccharide present in rice, bread or pasta, built from long chains of glucose particles joined together.
Substance necessary for proper digestion and bowel movements, decreasing blood sugar levels and lowering the risk of bowel cancer.
Type of freshwater and saltwater fish in which fats are present in large amounts and distributed evenly around their body.
Type of fats in which all the chemical bonds are single, present in large amounts in lard or butter.
Organic macromolecules produced by plants during photosynthesis, present in a range of food products in the form of single or paired molecules.

Reasons why food is cooked *(Table Fill)*

All actions and procedures taken to ensure that food is not harmful and is secure to eat.
The combined sensation of taste, smell and mouthfeel, which can be greatly altered and improved during cooking.
The consistency of a food product, usually created or altered during cooking.
The smell of food, usually more prominent in hot foods than in cold ones.
Term that refers to whether food is pleasurable and agreeable to the palate.
Food which is in its natural state, before any heat treatment or processing.
Durability – the amount of time during which a food can be safely stored and eaten.
Toxic substances naturally present in foods, which can be deactivated or neutralised during cooking.
Appealing – stimulating craving for a particular food product.
Tiny, omnipresent microorganisms which can cause food poisoning if a food is uncooked or improperly cooked.
Process of softening and improving the texture of meat and poultry by slow-cooking, cutting it into pieces, or using a marinade or a mallet.
Process of breaking down nutrients in the stomach and intestines into a form which can be ingested through the gut wall into the bloodstream.

Heat transfer and cooking methods *(Table Fill)*

Process in which heat is transferred directly to the food via vibration of the pan's molecules.
Process in which heat is transferred to food indirectly through water or oil, or another medium, such as air.
Process in which heat is transferred to food indirectly by sending heat waves to it.
Electromagnetic waves used in radars, radio transmissions or cooking, which quickly heat up water particles.
Type of invisible radiation emitted by every living organism, used in grills and ovens to transfer heat to the food.
Moist cooking method in which water vapour/steam is used to cook products that are placed above boiling water.
The process in which vegetables are put into boiling water for a short time and then quickly dipped into ice-cold water.
Moist cooking method in which food is simmered below 85 degrees Celsius in a small amount of liquid in order to keep its texture.
Dry cooking method in which food is first sealed in fat and then stewed for a long time.
Fat-based cooking method that originated in Asia and that requires the use of a wok and a small amount of oil or sauce.
Mixture of oil, acid, herbs and flavourings used to flavour and tenderise meat.
When various preparation and cooking methods cause a decrease in the nutritional value of a food product.
The effect of plant cell damage, leading to a change in the colour and nutritional value of a fruit or vegetable.
The effect on food of exposure to air, leading to a decrease in nutritional value as well as a change in flavour or smell.
Moist cooking method where a large amount of bubbling water at 100 degrees Celsius is used.
Moist cooking method in which food is kept below boiling point (85–99 degrees Celsius) for a long time.
Dry cooking method that involves using an oven without exposing food to the flame.
Dry cooking method that uses a small amount of fat/oil to prevent foods from drying out.
Barbecuing – cooking food on a special grid, usually in an oven or over an open fire.
Fat-based cooking method which requires a small amount of fat to transfer the heat and seal the surface of a food.
Fat-based cooking method in which food is sunk in a large amount of oil.
Method of transferring thermal energy between two objects without the use of water or oil.
The process in which vegetables are put into boiling water for a short time and then quickly dipped into ice-cold water.

Positive use of microorganisms in dairy products (T

Coagulated milk – one of the steps of cheese production.
Milky liquid – a by-product of cheese production, drained from the cheese and used as a beverage or animal feed.
Enzyme used to coagulate milk in cheese production.
Bacteria used in cheese production, added to begin the process of milk fermentation.
Sugar which occurs naturally in milk.
What lactose is turned into during bacterial fermentation.
Process in which sugar is turned into another substance, used in yoghurt and cheese production.
Invisible and odourless gas produced in sugar fermentation, which helps to obtain fizzy beverages and causes dough to rise.
One of the products of yeast fermentation, used in beer and wine production.
Harmless bacteria used in food manufacturing.
Product of milk fermentation with the use of probiotic bacteria.
Traditional British cheese made with the use of mould.
Traditional French cheese made with the use of mould, with a characteristic white skin.
Single-celled fungus used as leavening agent in the manufacturing of bread.
Spicy sausage originating from Italy, made of fermented beef or pork.
Fermented, cured and smoked spicy sausage originating from Spain.
Alcoholic beverage made from apple juice fermented with yeast.
Popular alcoholic beverage typically made from grapes fermented with yeast.

Functional and chemical properties of ingredients

What happens to proteins at high temperatures, in an acidic environment or as an effect of mechanical action.
What happens to proteins when the molecules aggregate, e.g. as a reaction to salt.
Protein formed when flour is mixed with water, which builds a springy, elastic net and traps air bubbles within the mixture.
Light, delicate structure in which air bubbles are trapped in a liquid.
A solution of acid, oil, herbs and spices, used to prepare a range of meats and tenderise them.
Denaturation of milk proteins in reaction to acid or enzymes used in cheese production.
The process of separating water from [illegible]ed, overcoagulated proteins, e.g. in eggs.
One of the pro[illegible]t in flour, which, in the presence of water, creates gluten.
One of the proteins present in flour, which, in presence of water, creates gluten.
Reaction of starch to water and heating, in which starch granules swell and break up, used to thicken sauces or cook a risotto.
Reaction of starch to dry heating, in which long chains of starch break down into shorter ones, creating a slight sweet flavour.
Unbranched polysaccharide – one of the compounds which build the chains of starch.
Branched polysaccharide – one of the compounds which build the chains of starch.
Long-chained carbohydrate present in potatoes, rice and pasta, built from amylose and amylopectin.
Process in which fat molecules surround starch and prevent gluten formation, causing pastry to be crumbly.
Process in which air bubbles are trapped in a mixture of fat, leading to cream formation.
Ability of fats to change their physical state at various temperatures, as well as to be easily spread and reshaped.
Process of mixing oil and water together to obtain a [illegible]ixture, used to prepare mayonnaise.
Temperature at which fat tra[illegible]s to oil.
Molecule whic[illegible]ed by water molecules and doesn't mix easily with it.
The effect of plant cell damage, leading to a change in the colour and nutritional value of a fruit or vegetable.
The effect on food of exposure to air, leading to decrease in nutritional value as well as a change in flavour or smell.

Buying and storing food *(Table Fill)*

Range of temperatures at which the growth of microorganisms is the fastest, usually between 5 and 63 degrees Celsius.
Food products which offer the best conditions for microorganism growth and increase the risk of food poisoning, which include raw, moist, protein-rich and ready-to-eat products.
Temperature of the air surrounding us, usually considered to be between 20 and 25 degrees Celsius, in which dry, sealed food can be safely stored.
When a strong smell from one food goes into another, less strongly smelling, food product.
Storing food at temperatures between 0 and 5 degrees Celsius, usually in a fridge or cooling counter.
Storing food at temperatures below 0 degrees Celsius, in order to stop bacterial growth and preserve nutritional value.
Date mark which applies to food quality, usually used for dry foods such as biscuits or pasta.
Date mark which applies to food safety, after which the food cannot be eaten any more; usually used for fresh, unprocessed foods.
A condition that occurs to frozen foods if they are not covered properly and air reaches them, causing oxidation and dehydration.
Defrosting – changing the physical state of food from solid and hard to soft or liquid, caused by increased temperature.
Durability – the amount of time during which a food can be safely stored and eaten.
Perishable food product usually associated with food poisoning – the only one which should not be eaten after the best before date.
Endothermic process of changing the state of a food from solid to liquid or hard to soft by changing the temperature it is stored at.

Preparing and cooking food *(Table Fill)*

Item of clothing used to prevent hair from falling into food.
Item of clothing used to protect the cook's clothes and body from dirt, stains or damage caused by oil splattering.
Transfer of microorganisms or food particles to another food, which may cause food poisoning or anaphylactic shock.
Process in which microorganisms are killed, usually with the use of high temperatures or antibacterial sprays.
Form of bacteria or fungi resistant to high or low temperatures which can multiply and reproduce in more friendly conditions.
Food products which offer the best conditions for microorganism growth and increase the risk of food poisoning or food allergy.
Disposable item used to protect a cook's hands.
Habits and actions taken by individuals in order to prevent food contamination or poisoning.
The number of degrees Celsius or Fahrenheit in the centre of a cooked food product.
All the actions and procedures taken to ensure that food is not harmful and is secure to eat.
Electronic tool used to measure the temperature inside food.
Harmful bacteria that cause diseases and poisoning.
State in which microorganisms' bodily functions are slowed down and all activity is minimised in order to survive unfriendly conditions such as low temperatures and allow for later growth.
Harmful substance released by microorganisms and other organisms, usually bitter in taste, which causes poisoning.

Microorganisms, enzymes and food spoilage *(Table Fill)*

Negative change in food properties caused by microorganisms and improper storage conditions.
Transfer of microorganisms or food particles to another food, which may cause food poisoning or anaphylactic shock.
Tiny fungi used in blue cheese production and which create a furry growth on bread and fruit, causing the food to spoil.
Microscopic organisms of various shapes used in food production, which can also cause diseases and food poisoning.
Microscopic, single-celled fungus used in bread, wine and [illegible] production.
Biologically active, protein-based compounds necessary for conducting many life processes, which act as catalysts in chemical reactions.
Microscopic organisms found everywhere in the environment, on the human body and in food which can cause food spoilage.
Process conducted by bacteria or yeast in which sugar is turned into carbon dioxide and other substances, such as alcohol and lactic acid.
Product of yeast fermentation used in wine and beer production.
Type of bacteria which need oxygen to live.
Type of bacteria which do not need oxygen to live.
All agents capable of causing diseases, such as bacteria, viruses or parasites.
Food products which offer the best conditions for microorganism growth and increase the risk of food poisoning, which include raw, moist, protein-rich and ready-to-eat products.
Substance or agent which speeds up the rate of a chemical reaction.
Reaction of the body to harmful microorganisms or toxins present in food.
Range of temperature which creates ideal conditions for bacterial growth and increases enzyme activity.
Effect of enzymatic action which leads to change in colour of a food.
Heat treatment applied to vegetables and fruit to prevent browning.
The effect on food of exposure to air leading to a decrease in nutritional value as well as a change in flavour and smell.
When bacteria become active again, leading to bacterial growth and food spoilage.
High-temperature treatment of food or kitchen utensils in which all microorganisms and spores are killed.
Form of bacteria or fungi resistant to high or low temperatures which can multiply and reproduce in more friendly conditions.

Bacterial contamination *(Table Fill)*

Foods which pose the best conditions for microorganism growth and increase the risk of food poisoning if not refrigerated; for example, raw chicken or eggs.
Process in which microorganisms are killed, usually with the use of high temperatures or antibacterial sprays.
The most common cause of food poisoning in the UK, found in offal and poultry.
The most common cause of hospital admissions from food poisoning in the UK, typically associated with raw eggs.
Insects or other organisms that cause damage to crops or food supplies.
Manifestation of an illness or poisoning which can be observed by the patient.
Condition caused by eating contaminated food, due to development of pathogenic bacteria or release of toxins.
One of the main symptoms of food poisoning, usually preceded by nausea.
One of the main symptoms of food poisoning, also known as dyspepsia.
One of the main symptoms of food poisoning, characterised by increased bowel movements and pain.
Harmful bacteria that cause diseases and poisoning.
Transfer of microorganisms or food particles to another food, which may cause food poisoning or anaphylactic shock.
Bacteria species naturally occurring in the human intestines but which is harmful if eaten.
Person or animal in which bacteria or parasites are present, but don't cause any illness.
Bacterium commonly found on the skin, which produces toxins and causes food poisoning when eaten.
Milk or another food product which has not been heat treated in any way, which makes it a high-risk food and increases the risk of food poisoning.
Method of preserving food by fermentation in a brine or vinegar solution.
Method of food packaging in which all the air is sucked out of the package before sealing, which prevents oxidation and prolongs shelf life.

Food origins *(Table Fill)*

The origin of food – place where the food comes from and how is it manufactured.
Chemical substance sprayed on fields and orchards to prevent damage caused by pests.
Chemical, nutrient-rich mixture used to enrich and improve soil quality in order to obtain higher crop yield.
Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desirable features.
Food product or farming method produced without the use of any artificial compounds, pesticides, antibiotics or GM feeds or fertilisers.
Bringing or transporting goods from another country.
Long, transparent plastic tube used in farming in order to provide warmth to plants and protect them from unfavourable weather conditions.
Plant growing method in which roots are placed into water instead of soil, used to grow lettuces or radishes.
Organic material left to decay and used as a natural fertiliser.
Method of egg production in which hens can move freely outside the barn; eggs from such hens are labelled 1.
Artificial fishery built in order to protect natural wildlife and achieve food sustainability.
The idea which advocates humane conditions and treatment for animals.
Spiral molecule locked in the nucleus of a cell, which carries all the information about a person, animal or plant.
Part of a DNA molecule which carries specific information, such as the colour of a flower or size of a fruit.
Foods such as mushrooms, herbs, roots and wild fruit which are not farmed but are looked for in the wild.
Food characteristic of a given time of year.
Method of fishing in which a net is pulled through the water or just above the seabed behind one or more boats.
Method of catching oysters, crabs and other sea creatures by pulling a large scoop made of a metal frame and a net along the seabed.
The meat of a deer.
Activity during which people search and kill wild animals and birds, often with the use of specially trained dogs.
Foods made from animals which were purposely bred in a farm in order to obtain milk, egg, meat or other benefits.
A piece of land on which fruit trees are grown.
All animals reared on a farm for meat or other purposes.

Food miles, packaging and sustainability *(Table Fill)*

Process of turning a used product (e.g. newspaper) into a new one (e.g. toilet paper).
Invisible, odourless gas produced in large amounts during food production and transportation, capable of trapping warmth around the Earth.
CO_2, methane, nitrous oxide, ozone and water vapour – the gases which have the potential to trap warmth around the Earth and contribute to global warming.
Synthetic, usually elastic compound which is very hard to decompose and which is used to produce food packaging.
Light, white synthetic material which does not decompose, which is used to insulate and protect goods.
Amount of CO_2 released during the production and transportation of a given good, e.g. a food product.
The distance a food has to travel from a farm to the plate of a consumer.
Foods characteristic of a given time of year.
Food assurance scheme which ensures food safety, traceability, environmental protection and animal welfare in the UK.
Ability to produce sufficient amounts of food, ensuring that the ecosystem remains stable and diverse.
Food product or farming method produced without the use of any artificial compounds, pesticides, antibiotics or GM feeds or fertilisers.
Naturally occurring, non-renewable sources of energy which were formed as the result of anaerobic decomposition of organic matter.
Naturally occurring, usually non-renewable reserves of non-organic or organic matter, such as water, coal or wood.
Situation in which the average temperature on Earth rises, causing weather anomalies and melting of glaciers.
Able to be broken down in natural conditions, e.g. by bacteria and pests.
Situation in which a person cannot buy sufficient amounts of nutritious, healthy food or cannot buy the desired food due to lack of money.
Non-profit organisation or warehouse in which non-perishable, basic foods can be gathered, stored and redistributed free of charge to those in need to prevent food poverty and hunger.
All food which has not been eaten for various reasons, and has to be disposed of due to spoilage, an exceeded date mark or another reason.

Food security *(Table Fill)*

State in which everybody around the world has a sufficient amount of safe, healthy, nutritious food.
Bringing or transporting goods from another country.
Poor, unindustrialised countries which are attempting to increase their growth rate and quality of life by trading and implementing modern technologies.
State in which a person does not provide sufficient amounts of macro- and micronutrients, often leading to deficiency-related diseases.
Situation in which the average temperature on Earth rises, causing weather anomalies and melting of glaciers.
CO_2, methane, nitrous oxide, ozone and water vapour – the gases which have the potential to trap warmth around the Earth and contribute to global warming.
Ethical way of trading between developed and developing countries, which allows fair prices and wages for the farmers and farm workers.
State in which no rainfall has occurred for a prolonged period of time, causing crop failure and major problems with food production or hygiene.
State in which massive rainfall has occurred for a prolonged period of time, causing rivers to leave their beds and swamp the surrounding land.
Ice or snow mass formed at the tops of mountains and near the poles.
Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desirable features.
Naturally occurring, non-renewable sources of energy which were formed as the result of anaerobic decomposition of organic matter.
Amount of CO_2 released during the production and transportation of a given good, e.g. a food product.
The distance a food has to travel from a farm to the plate of a consumer.
Chemical substance sprayed on fields and orchards to prevent damage caused by pests.
Chemical substances used to enrich and improve soil quality in order to obtain higher crop yields.
Artificial fishery built in order to protect fauna, wildlife and achieve food sustainability.
Variety of species occurring in the environment.
Place where fish are caught or reared, either in the wild or in fish farms.
State in which too many fish are caught, leading to the extinction of a given shoal or the extinction of the species.
Accidentally catching fish or other animals which weren't intended to be caught.

Culinary traditions and cuisines *(Table Fill)*

Style of cooking characteristic of a country or region, which uses specific ingredients and cooking methods.
Britain's most popular traditional hard cheese, made from cow's milk and originating from Somerset.
Meal which is eaten around noon instead of breakfast and lunch.
Light meal eaten usually in the late evening.
The main or largest meal of the day; in Great Britain it is usually eaten in the early evening, often in a restaurant on formal occasions.
In Great Britain it is a meal eaten around midday or in the early afternoon, often consisting of sandwiches, salads or other easy-to-make foods.
Light meal eaten between lunch and dinner; usually consists of sweet treats and small sandwiches often accompanied by a pot of a hot beverage.
Small snacks or biscuits eaten before noon.
Traditional British meal consisting of sandwiches, cakes or scones and a pot of tea.
Afternoon nap or rest typical of southern countries such as Spain or Mexico.
Originating from Italy, a small snack eaten before the main dish to increase the appetite.
Traditional Spanish dish made of rice, vegetables, chicken and seafood, usually served in a shallow frying pan.
Deep frying pan characteristic of Asia.
Cutlery items used instead of a knife and fork in East Asia.
Round clay oven used for cooking traditional Indian meals.
A pizza that is folded before cooking.
Traditional Japanese dish made of rice, seaweed and fish or vegetables, dipped in soy sauce or wasabi paste.
Traditional Scottish dish made from offal, oats and herbs cooked in an animal's stomach.
Style of cooking characteristic of the south of Europe.
Clay dish with a lid used to prepare traditional Arab meals.
Traditional dessert characteristic of Greece and Turkey, made from flaky pastry with a filling traditionally made from nuts, and soaked in syrup or honey.

Food production *(Table Fill)*

Gathering the crops from a field or orchard.
Pulverising – turning grain into powder.
Process of gently heating a liquid or a food product to 72°C in order to kill harmful bacteria and make food safe to eat.
Heat treatment of milk and meat preserves in which the food is heated to 130°C for 30 minutes to kill all bacteria and spores and significantly increase the shelf life of the finished product.
Pressing milk through very fine membranes in order to remove bacteria.
Turning milk into yoghurt or cheese with the use of bacteria.
Various bacteria species which are beneficial for health and useful in food production.
Furry microorganism which is used in blue cheese production and which causes bread and fruit spoilage.
Milky liquid, a by-product of cheese production, drained from the cheese and used as a beverage or animal feed.
Coagulated milk – one of the steps of cheese production.
Freezing food and removing moisture afterwards under pressure to enhance shelf life without affecting nutritional value of a food.
Processes which affect food's properties or turn it into a different product.
Raw, unrefined food, usually freshly harvested.
Early processes in which food is turned from raw produce into ingredients for an edible, saleable food product.
Transparent, tasteless substance derived from collagen, used as a gelling agent.
Process of decreasing the amount of fat in milk.
Process of decreasing the size of fat particles in milk by pressing them through tiny holes to obtain a stable mixture.
Live bacteria added to pasteurised milk to begin the process of fermentation during cheesemaking.
A type of fibre which occurs naturally in fruit and which acts as a gelling agent.
Disaccharide which occurs naturally in milk and which is transformed into acid during milk fermentation.
Acid produced from milk sugar during fermentation of milk.
Net-like protein in wheat, rye and barley, responsible for the soft, springy texture of bread.
Food preservation method involving the use of nitrates, salt, sugar and sometimes smoking, usually applied to meats or fish.

Technology and food modifications *(Table Fill)*

Addition of nutrients to a given product to improve or restore its nutritional value.
Obligatory – necessary to add to a food product by law.
Kind of flour which does not have to be fortified because its nutritional value has not been affected by processing.
Kind of milk which has to be fortified by law due to its low fat content.
Soft, spreadable mixture made of hydrogenated vegetable oils, used instead of butter, and fortified in vitamins A and D by law.
A vitamin added to plain flour by law to restore it[illegible] during milling, the deficiency of which may cause beriberi [illegible]
A vitamin added to plain [illegible] to reduce the risk of pellagra and other effects of its [illegible].
A mineral added to plain flour by law to prevent anaemia.
A mineral added to plain flour by law to prevent rickets and osteoporosis.
Substance added to fat spreads and skimmed milk by law.
Pigment – agent used to change or enhance the visual aspects of food.
Substance used to improve the texture of food and prevent separation of ingredients.
Agent used to change or enhance the taste and smell of food.
Natural or synthetic agent used to enhance the shelf life of a food and prevent spoilage.
Fatty substance which does not occur in vegetable fats, responsible for many diet-related conditions.
Naturally occurring molecules found in plant substances which have the potential to lower blood cholesterol level and decrease the risk of heart failure.
Additive used to maintain a food's chemical structure.
Chemical substances containing nitrogen, used in the pro[illegible]on of cured meats to prevent the growth of *Clostridium botulinum* bacteria a[illegible]mprove the colour of the final product.
Condition in which blood v[illegible]s of the heart are narrowed due to cholesterol plaque accumu[illegible]in[illegible]sing the risk of heart attack.
Group of people who, due to their dietary restrictions, are at increased risk of developing vitamin B12 deficiency and anaemia.
A disease caused by vitamin B12 deficiency, in which red blood cells cannot be built properly.

Sensory perception *(Table Fill)*

Cell located in the skin and other organs, specialised in conducting stimuli to the brain.
Properties and aspects of food which are perceived via the senses, especially taste and smell.
Specialised receptors localised on the tongue which are responsible for recognising flavours.
The meaty, savoury taste.
The system used for recognising aromas.
The tissue which covers all of the inner organs, such as the digestive tract.
The combined sensation of taste, smell and mouthfeel.
Sensory test used to assess which one of two samples is liked more by the person doing the tasting.
Actions taken to make sure all tasters have the same settings and instructions, in order to obtain reliable results.
Piece of bread or wafer that is neutral in taste and that is used during food tasting to serve spreads and pastes.
Desire to eat a specific food product, as opposed to hunger.
One of the five senses, which allows you to assess whether a food looks appetising or not.
One of the features of foods – the smell.

Factors which influence food choice *(Table Fill)*

A method of expressing an individuals physical activity as a number, used to indicate the amount of energy required for activities such as running, walking and sleeping.
Unusual or particularly important event; cause for celebration and enjoyment, during which festive foods and drinks are consumed.
The cost of food – the amount of money one has to pay to buy the food.
Situation in which food is present in the market and affordable for the buyers, thanks to modern farming methods, storage system improvements and imports.
Eating a balanced diet and choosing ingredients carefully
The amount of money a family has available to spend on food or other goods, after all the taxes have been subtracted.
Habits and activities of an individual – the way a person lives.
List of ingredients and cooking instructions necessary to obtain a given dish.
Describes food that is characteristic of a given time of year.
The influence of a group people of one's own age, which may affect one's food choices.
Person who buys and eats foods – a client.
All actions, traditions, ideas or beliefs characteristic of a country, region or ethnic group.

Food choices *(Table Fill)*

The meat derived from a commonly reared animal, forbidden in many religions, such as Islam or Judaism.
Chemical substance occurring in beverages, forbidden in many religions.
Foods and other goods which are permissible for Muslims.
Foods and other goods which are permissible for Jews.
Hindu festival of lights, celebrated in autumn.
In Islam, a month-long fasting period during which nothing can be eaten or drunk from sunrise to dusk.
The negative reaction of the digestive system to a food ingredient, often manifesting as stomach cramps or diarrhoea.
The reaction of the immune system to a food ingredient, which may lead to anaphylactic shock.
The sugar naturally present in milk and one of the most common causes of food intolerance.
A protein present in wheat, rye and barley, and which is a cause of food intolerance.
The enzyme which breaks down milk sugar in the small intestine.
Disease in which gluten cannot be digested and a gluten-free diet has to be followed for the person's entire life.
Severe, life-threatening allergic reaction to food or other factors.
The principle of humane treatment and conditions for animals.
Ethical way of trading between developed and developing countries, which allows fair prices and wages for the farmers and farm workers.
Food product or farming method produced without the use of any artificial compounds, pesticides, antibiotics, GM feeds or fertilisers.
Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desirable features.

Food labelling and marketing influences *(Table Fill)*

Obligatory – necessary to include on a food label.
British government agency responsible for protecting public health in relation to food.
The origin of food – place where the food comes from.
Amount of macro- and micronutrients present in a given food, ingredient or meal.
Marketing technique designed to attract people into buying a given product by offering another pack of the same product for free.
Marketing technique in which two or more products bought together are cheaper than when buying them separately.
Marketing technique in which staple foods containing sweets or other rather expensive, non-staple foods are located near checkout counters.
The use of a brand name or product in a popular TV programme, series or show.
One of the mandatory elements of a food label, in which all the contents of the food are listed in descending order.
Substances or ingredients present in a food which may pose a possible danger to someone who is especially sensitive or susceptible to them.
Date mark which applies to food safety, after which the food cannot be eaten any more, usually used for fresh, unprocessed foods.
Date mark which applies to food quality, usually used for dry foods such as biscuits or pasta.
Statement on a food label indicating that consumption of a given food or an ingredient it contains is advantageous for health.
Statement on a food label indicating the presence of a given ingredient, usually added for health purposes.
Methods and techniques designed to increase sales and encourage people to buy specific items or foods.
Reduction in price.
Group of people at whom an advertisement or product is aimed.

Macronutrients: proteins

protein	Long chains of amino acids that are the building growth and development, and make up 15% of a
low biological value	Type of protein in which some of the essential a amounts or lacking; usually of plant origin.
high biological value	Type of protein in which all essential amino acid amounts; usually of animal origin.
denaturation	A process that happens to proteins at high temp environment or as an effect of mechanical actio
protein complementation	Combining two or more l ological value pro high biological va
protein alternatives	Protei ch ducts made without the use of a
mycoprotein	otein-rich product made by *Fusarium venenatu*
coagulation	What happens to proteins when the molecules a to salt.
amino acids	Nitrogen-based molecules that bind together to
essential amino acids	Amino acids which cannot be produced by the h have to be provided as a part of a healthy diet.
non-essential amino acids	Amino acids which can be built by the human bo
soya	Type of bean rich in high biological value protei many other products, such as flour, oil, sauce or
quinoa	Tiny, easy-to-digest, gluten-free grains origina in carbohydrates, protein and fibre, and used as
kwashiorkor	Condition caused by prolonged deficiency of pro developing countries and characterised by swel
textured vegetable protein	A by-product of extracting oil from soya beans,
miso	Traditional Japanese paste made of fermented spreads.

Macronutrients: proteins (amino acids)

histidine	Essential amino acid abbreviated to His, used in histamine, which plays a major role in inflammat
isoleucine	Essential amino acid abbreviated to Ile.
lysine	Essential amino acid abbreviated to Lys.
leucine	The most abundant essential amino acid in the h Leu and used in the food industry as a flavour en
methionine	Essential amino acid abbreviated to Met.
phenylalanine	Essential amino acid abbreviated to Phe, danger from phenylketonuria
threonine	Essential amino acid abbreviated to Thr, used in and found in large amounts in beans and pulse
tryptophan	Essential amino acid abbreviated to Trp.
valine	Essential amino acid abbreviated to Val. High le diabetes.
alanine	Non-essential amino acid abbreviated to Ala. Th amino acid in the human body.
asparagine	Non-essential amino acid abbreviated to Asn.
aspartic acid	Non-essential amino acid abbreviated to Asp.
glutamic acid	Non-essential amino acid abbreviated to Glu.

Macronutrients: fats, oils and lipids

fat	An energy-dense macromolecule built from glyc acids, necessary for building hormones and insul
saturated fat	Type of fat in which all the chemical bonds are si
unsaturated fat	Type of fat in which one or more double chemica
obesity	Condition in which abnormally high levels of adi body, usually caused by excessive intake of mac
polyunsaturated fat	Type of fat where more than one double chemic acid chain.
monounsaturated fat	Type of fat where only or uble chemical bon chain.
trans fats	Type ts which are produced as a result of he atures for a long time.
adipose tissu	Connective tissue whose main function is to sto cushion organs.
emulsion	A mixture of oil and water.
salmon	An oily fish which is rich in essential fatty acids, flesh.
lard	Visible fat derived from pigs.
suet	Visible fat surrounding the loins and kidneys of saturated fats and characteristic of traditional
fish oil	The only animal-derived fat which is liquid at ro
triglyceride	The chemical name for a fat molecule.
fatty acids	Three long hydrocarbon chains attached to a gl molecule of fat.
cholesterol	Fatty substance necessary for building cell me bladder.
LDL cholesterol	Low-density fraction of cholesterol which trans and to the cells.
HDL cholesterol	High-density fraction of cholesterol which trans the liver, and lowers blood cholesterol levels.
essential fatty acids	Fatty acids which can be built by the human to be provided as part of a healthy diet.
lipid	Group of chemical substances which include fat sterols, and which are insoluble in water.
energy	The density or amount of calories derived from kilojoules or kilocalories.
hydrogenation	The process of adding hydrogen atoms to a trig from liquid to solid.
type 2 diabetes	Chronic disease characterised by high blood sug as a result of high fat intake and obesity.

Macronutrients: carbohydrates

carbohydrates	Large organic macromolecules produced by plan and which include sugars, starch and fibre.
sugar	Organic macromolecules produced by plants du in a range of food products in the form of single
starch	Organic macromolecules produced by plants, bo to store energy for later.
dietary fibre	Substance occurring in plant cells only, usually i necessary for maintaining health.
monosaccharides	Carbohydrates built from one molecule only.
polysaccharides	Carbohydrate wh[illegible] b[illegible]t from large numbers into long c[illegible]
glucose	[illegible]ple sugar which is a basic source of energy fo human body.
lactose	Disaccharide present in milk.
free sugar	Sugars added to food products, as opposed to th foods.
glycogen	Polysaccharide stored in the liver and muscle ce source of energy.
insoluble fibre	Type of fibre which absorbs water and enhances in the form of cellulose or lignin.
soluble fibre	Type of fibre which swells in the stomach giving usually in the form of pectin or gum.
disaccharides	Carbohydrates built from two particles of sugar lactose and sucrose.
fructose	A simple sugar built from five atoms of carbon, n
wholemeal	Flour made from whole grains, without separati
pectin	Type of soluble fibre, present in fruit, which acts
tooth decay	Condition in which enamel is damaged by bacter eating.
intrinsic sugars	Sugars that occur naturally in food products, as

Micronutrients: vitamins

vitamins	Organic molecules needed in very small amount diet but some can also be produced in the body.
retinol	Form of vitamin A found in animal-derived foods
beta-carotene	Form of vitamin A found in fruit and vegetables.
night blindness	Eyesight condition caused by vitamin A deficien
rickets	Childhood disease caused by an imbalanced, mi
osteoporosis	Condition in which bones lose their density and break.
skin	The organ which p cholecalciferol in rea
supplement	A pill ip e taken to top up micronutrient l ral health.
thiamine	The chemical name for vitamin B1, deficiency of disease.
riboflavin	The chemical name for a water-soluble vitamin energy from foods (vitamin B2).
niacin	The chemical name for vitamin B3, necessary fo found in lean meat, eggs and milk.
folic acid	The chemical name for vitamin B9, crucial for pr spinal cord and for the production of red blood c
spina bifida	Condition caused by folate deficiency during the
beriberi	Disease caused by thiamine deficiency, symptor weakening of the muscles leading to paralysis.
pernicious anaemia	Type of anaemia caused by vitamin B12 deficie deficiency anaemia.
vegans	A group of people whose dietary restrictions ma deficiency.
scurvy	Disease caused by vitamin C deficiency, the mai receding and bleeding gums, and tooth loss.
pellagra	Disease caused by niacin deficiency, characteris
cobalamin	The chemical name for vitamin B12, found mainl
ascorbic acid	The chemical nam tamin C, found mainly i as potatoes berries or cabbage.
cholecalciferol	emical name for vitamin D, present in lar products and oily fish, and also produced in the s

Micronutrients: minerals and water

rickets	Childhood disease caused by an imbalanced diet D and calcium.
osteoporosis	Condition in adults in which bones lose their den easy to break.
tooth decay	Condition caused by improper fluoride intake an enamel becomes damaged by acids and bacteria
enamel	The hardest tissue in the human body, which for teeth.
dairy	Products made from milk, often high in calcium.
anaemia	Condition caused by a deficiency of micronutrien vitamin B12 and folate, characterised by low red
fluoridation	Process in which drinking water is enriched in flu
thyroid gland	Small gland in front of the neck which produces h proper metabolism.
goitre	Condition caused by iodine deficiency, symptom the neck and changes in metabolism.
haemoglobin	Red pigment in blood cells, built from four peptid atoms, responsible for transporting oxygen in th
shellfish	Invertebrate marine organisms used as food wh iodine.
dehydration	State caused by excessive loss and insufficient r usually as the result of excessive sweating or ex
heatstroke	Serious condition in which the body cannot cool hot that it becomes dangerous, e.g. as the result
sweat	Liquid, salty secretion from glands located main skin pores all over the body.
detoxication	Function of water whereby harmful substances a
calcium	Chemical element found in milk, dairy products a the proper development and growth of bones an
iron	Element necessary for building red blood cells, v meat and eggs but which is harder to ingest from
fluoride	Chemical trace element necessary for the prope enamel.
iodine	Trace element necessary for building thyroid ho rate of metabolism in the body.
mineral	Inorganic chemical element necessary for the bo electric impulses or build hormones.
potassium	Important electrolyte necessary for conducting nerves and for lowering blood pressure.
magnesium	Mineral necessary for the proper performance o preventing involuntary muscle contractions and steady.

Energy requirements of individuals

kilocalorie	Unit used to measure energy, which equals appr
energy-dense food	Food which provides many calories in one gram.
primary source	Easily available source of energy which is used a
secondary source	Source of energy which is used only if other resc
Basal Metabolic Rate	Amount of energy necessary for conducting bas breathing or heartbeat.
Physical Activity Level	A method of expressing an individuals physical a indicate the amount of energy required for activ walking and sleeping.
energy source	Food rich in [illegible] macromolecules, such as car [illegible] mainly to provide power.
kilojoule	Unit used to measure energy, equals to 0.24 kil
fats	Triglycerides – energy-dense macromolecules p which should provide up to 35% of daily calorie i
carbohydrates	Group of macronutrients which should provide a intake, usually along with group B vitamins and
proteins	Group of macronutrients which should constitut calorie intake.
obesity	Condition in which abnormally high levels of adi body, usually caused by excessive intake of mac
weight loss	What happens to the body when the energy bala energy is burnt than is provided in the diet.
energy balance	Situation in which energy consumption and expe

Balanced diet and guidelines

balanced diet	Regimen in which all macronutrients and micron sufficient, appropriate amounts to allow proper body.
malnutrition	State in which insufficient amounts of macro- an provided.
micronutrients	Chemical substances necessary for the proper f needed in small amounts only.
macronutrients	Chemical substances necessary for building the needed in large amounts.
portion size	Amount of food eaten in one meal, usually differ age, sex and body size.
free sugars	Consumption of this type of sugar should be limi to one intake.
omega-3	Essential fatty acids, present in large amounts i located at the third carbon atom from the end of
dietary fibre	Substance necessary for proper digestion and b blood sugar levels and lowering the risk of bowe
hydration	Process of supplying a sufficient level of water i
growth spurt	Period in which the body grows rapidly, i.e. in ea adolescence.
peak bone mass	The maximum bone density, reached during ado adulthood, thanks to calcium accumulation.
energy-dense food	Food which provides many calories in one gram.
overnutrition	State in which excessive amounts of macro- or m which may lead to many diet-related health con
undernutrition	State in which insufficient macro- and micronutr leading to weight loss and diseases caused by nu
free sugars	Sugars added to food products, as opposed to th foods, consumption of which should be limited to
intrinsic sugars	Sugars naturally occurring in food products, as c
sedentary lifestyle	Habits and behaviours which include little or no
physical activity	Movement of the body which requires energy ex

Dietary needs and health part 1

coeliac disease	Disease characterised by immune reaction to gl the villi in the intestines and nutrient malabsorp
lactose intolerance	Condition (usually acquired) in which milk sugar causing bloating, stomach ache and diarrhoea.
gluten	Protein which is present in some cereals, such a which cannot be eaten by people with coeliac di
blood sugar level	Glycaemia, or the amount of glucose present in
fatty liver disease	Condition in which fat accumulates in the liver, v impair the performance of the liver, often seen i
obesity	Condition in which abnormally high levels of adi body, usually caused by excessive intake of mac
Body Mass Index	A ratio of body mass to height squared (kg/m^2), us someone's weight is optimal for their height.
diabetes	Chronic disease caused by insufficient performa abnormally high blood sugar levels occur.
coronary heart disease	Condition in which heart blood vessels are narr cholesterol plaque, which may lead to heart atta
hypertension	Abnormally high blood pressure, characteristic
osteoporosis	Condition in which bones lose their density and break.
iron deficiency anaemia	Condition caused by iron deficiency or an inabili
malnutrition	State in which insufficient amounts of macro- an provided.

Dietary needs and health part 2

breast cancer	Mammary gland tumour, for which risk factors i alcohol and lack of exercise, as well as hormona
bowel cancer	Tumour of the lower digestive tract, for which ri consumption of dietary fibre, obesity and unhea
arthritis	Condition in which crystals accumulate in joints difficulty walking, often as an effect of unhealth
stroke	State in which blood is not provided to the brain in the brain, causing damage and death to the br
rickets	Childhood disease caused by an imbalanced diet D and calcium.
tooth decay	Condition in which enamel is damaged by bacter
immune system	The body's defence system, protecting it from in bacteria and viruses.
atherosclerosis	Condition in which veins and arteries are narrow accumulation.
coronary arteries	The blood vessels which pump blood to the hear
glucose	Simple sugar which is a basic source of energy fo human body.
insulin	Important hormone, produced in the pancreas, w lowering blood sugar levels.
pancreas	Important organ which produces enzymes which digestion and hormones which regulate blood su
fatty liver disease	Condition in which fat accumulates in the liver, w impair the performance of the liver, often seen i
hypercholesterolemia	High level of cholesterol in blood.
HDL cholesterol	The 'good' cholesterol, which lowers the level of by transporting it to the liver.
LDL cholesterol	The 'bad' cholesterol, which can contribute to at heart disease if in excess.

Lifestyles and religions

vegetarian	Type of diet which does not allow consumption o animal-derived foods such as fish, milk or eggs.
vegan	Type of diet which does not allow consumption o products.
lacto-ovo-vegetarians	Group of people who do not eat meat, but eat eg
lacto-vegetarians	Group of people who do not eat meat or eggs, bu
halal food	Meat from animals killed in a ritual way or other consumption by Muslims.
religion	System of beliefs and law... which affect human's their food choices
Hindu	Pers... who ...llows the rules of a religion origina
Muslim	Person who follows the rules of Islam, a religion century by Muhammad.
kosher food	Food prepared following the rules of the Jewish
haram food	Food products which are forbidden for consumpt and alcohol.
Jew	Person who follows the rules of Judaism, a religi
belief	Idea, trust or confidence in something, relating t which can affect people's food choices in a signif

Calculate energy and nutritional values of recipes,

food table	Table which shows detailed nutritional informat ingredients.
nutritional value	Amount of macro- and micronutrients present i meal.
macronutrients	Chemical substances necessary for building the needed in large amounts.
micronutrients	Chemical substances necessary for the proper f needed in small amounts only.
balance	State in which sufficient, appropriate amounts o provided.
healthy diet	Regimen in which all macronutrients and micron suffi[illegible]propriate amounts, from various so
dietary diary	Type of notes or calendar in which all foods eate time are written in order to assess one's diet or
starch	Digestible polysaccharide present in rice, bread chains of glucose particles joined together.
dietary fibre	Substance necessary for proper digestion and b blood sugar levels and lowering the risk of bowe
oily fish	Type of freshwater and saltwater fish in which f amounts and distributed evenly around their bo
saturated fats	Type of fats in which all the chemical bonds are amounts in lard or butter.
sugar	Organic macromolecules produced by plants du in a range of food products in the form of single

Reasons why food is cooked

food safety	All actions and procedures taken to ensure that secure to eat.
flavour	The combined sensation of taste, smell and mou altered and improved during cooking.
texture	The consistency of a food product, usually creat
aroma	The smell of food, usually more prominent in hot
palatability	Term that refers to whether food is pleasurable
raw	Food which is in its natural state, before any hea
shelf life	Durability – the amount of time during which a f eaten.
natural poisons	Toxic substances naturally present in foods, whi neutralised during cooking.
appetising	Appealing – stimulating craving for a particular
bacteria	Tiny, omnipresent microorganisms which can ca is uncooked or improperly cooked.
tenderising	Process of softening and improving the texture cooking, cutting it into pieces, or using a marina
digestion	Process of breaking down nutrients in the stom which can be ingested through the gut wall into

Heat transfer and cooking methods

conduction	Process in which heat is transferred directly to t pan's molecules.
convection	Process in which heat is transferred to food indi or another medium, such as air.
radiation	Process in which heat is transferred to food indi to it.
microwaves	Electromagnetic waves used in radars, radio tra quickly heat up water particles.
infrared radiation	Type of invisible radiation emitted by every livi and ovens to transfer heat to the food.
steaming	Moist cooking method in which water vapour/st that are heated above boiling water.
blanching	The process in which vegetables are put into boi and then quickly dipped into ice-cold water.
poaching	Moist cooking method in which food is simmered in a small amount of liquid in order to keep its te
braising	Dry cooking method in which food is first sealed long time.
stir-fry	Fat-based cooking method that originated in As of a wok and a small amount of oil or sauce.
marinade	Mixture of oil, acid, herbs and flavourings used t meat.
vitamin loss	When various preparation and cooking methods nutritional value of a food product.
enzymatic browning	The effect of plant cell damage, leading to a cha nutritional value of a fruit or vegetable.
oxidation	The effect on food of exposure to air, leading to value as well as a change in flavour or smell.
boiling	Moist cooking method where a large amount of degrees Celsius is used.
simmering	Moist cooking method in which food is kept belo degrees Celsius) for a long time.
baking	Dry cooking method that involves using an oven the flame.
roasting	Dry cooking method that uses a small amount of from drying out.
grilling	Barbecuing – cooking food on a special grid, usu open fire.
shallow-frying	Fat-based cooking method which requires a sma the heat and seal the surface of a food.
deep-frying	Fat-based cooking method in which food is sunk
dry heat	Method of transferring thermal energy betwee of water or oil.
blanching	The process in which vegetables are put into boi and then quickly dipped into ice-cold water.

Positive use of microorganisms in dairy products

curd	Coagulated milk – one of the steps of cheese pr
whey	Milky liquid – a by-product of cheese production and used as a beverage or animal feed.
rennet	Enzyme used to coagulate milk in cheese produc
starter cultures	Bacteria used in cheese production, added to be fermentation.
lactose	Sugar which occurs naturally in milk.
lactic acid	What lactose is turned into during bacterial fer
fermentation	Process in which sugar is turned into another su cheese production.
carbon dioxide	Invisible and odourless gas produced in sugar fe obtain fizzy beverages and causes dough to rise
alcohol	One of the products of yeast fermentation, used
non-pathogenic	Harmless bacteria used in food manufacturing.
yoghurt	Product of milk fermentation with the use of pr
Stilton	Traditional British cheese made with the use of
Camembert	Traditional French cheese made with the use of white skin.
yeast	Single-celled fungus used as leavening agent in
salami	Spicy sausage originating from Italy, made of fe
chorizo	Fermented, cured and smoked spicy sausage ori
cider	Alcoholic beverage made from apple juice ferme
wine	Popular alcoholic beverage typically made from yeast.

Functional and chemical properties of ingredients

denaturation	What happens to proteins at high temperatures as an effect of mechanical action.
coagulation	What happens to proteins when the molecules a to salt.
gluten	Protein formed when flour is mixed with water, elastic net and traps air bubbles within the mixt
foam	Light, delicate structure in which air bubbles ar
marinade	A solution of acid, oil, herbs and spices, used to tenderise them.
curdling	Denaturation of milk proteins in reaction to acid production
syneresis	The process of separating water from overcook e.g. in eggs.
glutenin	One of the proteins present in flour, which, in th gluten.
gliadin	One of the proteins present in flour, which, in pr gluten.
gelatinisation	Reaction of starch to water and heating, in whic break up, used to thicken sauces or cook a risott
dextrinisation	Reaction of starch to dry heating, in which long into shorter ones, creating a slight sweet flavou
amylose	Unbranched polysaccharide – one of the compou starch.
amylopectin	Branched polysaccharide – one of the compound starch.
starch	Long-chained carbohydrate present in potatoes amylose and amylopectin.
shortening	Process in which fat molecules surround starch formation, causing pastry to be crumbly.
aeration	Process in which air bubbles are trapped in a mi formation.
plasticity	Ability of fats to change their physical state at as to be easily spread and reshaped.
emulsification	Process of mixing oil and water together to obta e.g. mayonnaise.
melting point	Temperature at which fat transforms into oil.
hydrophobic	Molecule which is repelled by water molecules
enzymatic browning	The effect of plant cell damage, leading to a cha nutritional value of a fruit or vegetable.
oxidation	The effect on food of exposure to air, leading to as well as a change in flavour or smell.

Buying and storing food

danger zone temperature	Range of temperatures at which the growth of m fastest, usually between 5 and 63 degrees Celsi
high-risk foods	Food products which offer the best conditions fo increase the risk of food poisoning, which includ ready-to-eat products.
ambient temperature	Temperature of the air surrounding us, usually c and 25 degrees Celsius, in which dry, sealed foo
tainting	When a strong smell from one food goes into an food product.
chilling	Storing food at temper[illegible] between 0 and 5 d fridge or cooling chamber.
freezing	Storing food at temperatures below 0 degrees C bacterial growth and preserve nutritional value.
best before	Date mark which applies to food quality, usually biscuits or pasta.
use by date	Date mark which applies to food safety, after wh any more; usually used for fresh, unprocessed fo
freezer burn	A condition that occurs to frozen foods if they ar air reaches them, causing oxidation and dehydra
thawing	Defrosting – changing the physical state of food or liquid, caused by increased temperature.
shelf life	Durability – the amount of time during which a f eaten.
eggs	Perishable food product usually associated with one which should not be eaten after the best bef
defrosting	Endothermic process of changing the state of a f hard to soft by changing the temperature it is st

Preparing and cooking food

hairnet	Item of clothing used to prevent hair from fallin
apron	Item of clothing used to protect the cook's cloth or damage caused by oil splattering.
cross-contamination	Transfer of microorganisms or food particles to cause food poisoning or anaphylactic shock.
disinfection	Process in which microorganisms are killed, usu temperatures or antibacterial sprays.
spores	Form of bacteria or fungi resistant to high or lo multiply and reproduce in more friendly conditio
high-risk foods	Food products wh ff the best conditions fo increase t of food poisoning or food allerg
gloves	ble items used to protect a cook's hands
personal hygi	Habits and actions taken by individuals in order contamination or poisoning.
core temperature	The number of degrees Celsius or Fahrenheit in product.
food safety	All the actions and procedures taken to ensure t is secure to eat.
food probe	Electronic tool used to measure the temperatur
pathogenic bacteria	Harmful bacteria that cause diseases and poiso
dormant	State in which microorganisms' bodily functions activity is minimised in order to survive unfrien temperatures and allow for later growth.
toxin	Harmful substance released by microorganisms usually bitter in taste, which causes poisoning.

Microorganisms, enzymes and food spoilage

food spoilage	Negative change in food properties caused by m storage conditions.
cross-contamination	Transfer of microorganisms or food particles to cause food poisoning or anaphylactic shock.
mould	Tiny fungi used in blue cheese production and wh bread and fruit, causing the food to spoil.
bacteria	Microscopic organisms of various shapes used i also cause diseases and food poisoning.
yeast	Microscopic, single-celled fungus used in bread,
enzymes	Biologically active, protein-based compounds ne many life processes, which act as catalysts in ch
microorganisms	Microscopic organisms found everywhere in the body and in food, which can cause food spoilage.
fermentation	Process conducted by bacteria or yeast in which dioxide and other substances, such as alcohol ar
alcohol	Product of yeast fermentation used in wine and
aerobic	Type of bacteria which need oxygen to live.
anaerobic	Type of bacteria which do not need oxygen to liv
pathogens	All agents capable of causing diseases, such as b
high-risk foods	Food products which offer the best conditions fo increase the risk of food poisoning, which include ready-to-eat products.
catalyst	Substance or agent which speeds up the rate of
food poisoning	Reaction of the body to harmful microorganisms
optimal temperature	Range of temperature which creates ideal condi and increases enzyme activity.
enzymatic browning	Effect of enzymatic action which leads to chang
blanching	Heat treatment applied to vegetables and fruit
oxidation	The effect on food of exposure to air, leading to value as well as a change in flavour or smell.
germinate	When bacteria spores become active again, lead food spoilage.
sterilisation	High temperature treatment of food or kitchen microorganisms and spores are killed.
spores	Form of bacteria or fungi resistant to high or lo multiply and reproduce in more friendly conditio

Bacterial contamination

perishable foods	Foods which pose the best conditions for microo increase the risk of food poisoning if not refrige chicken or eggs.
disinfection	Process in which microorganisms are killed, usu temperatures or antibacterial sprays.
Campylobacter	The most common cause of food poisoning in the poultry.
Salmonella	The most common cause of hospital admissions UK, typically associated with raw eggs.
pests	Insects or other organisms that cause damage t
symptom	Manifestation of an illness or poisoning which ca patient.
food poisoning	Condition caused by eating contaminated food, pathogenic bacteria or release of toxins.
vomiting	One of the main symptoms of food poisoning, us
stomach ache	One of the main symptoms of food poisoning, al
diarrhoea	One of the main symptoms of food poisoning, ch bowel movements and pain.
pathogenic bacteria	Harmful bacteria that cause diseases and poiso
cross-contamination	Transfer of microorganisms or food particles to cause food poisoning or anaphylactic shock.
E. coli	Bacteria species naturally occurring in the huma harmful if eaten.
carrier	Person or animal in which bacteria or parasites any illness.
Staphylococcus aureus	Bacterium commonly found on the skin, which pr food poisoning when eaten.
unpasteurised	Milk or another food product which has not beer which makes it a high-risk food and increases th
pickling	Method of preserving food by fermentation in a
vacuum packing	Method of food packaging in which all the air is before sealing, which prevents oxidation and pr

Food origins

food provenance	The origin of food – place where the food comes manufactured.
pesticide	Chemical substance sprayed on fields and orcha caused by pests.
fertiliser	Chemical, nutrient-rich mixture used to enrich a order to obtain higher crop yield.
genetically modified	Plant or animal whose DNA code has been mani enhance more desirable features.
organic	Food product or farming method produced witho compounds, pesticides, antibiotics or GM feeds
import	Bringing or transporting goods from another cou
polytunnel	Large transparent plastic tube used in farming in plants and protect them from unfavourable wea
hydroponic	Plant growing method in which roots are placed used to grow lettuces or radishes.
compost	Organic material left to decay and used as a nat
free-range	Method of egg production in which hens can mov eggs from such hens are labelled 1.
fish farm	Artificial fishery built in order to protect natura sustainability.
animal welfare	The idea which advocates humane conditions an
DNA	Spiral molecule locked in the nucleus of a cell, wh information about a person, animal or plant.
gene	Part of a DNA molecule which carries specific in of a flower or size of a fruit.
gathered ingredients	Foods such as mushrooms, herbs, roots and wild but are looked for in the wild.
seasonal foods	Food characteristic of a given time of year.
trawling	Method of fishing in which a net is pulled throug seabed behind one or more boats.
dredging	Method of catching oysters, crabs and other sea scoop made of a metal frame and a net along the
venison	The meat of deer.
hunting	Activity during which people catch and kill wild a the use of specially bred dogs.
reared ingredients	Foods made from animals which were purposely obtain milk, egg, meat or other benefits.
orchard	A piece of land on which fruit trees are grown.
livestock	All animals reared on a farm for meat or other pu

Food miles, packaging and sustainability

recycling	Process of turning a used product (e.g. newspape paper).
carbon dioxide	Invisible, odourless gas produced in large amoun and transportation, capable of trapping warmth
greenhouse gases	CO_2, methane, nitrous oxide, ozone and water v have the potential to trap warmth around the E warming.
plastic	Synthetic, usually elastic compound which is ver which is used to produce food packaging.
styrofoam	Light, white synthetic material which does not d to insulate and/or test goods.
carbon footprint	Amount of CO_2 released during the production a good, e.g. a food product.
food miles	The distance a food has to travel from a farm to
seasonal foods	Foods characteristic of a given time of year.
Red Tractor scheme	Food assurance scheme which ensures food safe environmental protection and animal welfare in
sustainability	Ability to produce sufficient amounts of food, en remains stable and diverse.
organic	Food product or farming method produced witho compounds, pesticides, antibiotics or GM feeds
fossil fuels	Naturally occurring, non-renewable sources of e the result of anaerobic decomposition of organi
natural resources	Naturally occurring, usually non-renewable rese organic matter, such as water, coal or wood.
global warming	Situation in which the average temperature on E anomalies and melting of glaciers.
biodegradable	Able to be broken down in natural conditions, e.g
food poverty	Situation in which a person cannot buy sufficient healthy food or cannot buy the desired food due
food bank	Non-profit organisation or warehouse in which r can be gathered, stored and redistributed free o prevent food poverty and hunger.
food waste	All food which has not been eaten for various rea to spoilage, an exceeded date mark or an

Food security

food security	State in which everybody around the world has a healthy, nutritious food.
import	Bringing or transporting goods from another co
developing countries	Poor, unindustrialised countries which are atte growth rate and quality of life by trading and im technologies.
undernutrition	State in which a person does not provide sufficie micronutrients, often leading to deficiency-relat
global warming	Situation in which the average temperature on E anomalies and melting of glaciers.
greenhouse gases	CO_2, methane, nitrous oxide, ozone and water v have the potential to trap warmth around the Ea warming.
Fairtrade	Ethical way of trading between developed and d allows fair prices and wages for the farmers and
drought	State in which no rainfall has occurred for a prol crop failure and major problems with food produ
flood	State in which massive rainfall has occurred for causing rivers to leave their beds and swamp th
glacier	Ice or snow mass formed at the tops of mountai
genetically modified	Plant or animal whose DNA code has been mani enhance more desirable features.
fossil fuels	Naturally occurring, non-renewable sources of e the result of anaerobic decomposition of organi
carbon footprint	Amount of CO_2 released during the production a good, e.g. a food product.
food miles	The distance a food has to travel from a farm to
pesticides	Chemical substance sprayed on fields and orcha caused by pests.
fertilisers	Chemical substances used to enrich and improv obtain higher crop yields.
fish farm	Artificial fishery built inside to protect natura sustainability.
biodiversity	Variety of species occurring in the environment.
fishery	Place where fish are caught or reared, either in t
overfishing	State in which too many fish are caught, leading shoal or the extinction of the species.
by-catch	Accidentally catching fish or other animals whic caught.

Culinary traditions and cuisines

cuisine	Style of cooking characteristic of a country or re ingredients and cooking methods.
Cheddar	Britain's most popular traditional hard cheese, r originating from Somerset.
brunch	Meal which is eaten around noon instead of brea
supper	Light meal eaten usually in the late evening.
dinner	The main or largest meal of the day; in Great Br early evening, often in a restaurant on formal oc
lunch	In Great Britain it is a me[illegible]ten around midda often consisting of sandwiches, salads or other e
afternoon tea	Light meal eaten between lunch and dinner; usu small sandwiches accompanied by a pot of a
elevenses	Small snacks or biscuits eaten before noon.
afternoon tea	Traditional British meal consisting of sandwiche of tea.
siesta	Afternoon nap or rest typical of southern countr
antipasto	Originating from Italy, a small snack eaten befo the appetite.
paella	Traditional Spanish dish made of rice, vegetable usually served in a shallow frying pan.
wok	Deep frying pan characteristic of Asia.
chopsticks	Cutlery items used instead of a knife and fork in
tandoor	Round clay oven used for cooking traditional Ind
calzone	A pizza that is folded before cooking.
sushi	Traditional Japanese dish made of rice, seaweed dipped in soy sauce or wasabi paste.
haggis	Traditional Scottish dish made from offal, oats a animal's stomach.
Mediterranean	Style of cooking characteristic of the south of Eu
tagine	Clay dish with a lid used to prepare traditional
baklava	Traditional dessert characteristic of Greece and pastry with a filling traditionally made from nuts [illegible]oney.

Food production

harvesting	Gathering the crops from a field or orchard.
milling	Pulverising – turning grain into powder.
pasteurisation	Process of gently heating a liquid or a food prod harmful bacteria and make food safe to eat.
sterilisation	Heat treatment of milk and meat preserves in w 130°C for 30 minutes to kill all bacteria and spo increase the shelf life of the finished product.
microfiltration	Pressing milk through very fine membranes in o
fermentation	Turning milk into yogh heese with the use
probiotic bacteria	Various ba s cies which are beneficial fo pro
mould	arry microorganism which is used in blue chees causes bread and fruit spoilage.
whey	Milky liquid, a by-product of cheese production, used as a beverage or animal feed.
curd	Coagulated milk – one of the steps of cheese pr
freeze-drying	Freezing food and removing moisture afterward shelf life without affecting nutritional value of a
secondary processing	Processes which affect food's properties or turn
unprocessed food	Raw, unrefined food, usually freshly harvested.
primary processing	Early processes in which food is turned from raw an edible, saleable food product.
gelatin	Transparent, tasteless substance derived from agent.
skimming	Process of decreasing the amount of fat in milk.
homogenisation	Process of decreasing the size of fat particles in through tiny holes to obtain a stable mixture.
starter cultures	Live bacteria added to pasteurised milk to begi during cheesemaking.
pectin	A type of fibre which occurs naturally in fruit an agent.
lactose	Disacch ich occurs naturally in milk and milk fermentation.
lactic acid	Acid produced from milk sugar during fermenta
gluten	Net-like protein in wheat, rye and barley, respo texture of bread.
curing	Food preservation method involving the use of sometimes smoking, usually applied to meats o

Technology and food modifications

fortification	Addition of nutrients to a given product to impr value.
mandatory	Obligatory – necessary to add to a food product
wholemeal flour	Kind of flour which does not have to be fortified has not been affected by processing.
skimmed milk	Kind of milk which has to be fortified by law due
margarine	Soft, spreadable mixture made of hydrogenated of butter, and fortified in vitamins A and D by la
thiamine	A vitamin added to plain flour by law to restore the deficiency of which may cause beriberi disea
niacin	A vitamin added to plain flour by law to reduce effects of its deficiency.
iron	A mineral added to plain flour by law to prevent
calcium	A mineral added to plain flour by law to prevent
vitamin A	Substance added to fat spreads and skimmed mi
colourant	Pigment – agent used to change or enhance the
emulsifier	Substance used to improve the texture of food a ingredients.
flavouring	Agent used to change or enhance the taste and
preservative	Natural or synthetic agent used to enhance the prevent spoilage.
cholesterol	Fatty substance which does not occur in vegetal many diet-related conditions.
phytostanols	Naturally occurring molecules found in plant sub potential to lower blood cholesterol level and de failure.
stabiliser	Additive used to maintain a food's chemical stru
nitrates	Chemical substances containing nitrogen, used meats to prevent the growth of *Clostridium botu* the colour of the final product.
coronary heart disease	Condition in which blood vessels of the heart are cholesterol plaque accumulation, increasing the
vegans	Group of people who, due to their dietary restric of developing vitamin B12 deficiency and anaem
pernicious an	A disease caused by vitamin B12 deficiency, in v be built properly.

Sensory perception

receptor	Cell located in the skin and other organs, specia the brain.
organoleptic qualities	Properties and aspects of food which are percei especially taste and smell.
taste buds	Specialised receptors localised on the tongue w recognising flavours.
umami	The meaty, savoury taste.
olfactory system	The system used for recognising aromas.
epithelium	The tissue which covers all of the inner organs, s
flavour	The combined sensation of taste, smell and mou
preference test	Sensory test used to assess which one of two sa person doing the tasting.
fair testing	Actions taken to make sure all tasters have the instructions, in order to obtain reliable results.
food carrier	Piece of bread or wafer that is neutral in taste a tasting to serve spreads and pastes.
appetite	Desire to eat a specific food product, as opposed
sight	One of the five senses, which allows you to asse appetising or not.
aroma	One of the features of foods – the smell.

Factors which influence food choice

Physical Activity Level	A method of expressing an individuals physical a indicate the amount of energy required for activ walking and sleeping.
occasion	Unusual or particularly important event; cause enjoyment, during which festive foods and drink
price	The cost of food – the amount of money one has
food availability	Situation in which food is present in the market buyers, thanks to modern farming methods, stor and imports.
healthy eating	Eating a balanced diet a choosing ingredients
disposable income	The amou money a family has available to s after all the taxes have been subtracted.
lifestyle	Habits and actions of an individual – the way a p
recipe	List of ingredients and cooking instructions nec
seasonal	Describes food that is characteristic of a given t
peer pressure	The influence of a group people of one's own age choices.
consumer	Person who buys and eats foods – a client.
culture	All actions, traditions, ideas or beliefs character ethnic group.

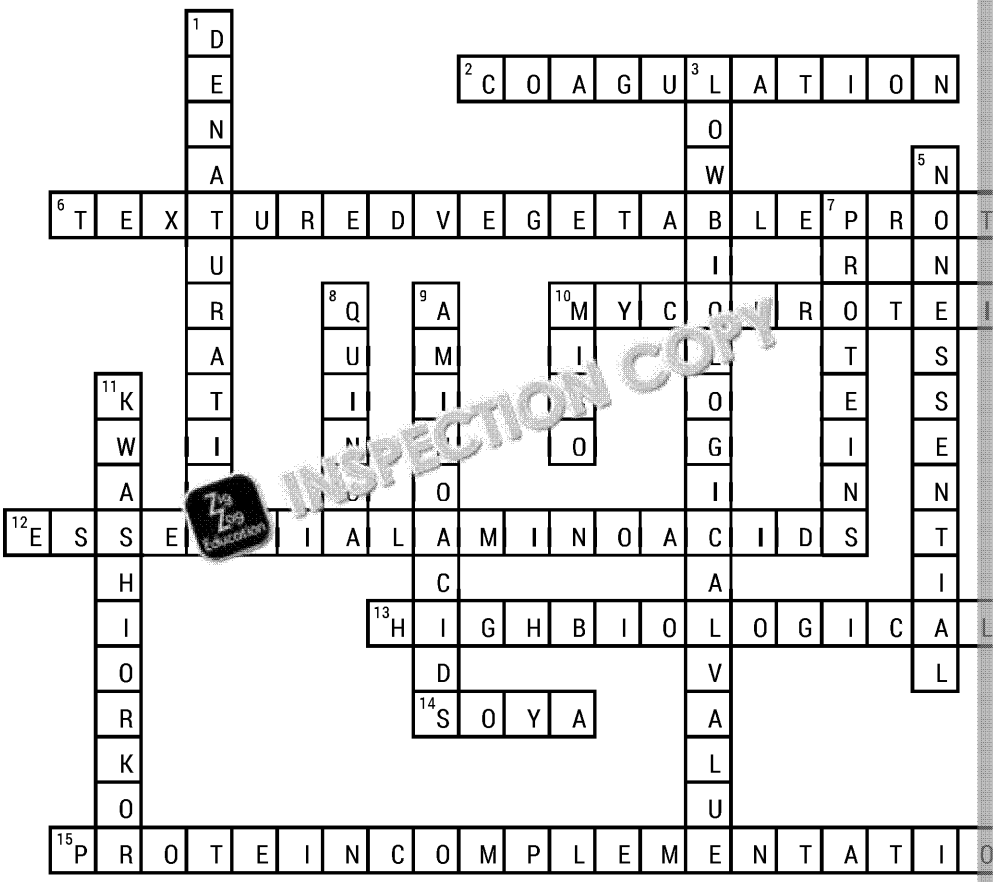
Food choices

pork	The meat derived from a commonly reared anim religions, such as Islam or Judaism.
alcohol	Chemical substance occurring in beverages, for
halal	Foods and other goods which are permissible fo
kosher	Foods and other goods which are permissible fo
Diwali	Hindu festival of lights, celebrated in autumn.
Ramadan	In Islam, a month-long fasting period during whi drunk from sunrise to dusk.
food intolerance	The negative reac[illegible] of the digestive system t manifesting [illegible] to [illegible]ch cramps or diarrhoea.
food allergy	The re[illegible]ction of the immune system to a food ing anaphylactic shock.
lactose	The sugar naturally present in milk and one of th food intolerance.
gluten	A protein present in wheat, rye and barley, and v intolerance.
lactase	The enzyme which breaks down milk sugar in th
coeliac disease	Disease in which gluten cannot be digested and followed for the person's entire life.
anaphylactic shock	Severe, life-threatening allergic reaction to foo
animal welfare	The principle of humane treatment and conditio
Fairtrade	Ethical way of trading between developed and d allows fair prices and wages for the farmers and
organic	Food product or farming method produced witho compounds, pesticides, antibiotics, GM feeds or
genetically modified	Plant or animal whose DNA code has been mani enhance more desirable features.

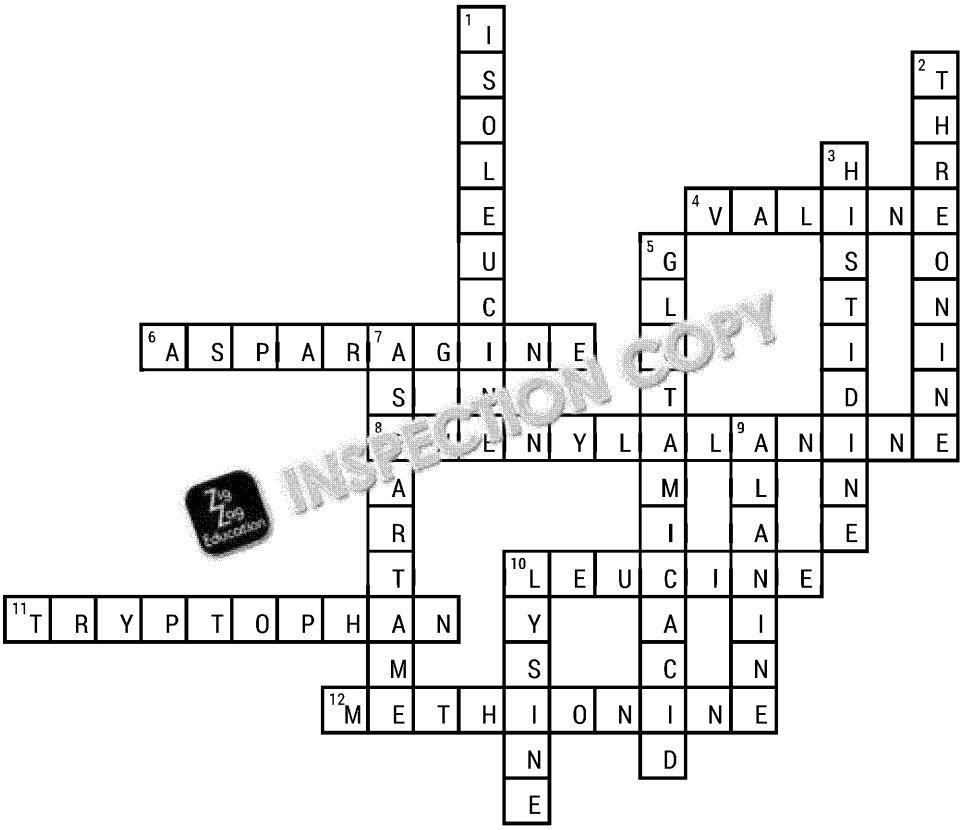
Food labelling and marketing influences

mandatory	Obligatory – necessary to include on a food labe
Food Standards Agency	British government agency responsible for prot relation to food.
provenance	The origin of food – place where the food comes
nutritional value	Amount of macro- and micronutrients present in meal.
BOGOF	Marketing technique designed to attract people by offering another pack of the same product fo
meal deal	Marketing technique in which two or more produ cheaper than when buying them separately.
point of sale	Marketing technique in which stands containing ... sive, non-staple foods are located near ch
product placement	The use of a brand name or product in a popular show.
ingredient list	One of the mandatory elements of a food label, i the food are listed in descending order.
allergens	Substances or ingredients present in a food whi danger to someone who is especially sensitive o
use by date	Date mark which applies to food safety, after wh any more, usually used for fresh, unprocessed fo
best before date	Date mark which applies to food quality, usually biscuits or pasta.
health claim	Statement on a food label indicating that consu ingredient it contains is advantageous for healt
nutrition claim	Statement on a food label indicating the presen usually added for health purposes.
marketing	Methods and techniques designed to increase s buy specific items or foods.
discount	Reduction in price.
target group	Group of people at whom an advertisement or p

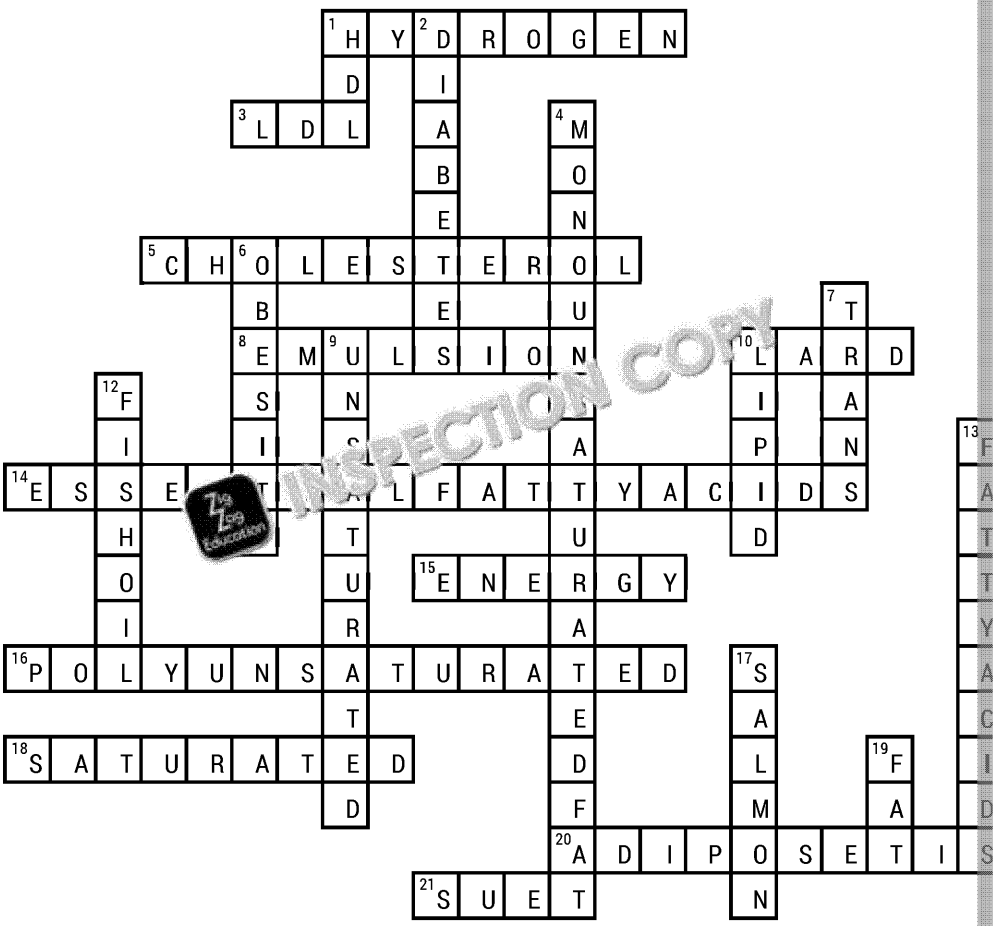
Macronutrients: proteins



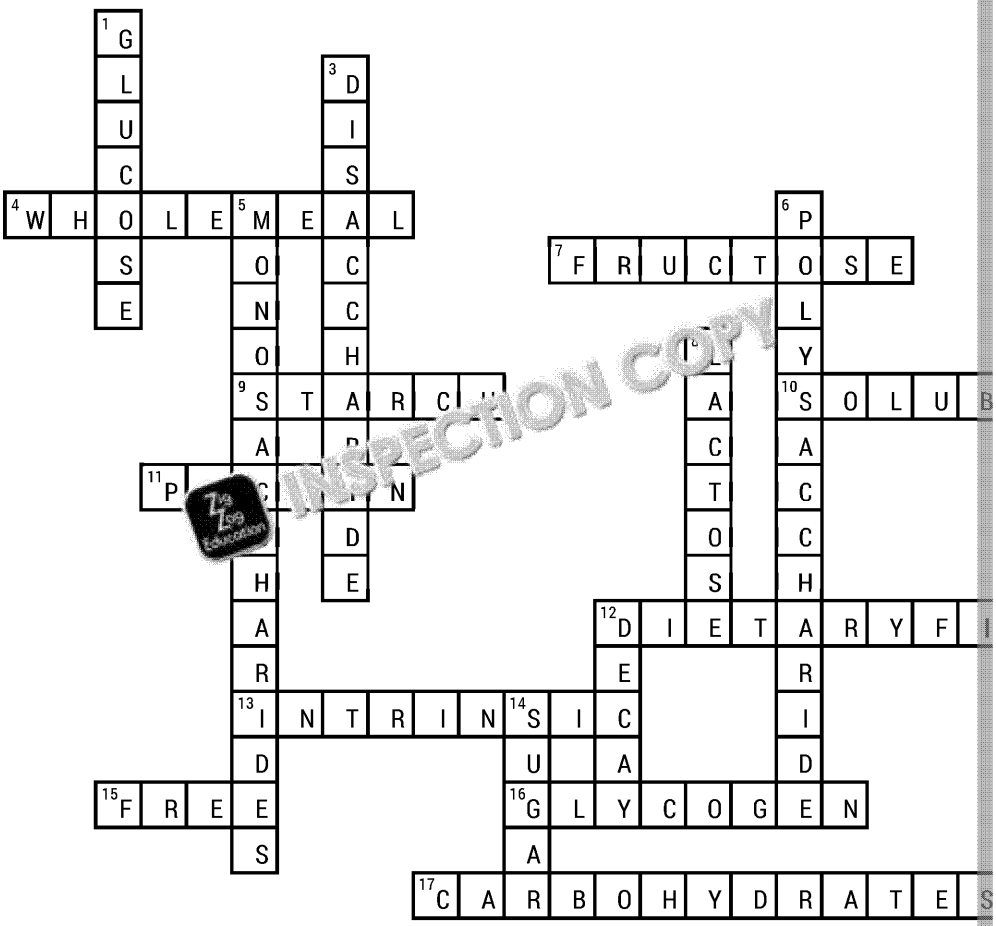
Macronutrients: proteins (amino acids)



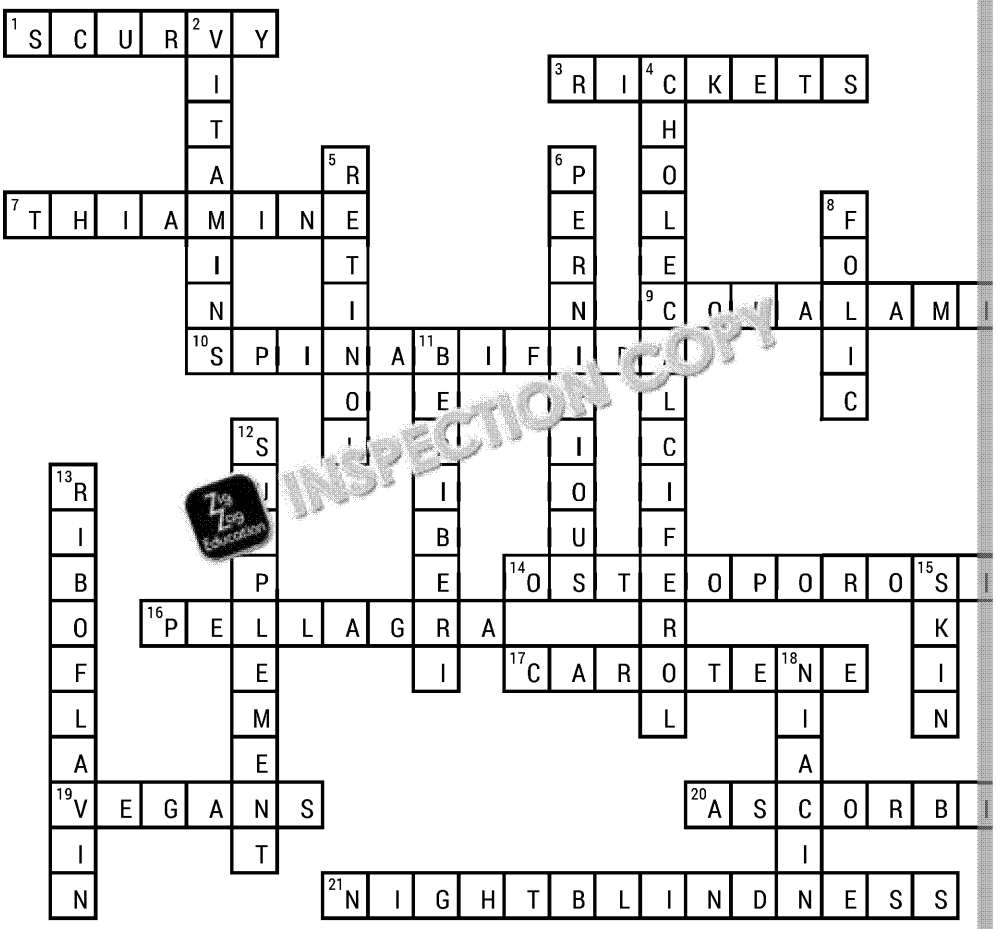
Macronutrients: fats, oils and lipids



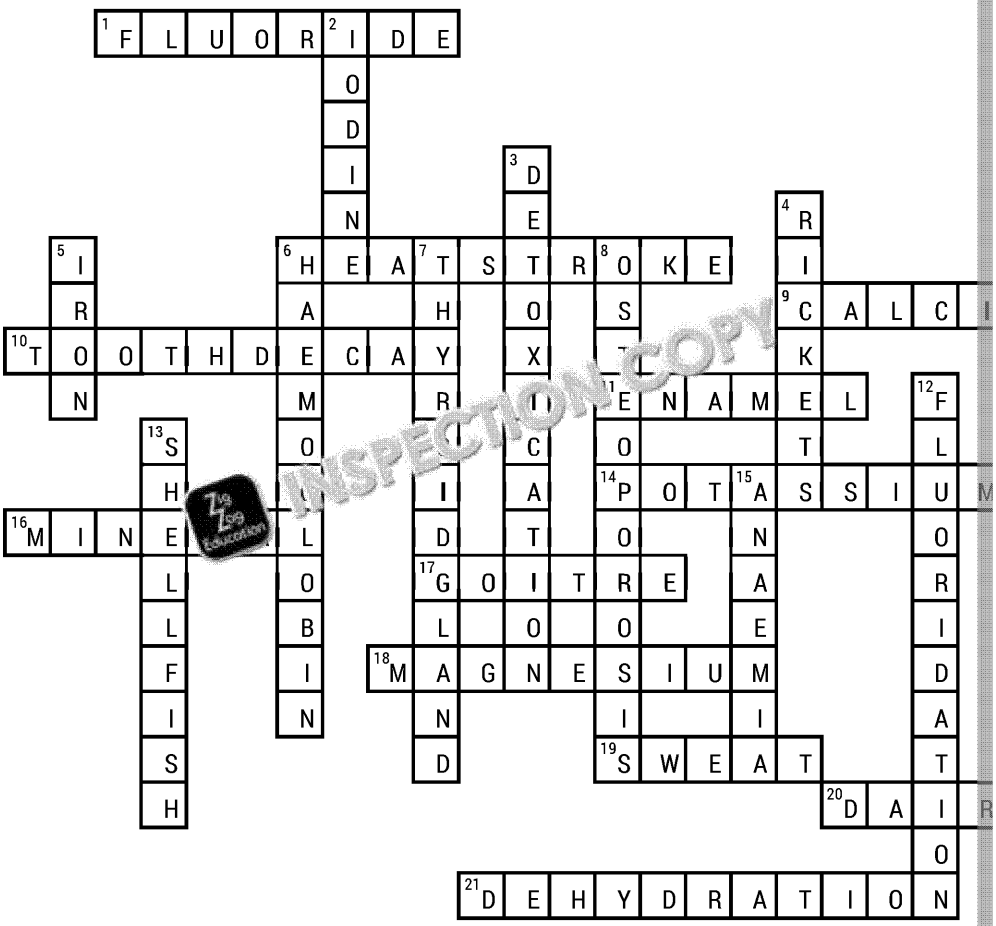
Macronutrients: carbohydrates



Micronutrients: vitamins

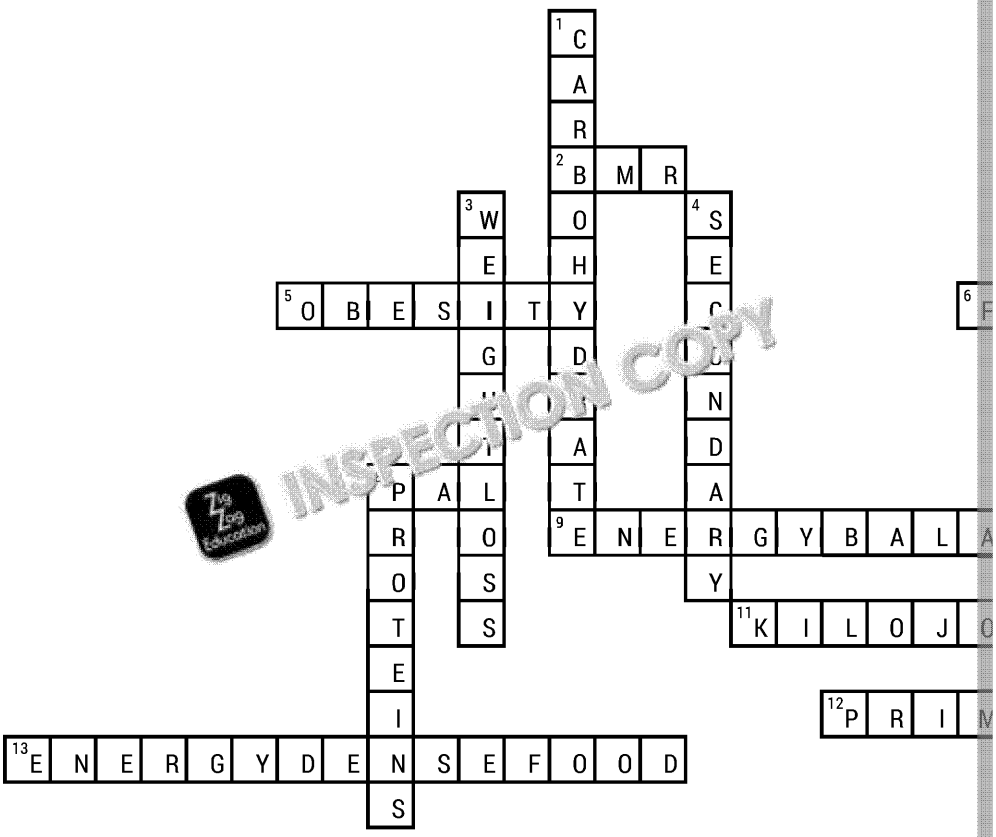


Micronutrients: minerals and water

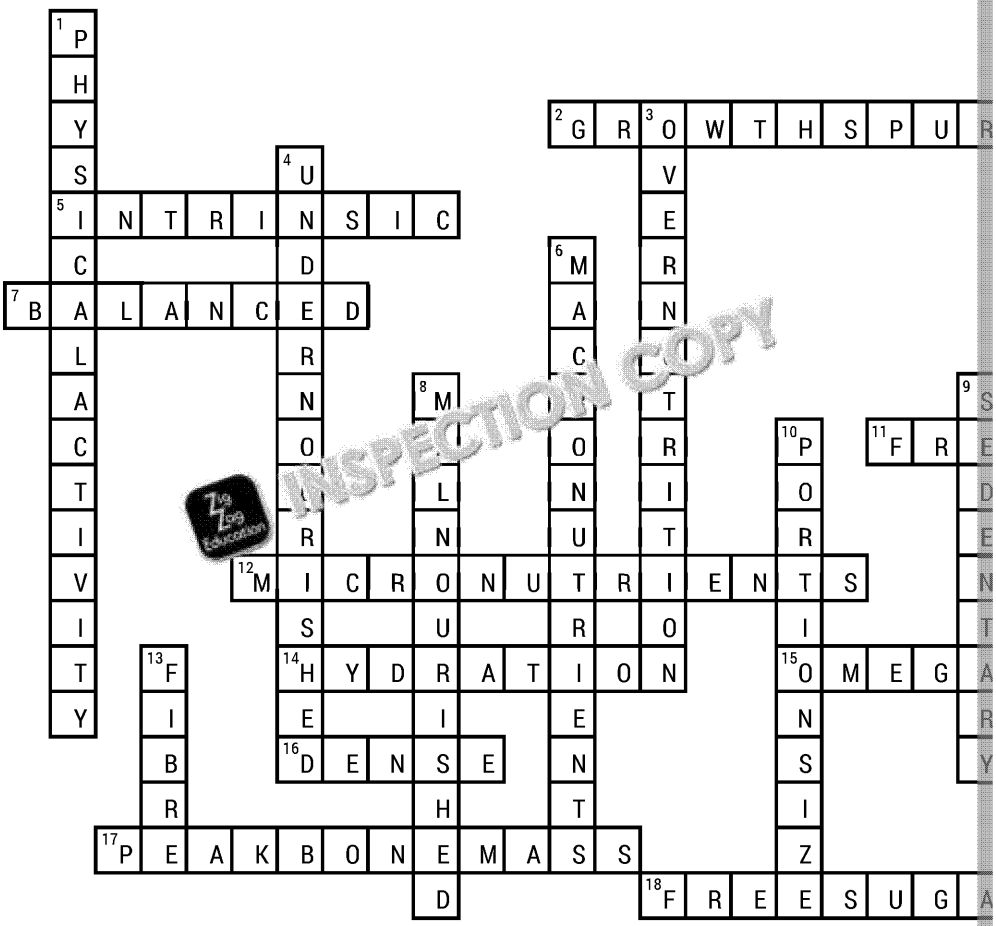


Zig Zag Education

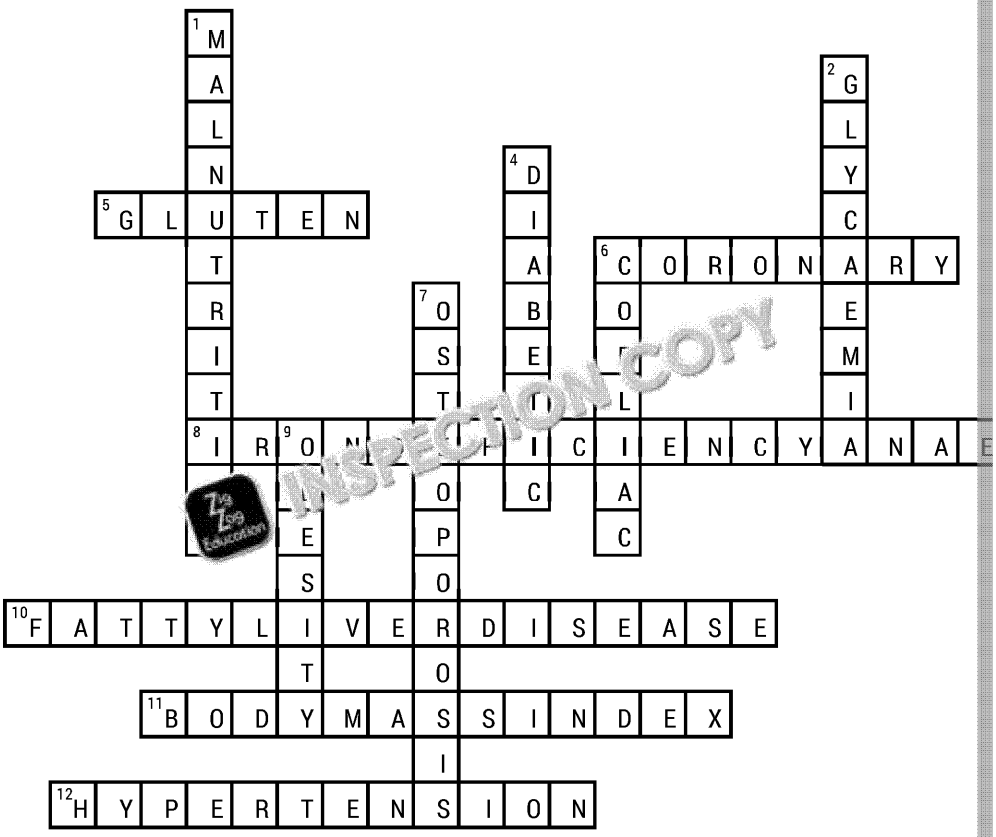
Energy requirements of individuals



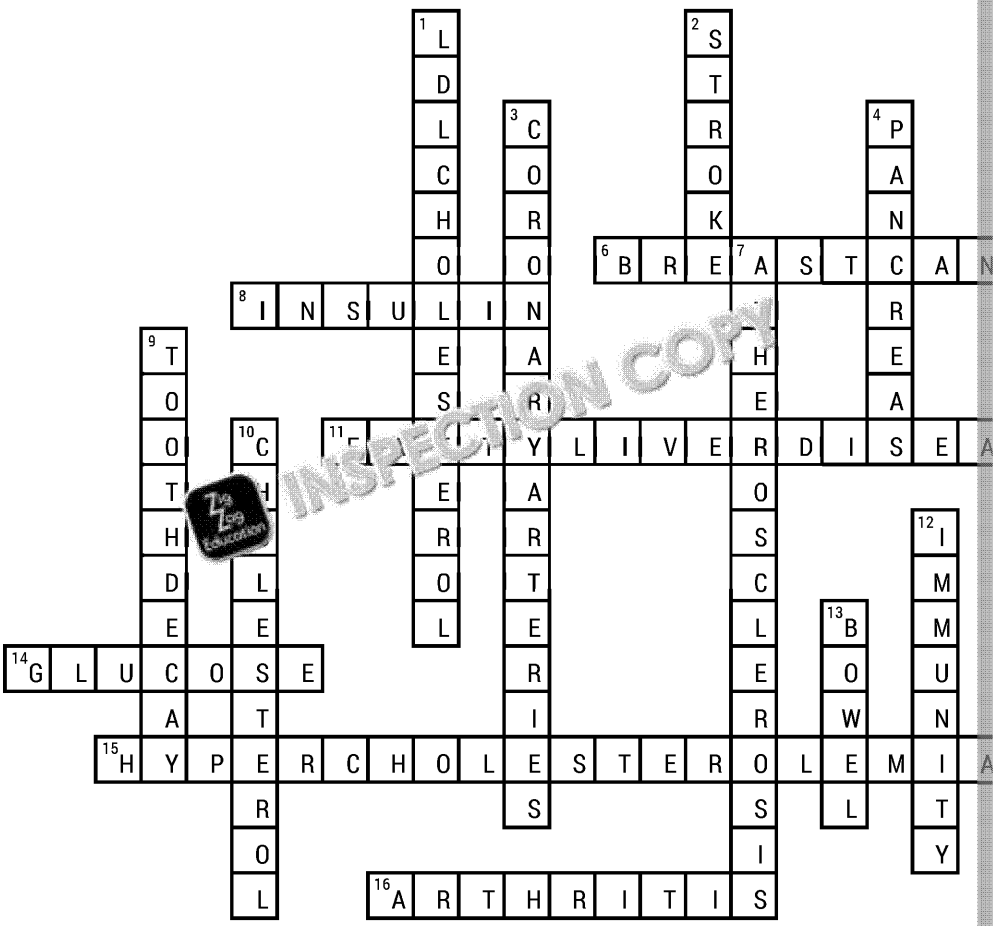
Balanced diet and guidelines



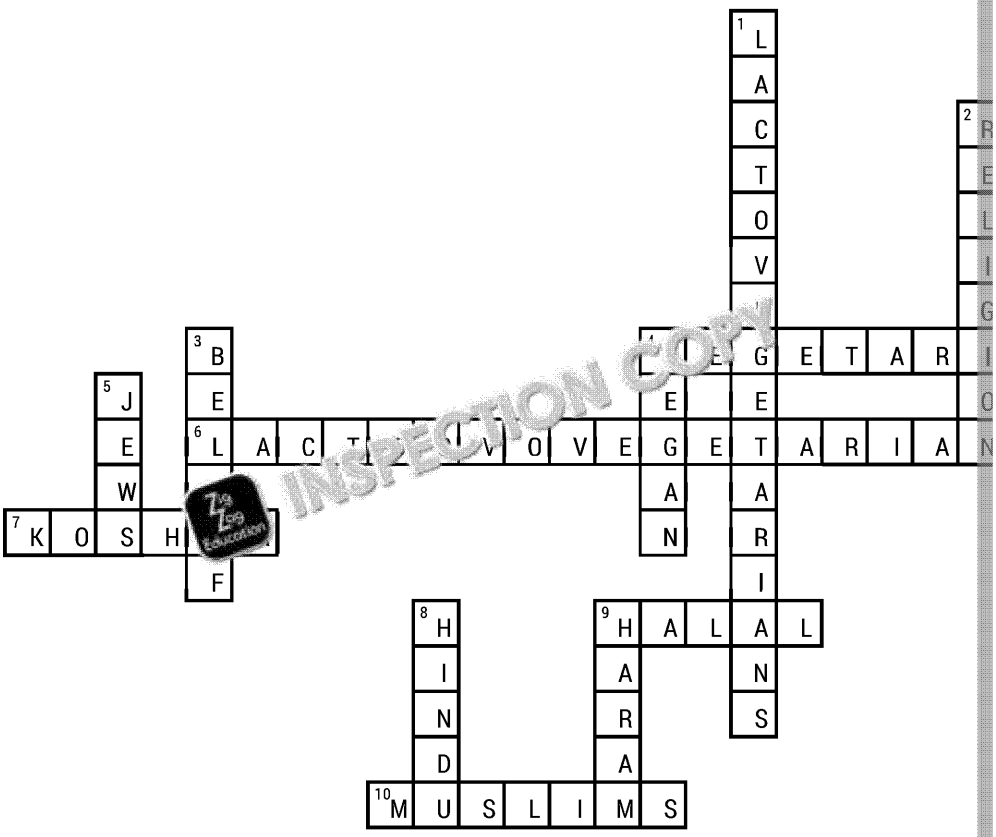
Dietary needs and health part 1



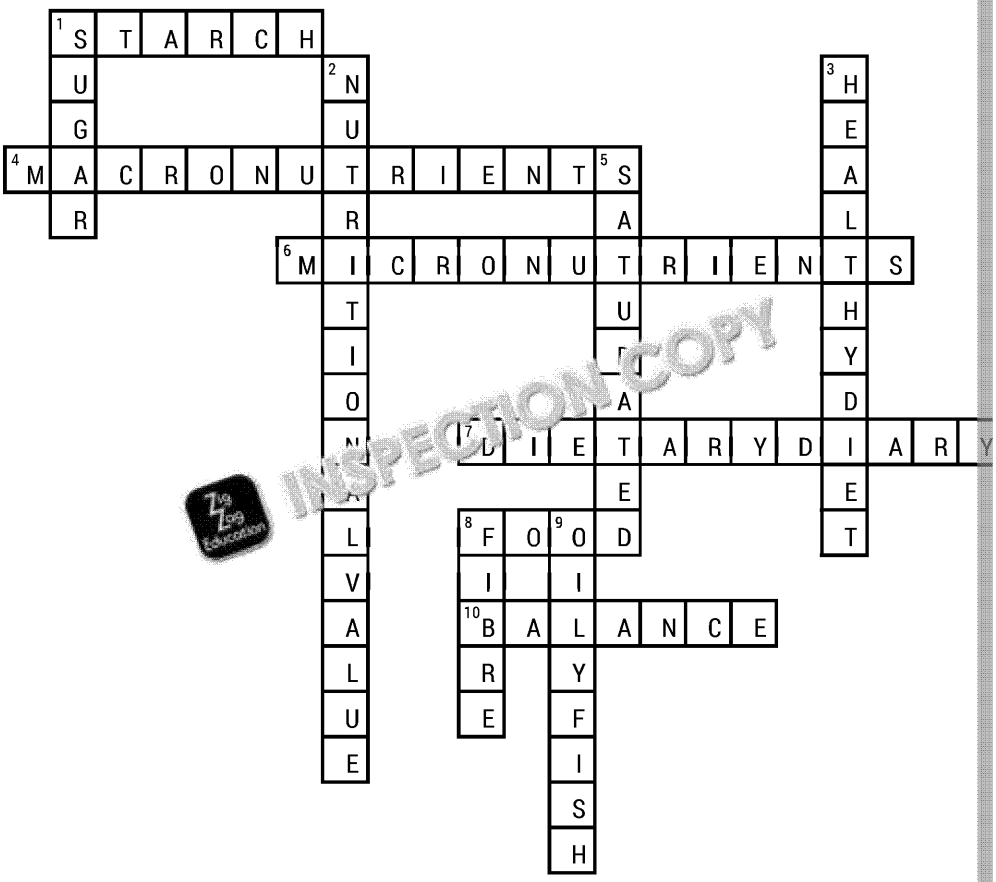
Dietary needs and health part 2



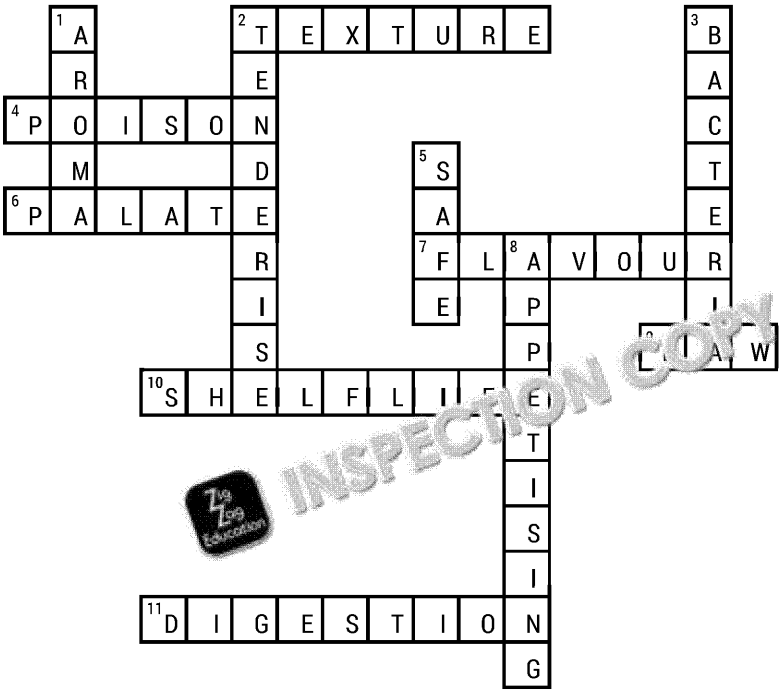
Lifestyles and religions



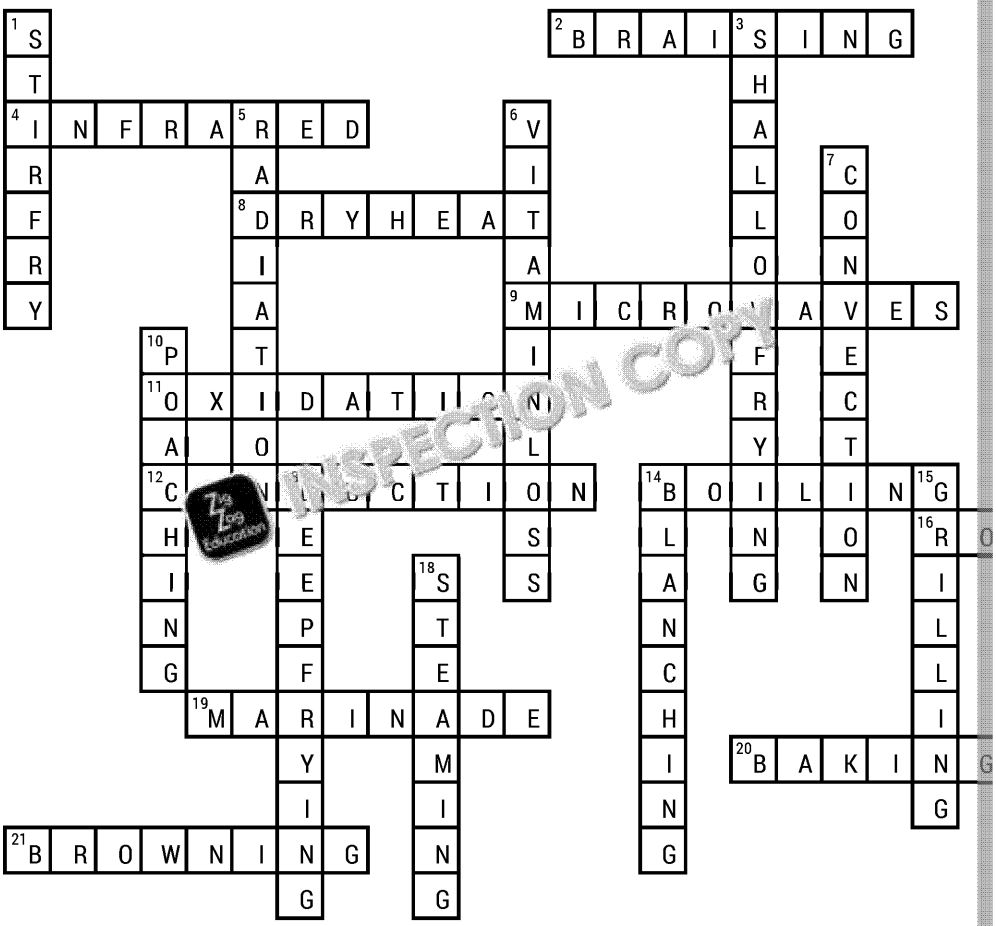
Calculate energy and nutritional values of recipes, meal



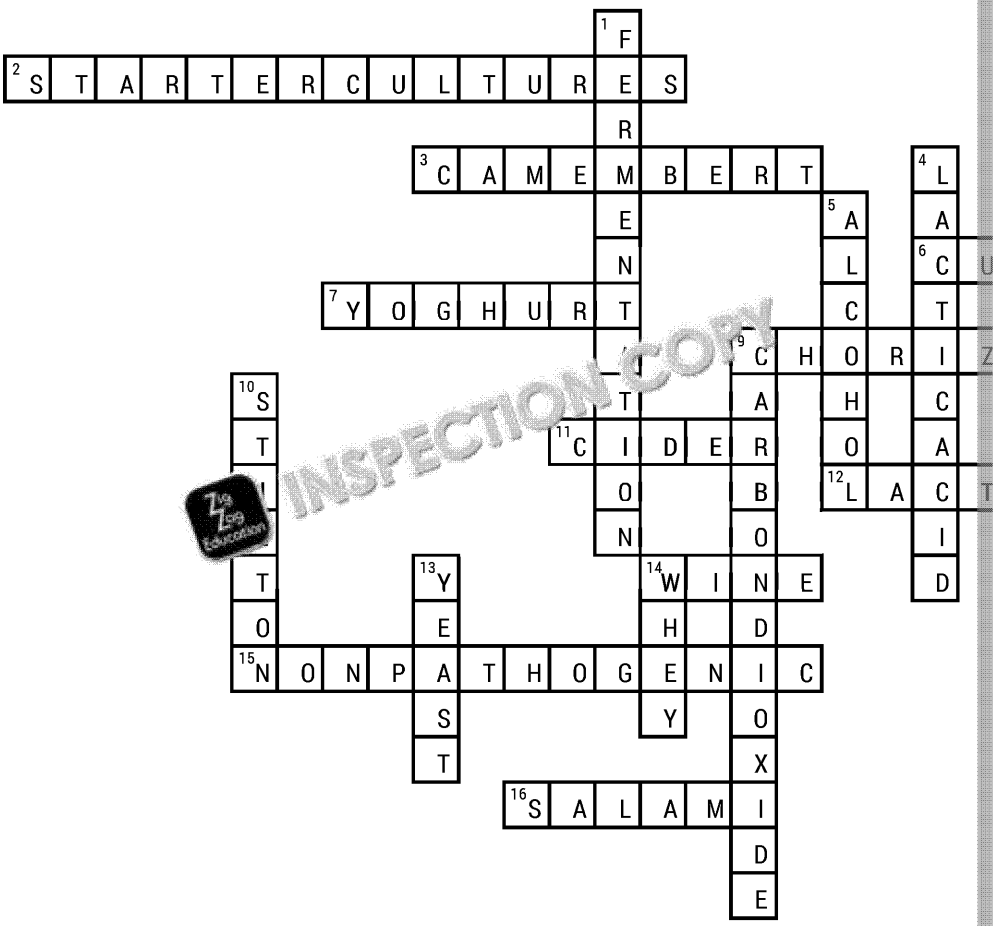
Reasons why food is cooked



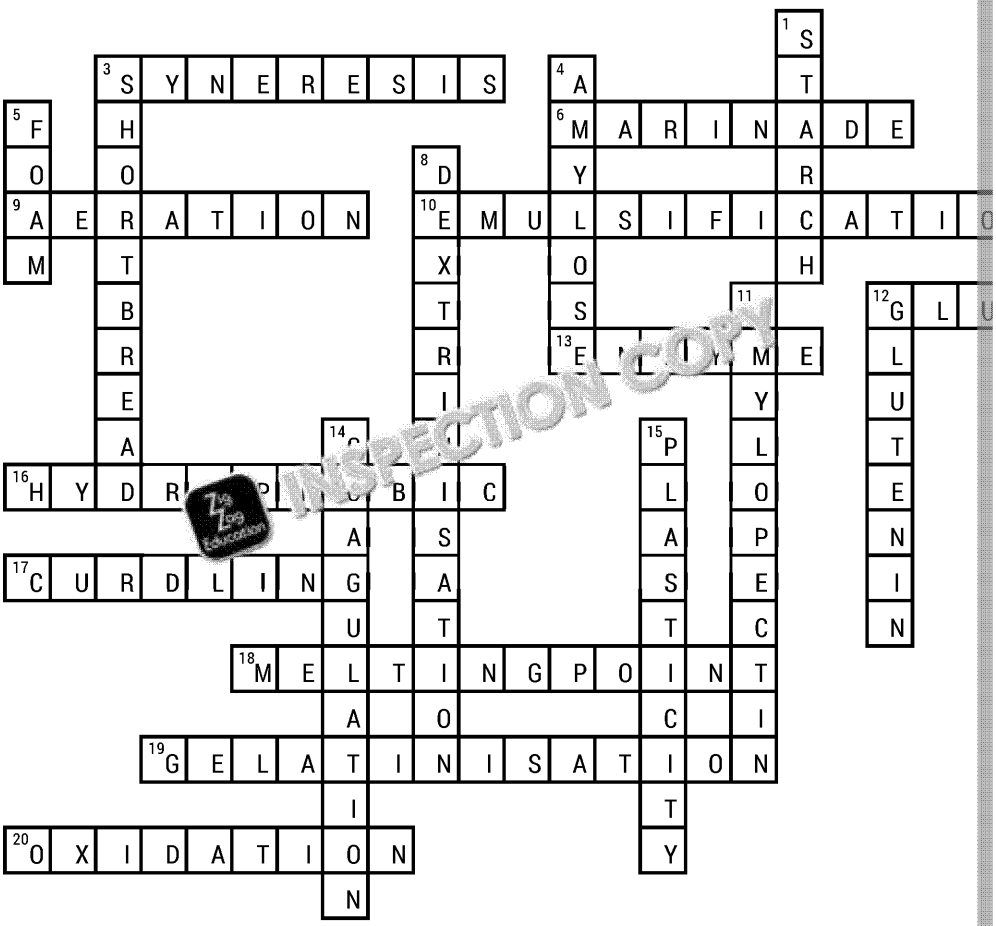
Heat transfer and cooking methods



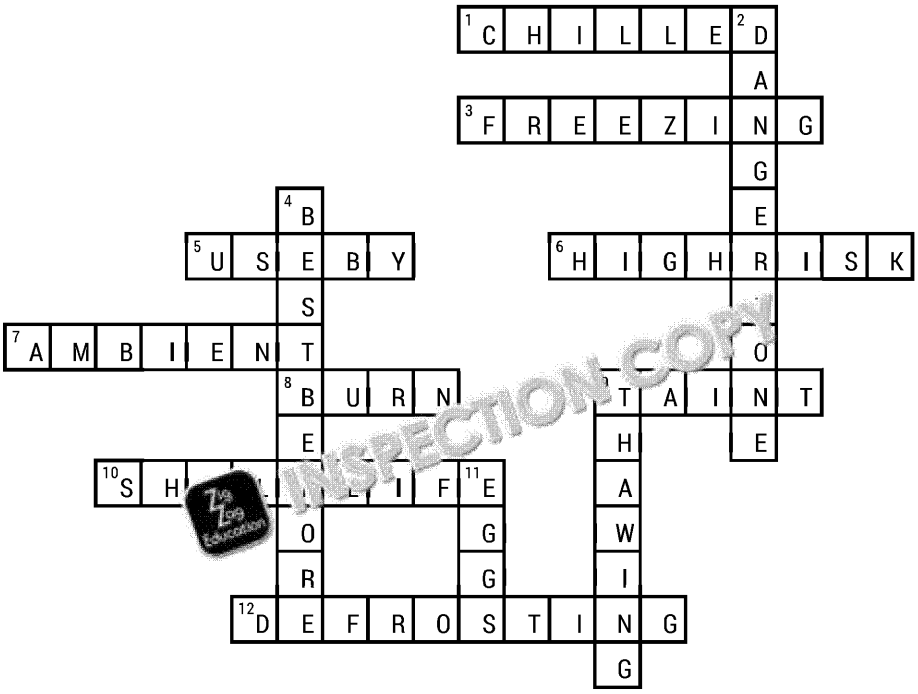
Positive use of microorganisms in dairy products



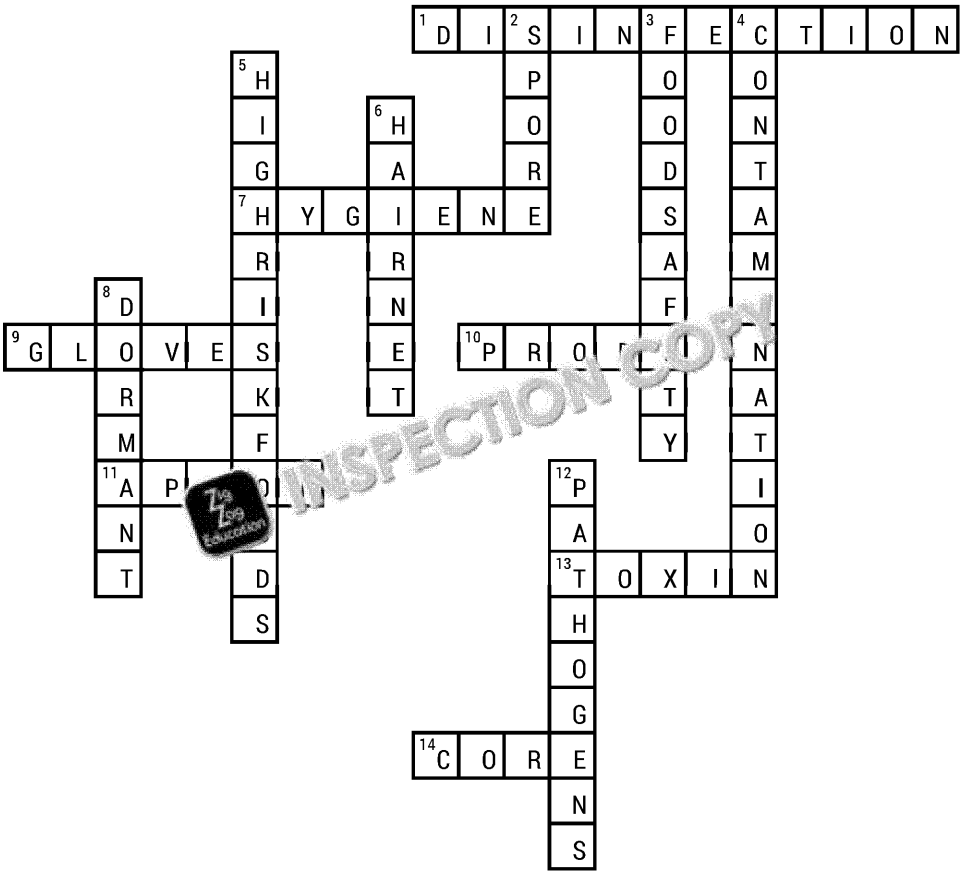
Functional and chemical properties of ingredients



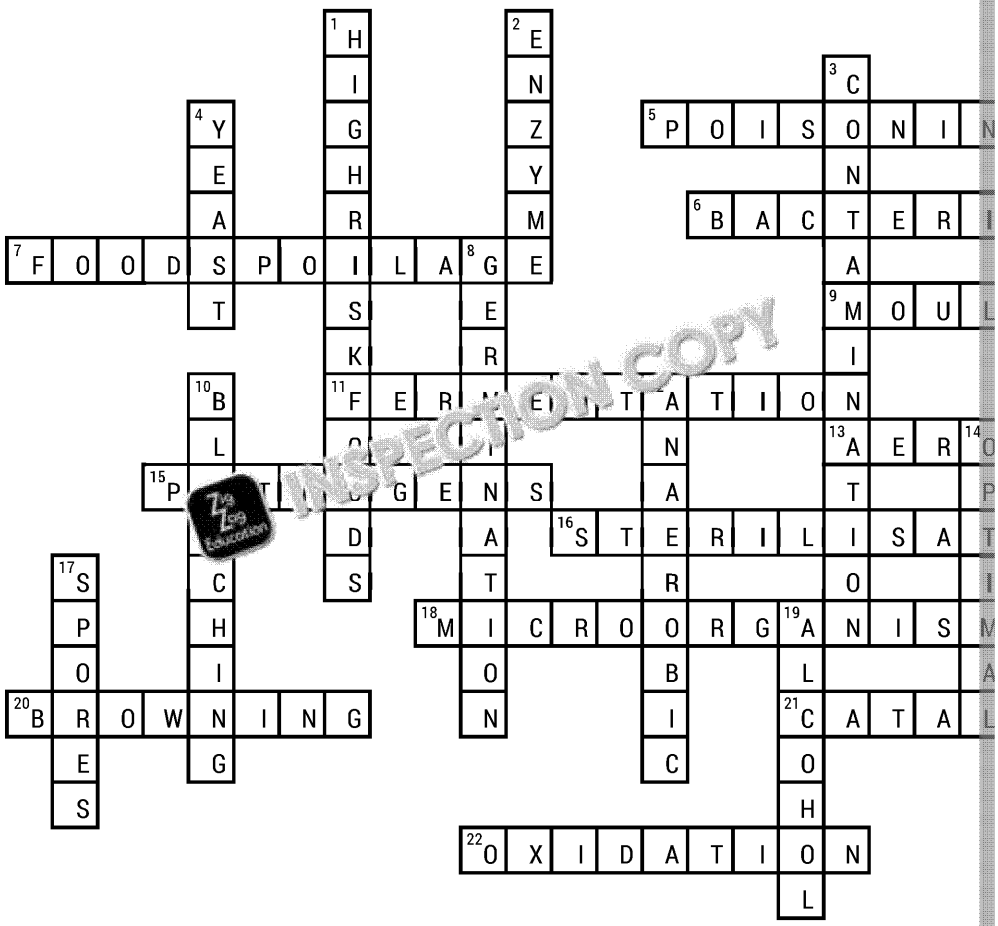
Buying and storing food



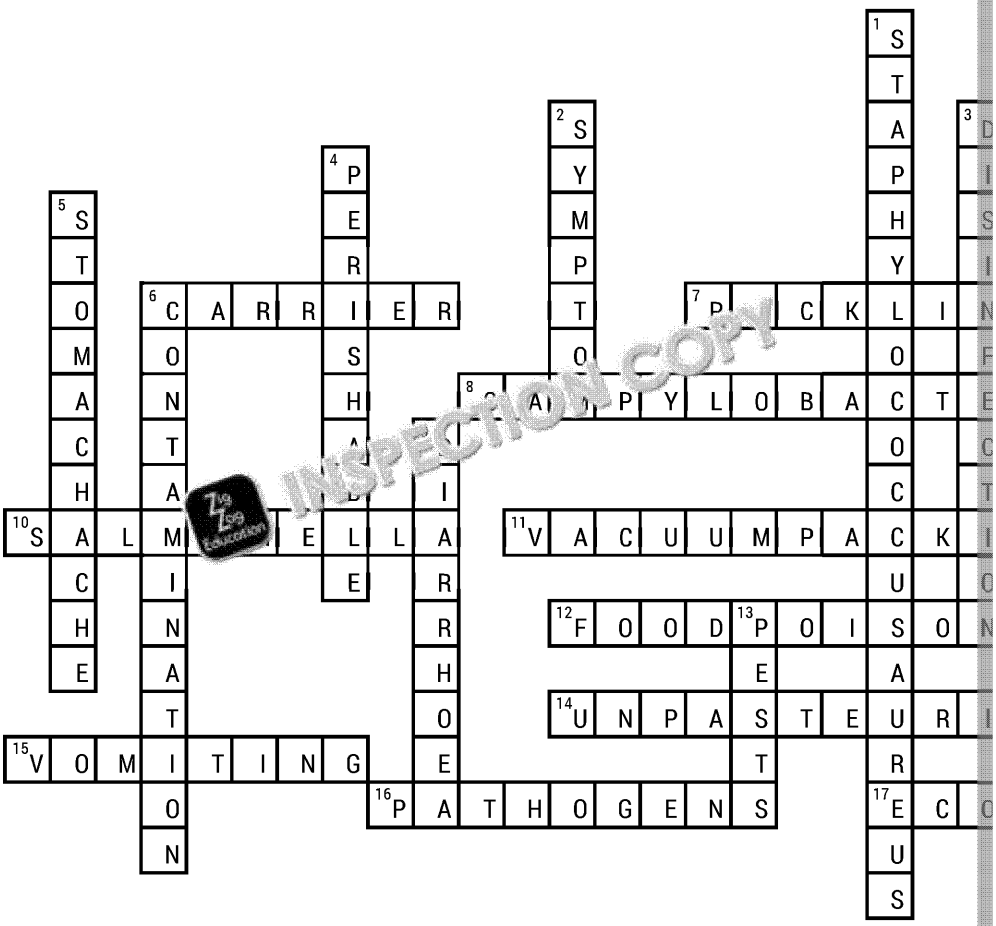
Preparing and cooking food



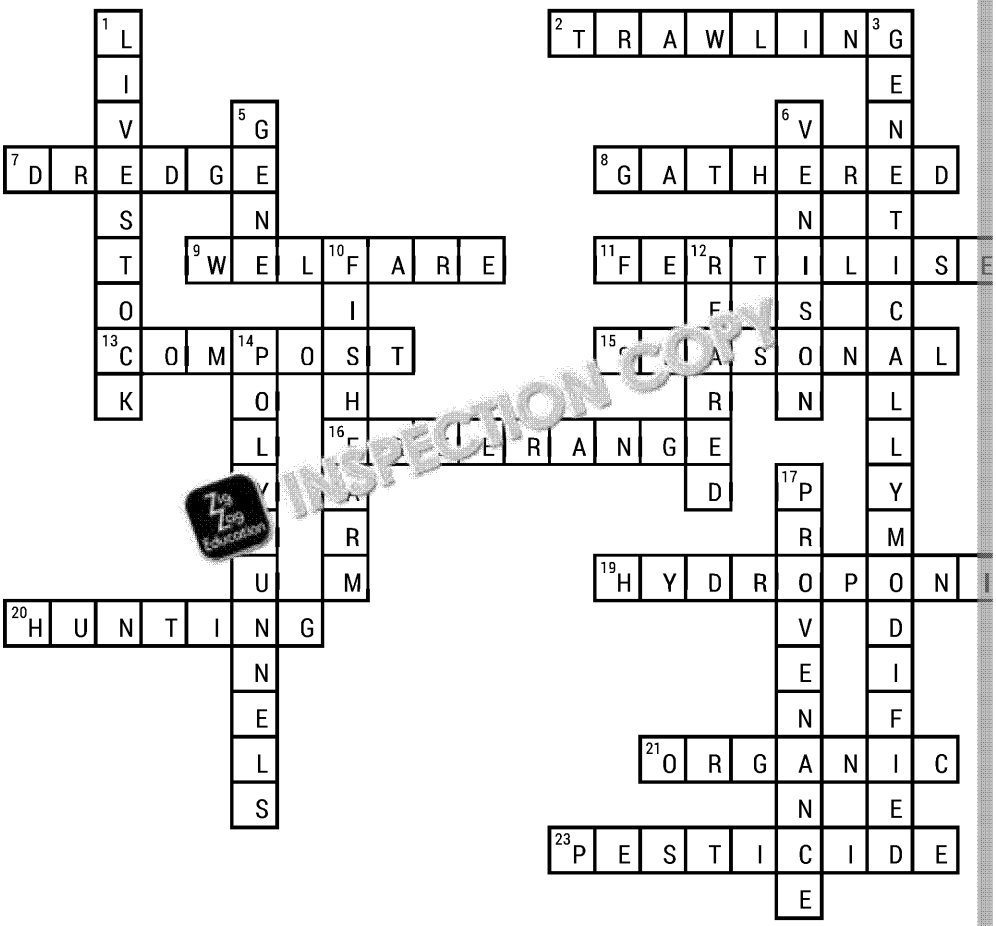
Microorganisms, enzymes and food spoilage



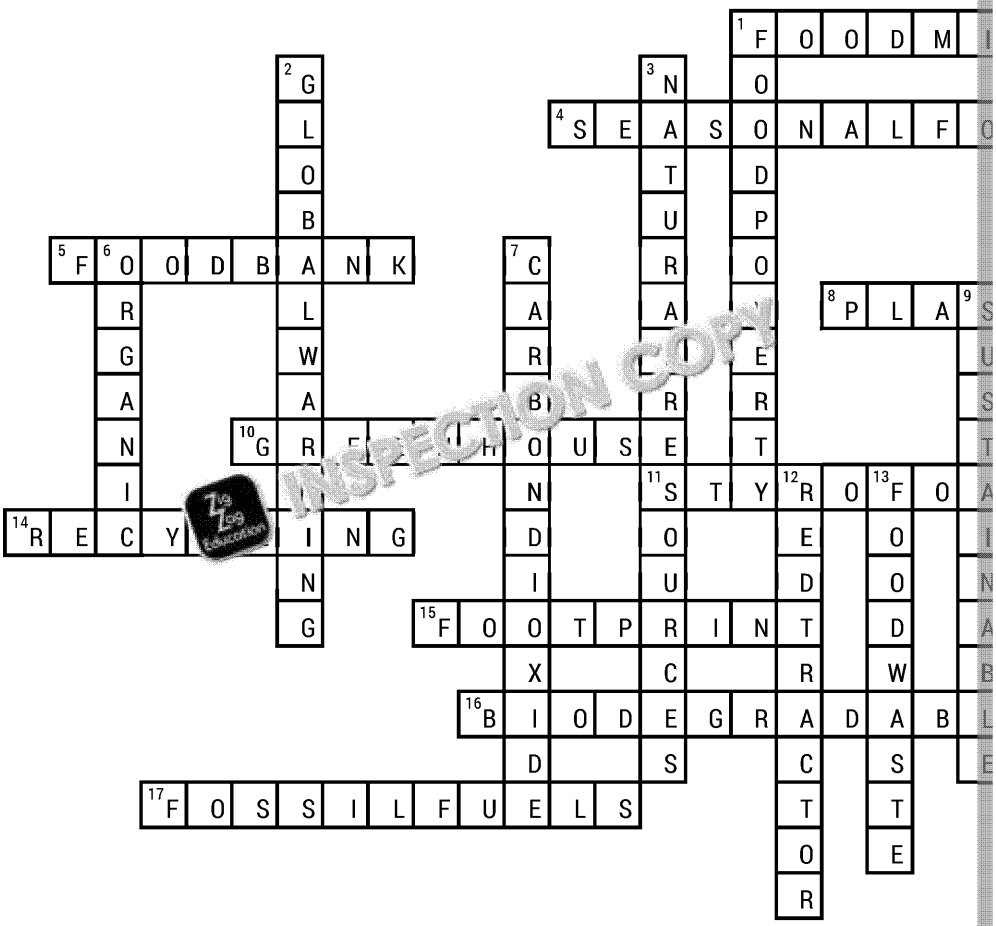
Bacterial contamination



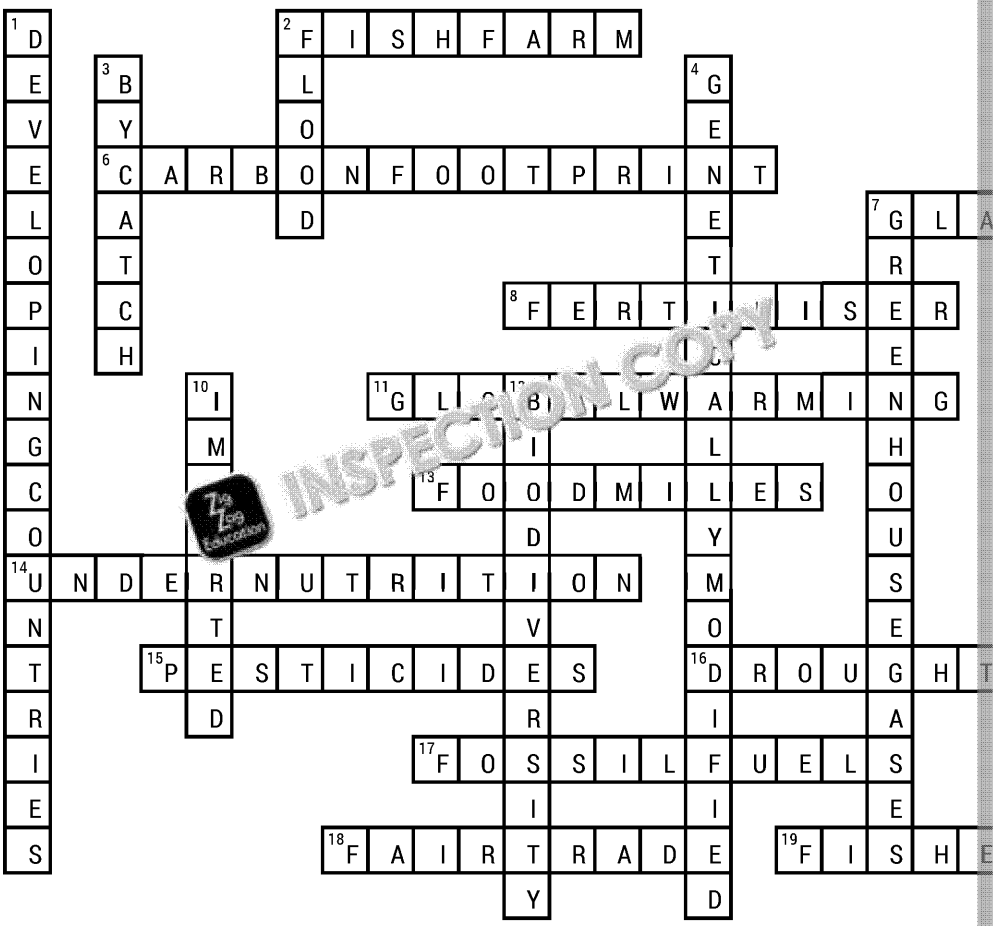
Food origins



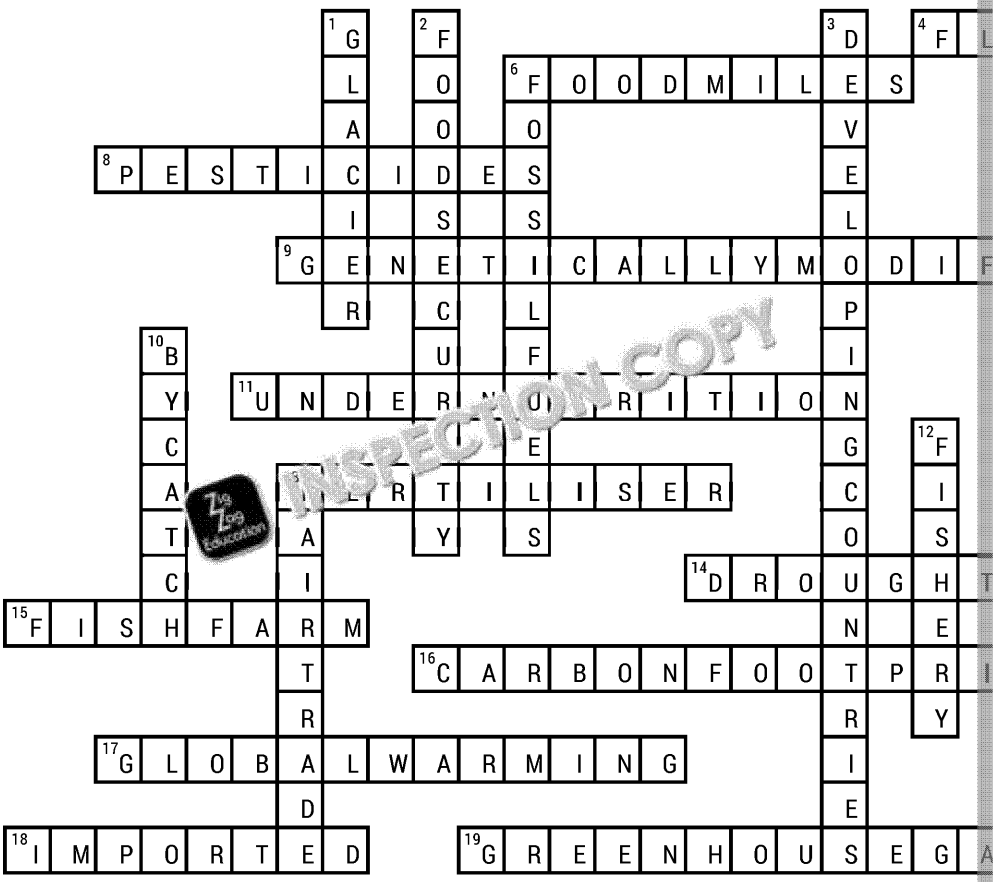
Food miles, packaging and sustainability



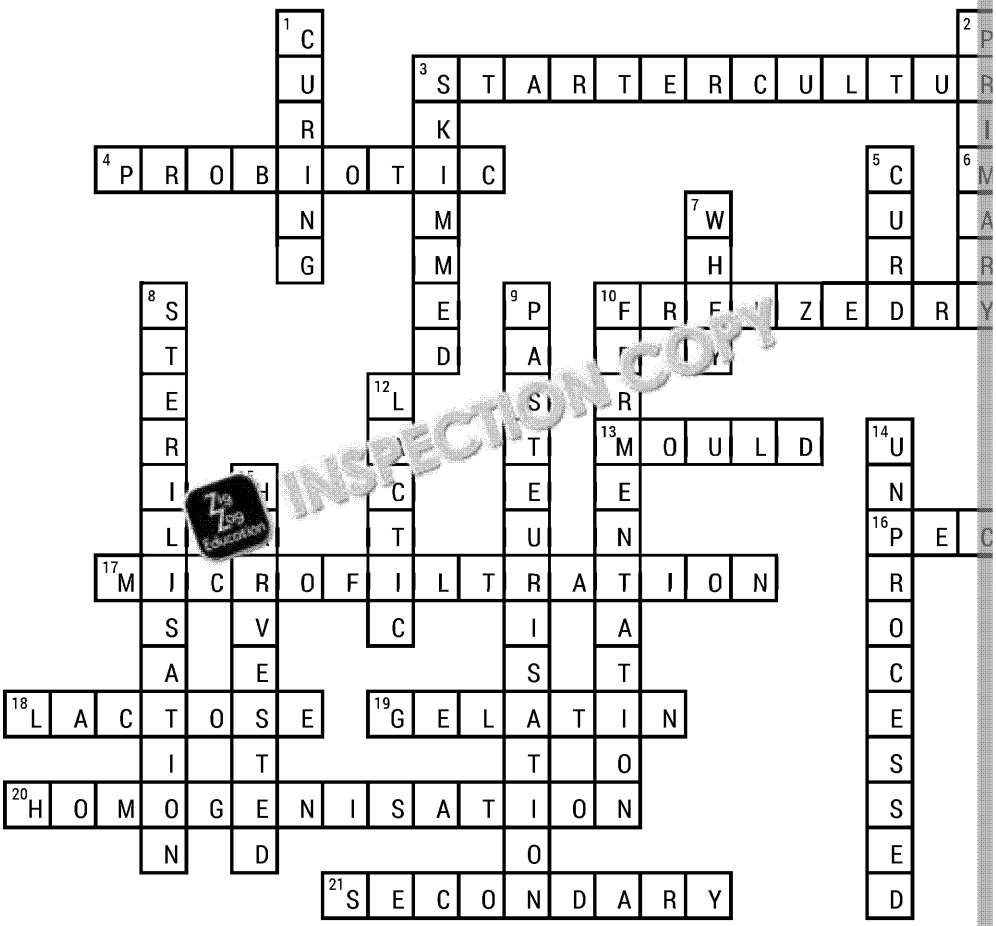
Food security



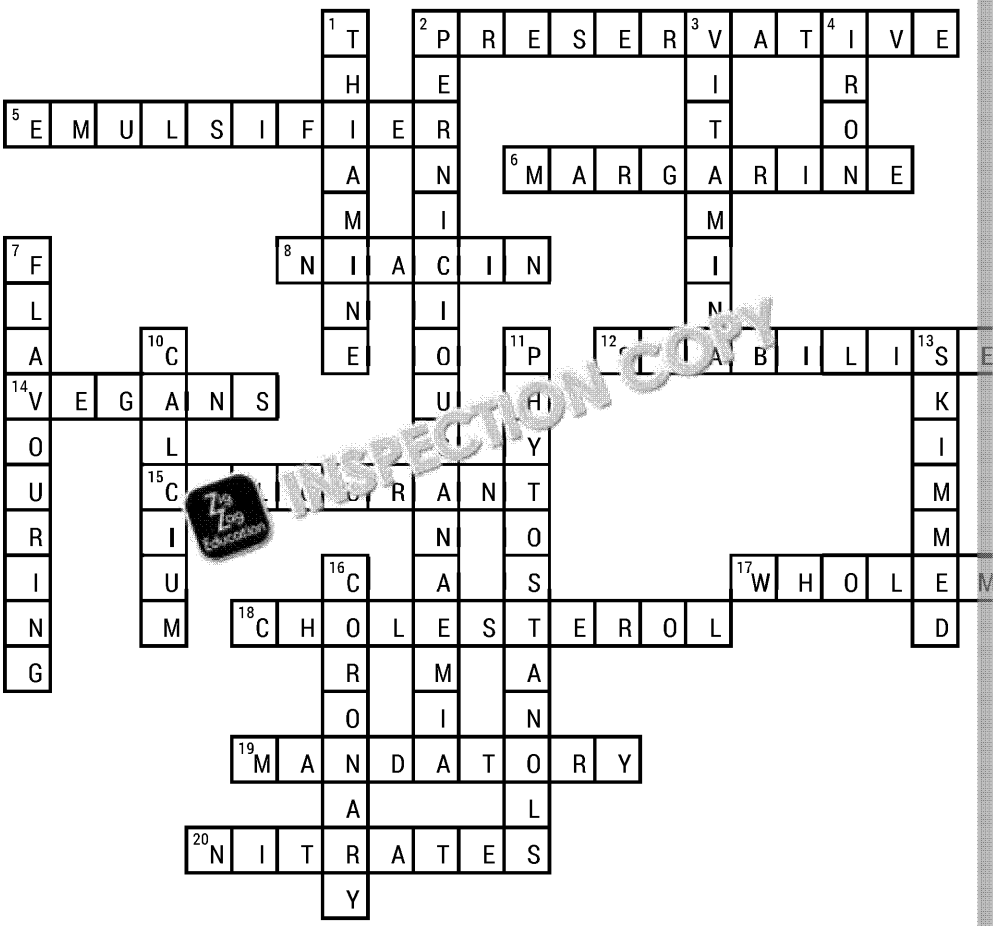
Culinary traditions and cuisines



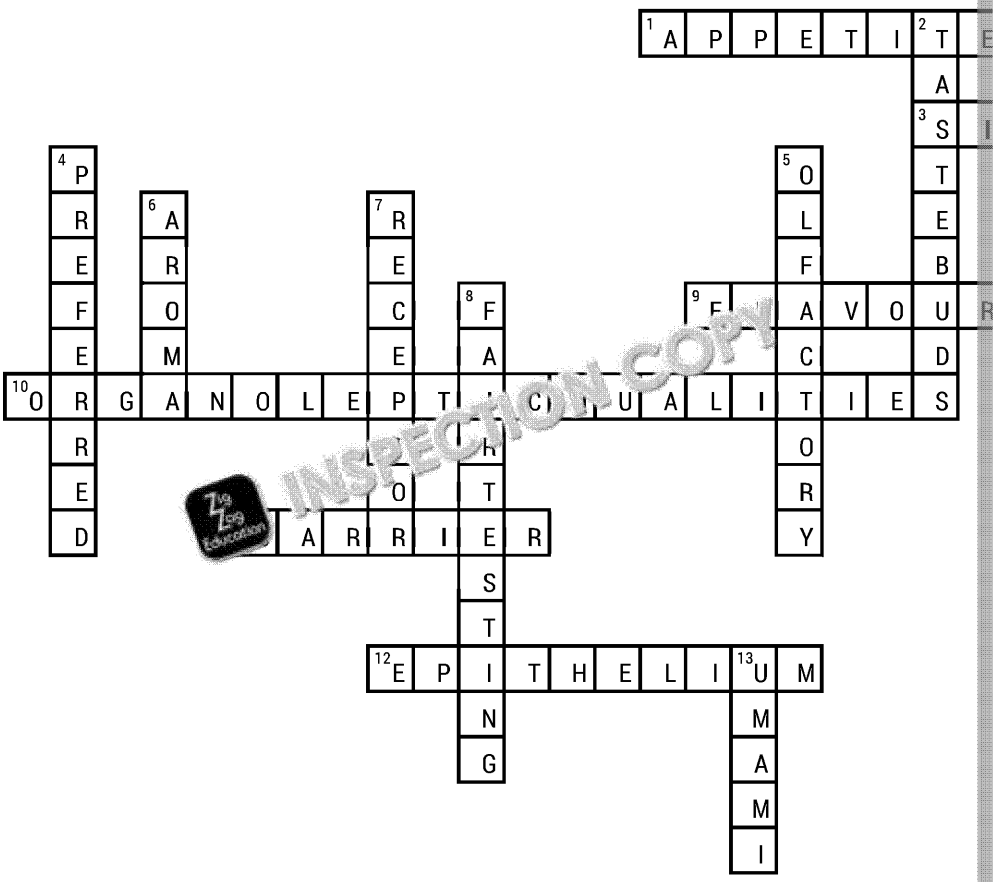
Food production



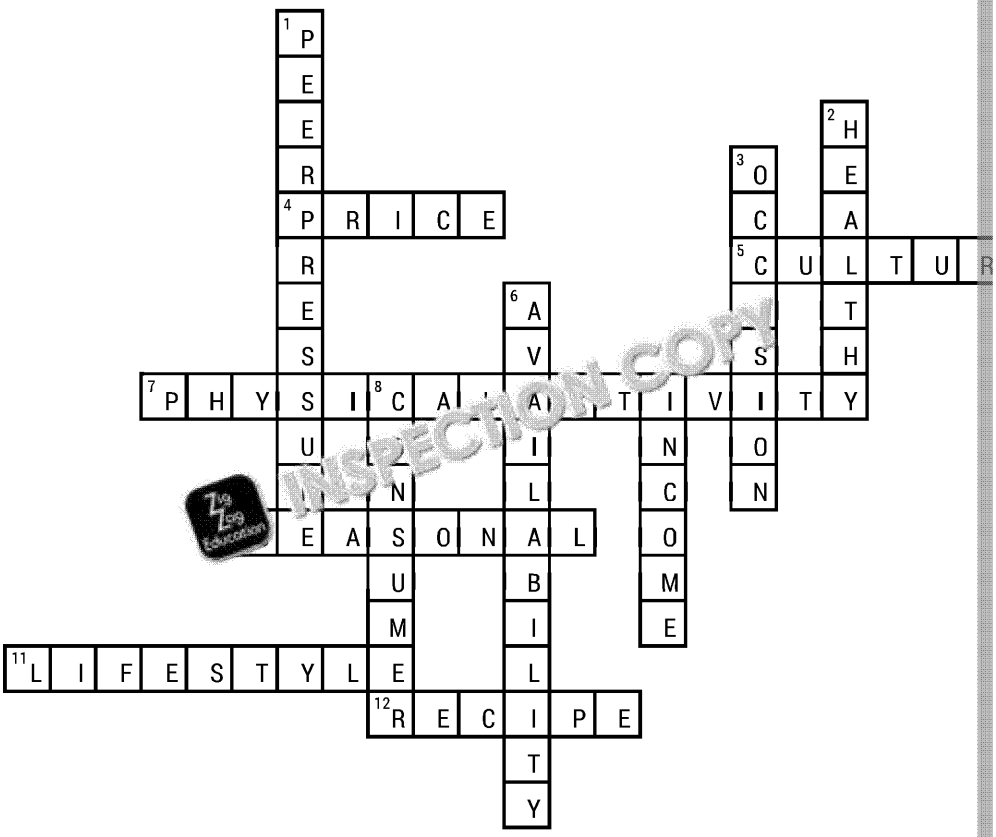
Technology and food modifications



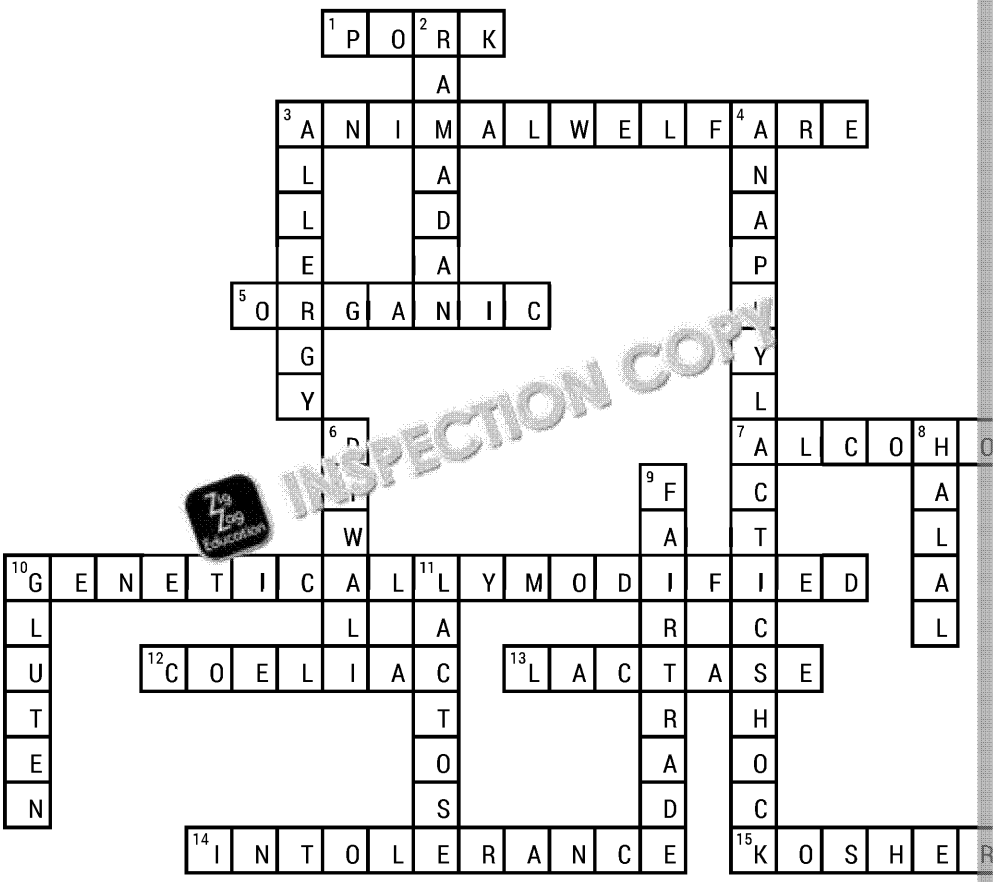
Sensory perception



Factors which influence food choice



Food choices



Food labelling and marketing influences