Zig Zag Education

Food and Nutrition GCSE (9–1) | OCR | J309

Keyword Activities for OCR GCSE Food Preparation and Nutrition

Section A (Nutrition); Section B (Food Provenance and Food Choice); Section C (Cooking and Food Preparation)

CF4/ 7944

POD 7944

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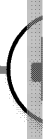

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.....

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Teacher's Introduction

Overview

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

- Balanced diet and guidelines
- Major diet-related health issues
- Nutritional and dietary needs of different groups of people
- Nutritional needs when selecting recipes for different groups of people
- Energy balance
- Protein (macronutrients)
- Fat (macronutrients)
- Carbohydrate (macronutrients)
- Vitamins (micronutrients)
- Minerals and water (mic[illegible]rients)
- Food source and s[illegible]
- Food [illegible]sin[illegible] production part 1
- Food [illegible]ing and production part 2
- Food security part 1
- Food security part 2
- Technological develo food production
- Development of culi
- Personal, social, ecor
- Religious, cultural, et
- Reasons why food is
- Heat transfer and co
- Functional and chem carbohydrates
- Functional and chem raising agents
- Sensory properties
- Conditions for bacter of food spoilage
- Microorganisms in fo
- Buying and storing fo
- Preparing and cookin

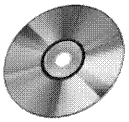
For each set, there are a number of different keyword activities on CD designed to give classroom, homework and revision. This variety enables you to take a different approa the Crosswords as homework for one topic, and the Match Up as a starter for another.

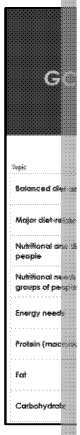
Alternatively, differentiate the activity for a given topic; for example, you might want t **Crosswords** early on while you start weaker learners on the **Match Up** (where terms a **Domino** and **Bingo** activities add an element of fun and reinforcement, as well as pote the **Flash Cards** come into 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:

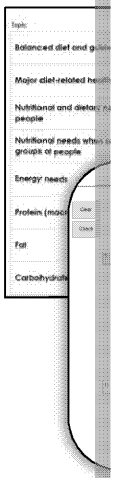
1. ***Access All* Menu** →
   Location: **index.html**

   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 men[illegible]en [illegible]aware that it does include links to the solutio[illegible]

2. ***Interactive Crossword M[illegible]*** →
   Location: [illegible]te[illegible]e-[illegible]osswords/index.html

   This m[illegible]hich can be accessed via the *Access All* Menu [illegible]cluded to allow learner access to just the interactive crosswords (without the answers).



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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.

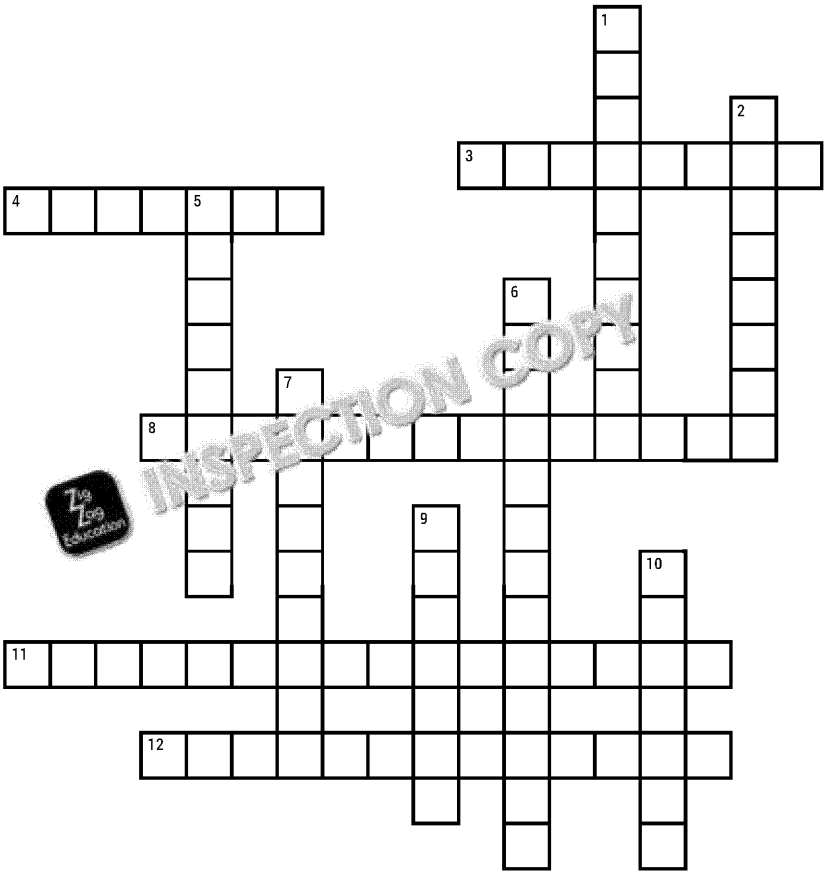
Flash Cards
These are a helpful revision tool. To make the cards, fold the page in half, then
together so the keyword is on one side and the definition the other. In additio
these to play a game of pairs. Cut each card in two and place face down on the
Students will then take it in turns to turn over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

Balanced diet and guidelines



Across

3 Dietary guideline which recommends eating around 400 g of vegetables and fruit a day, divided into five portions. (4,1,3)

4 State in which a lot of adipose tissue is accumulated in the body. (7)

8 A person who doesn't eat enough is likely to be _____. (14)

11 Movement of the body which requires energy expenditure. (8,8)

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

Down

1 Sugars added to f
naturally occurri
should be limited

2 A healthy, ____ di
carbohydrates. (8

5 Sugar naturally o

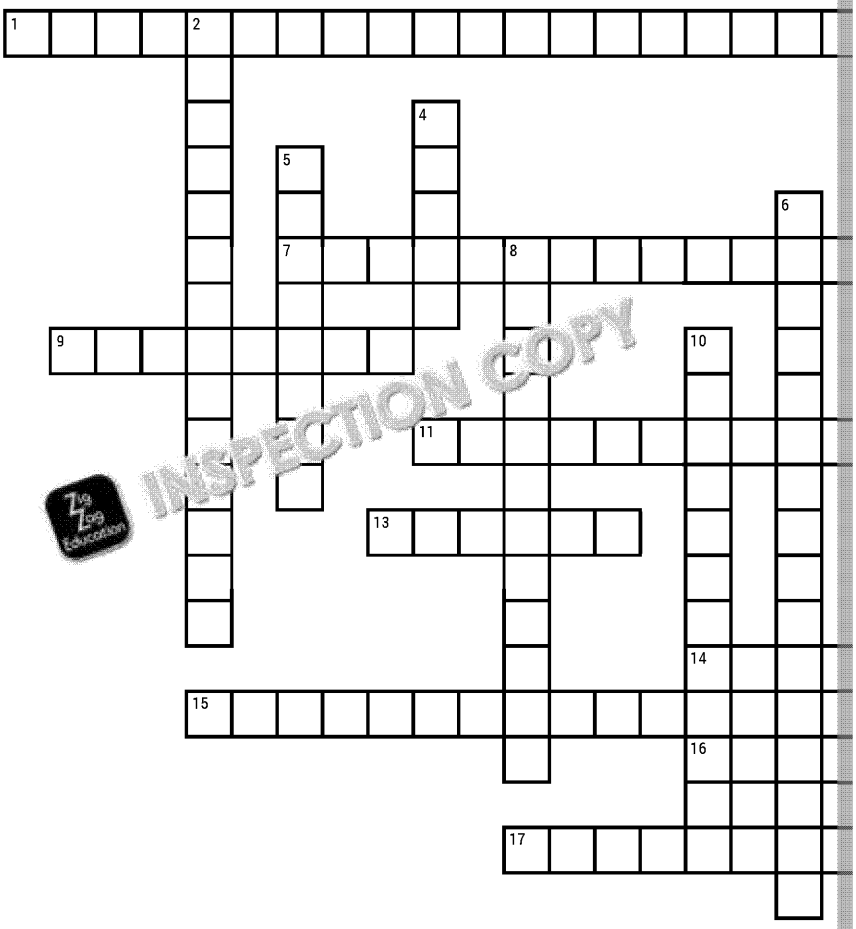
6 State in which ex
micromolecules a
diet-related healt

7 Low-activity lifes

9 Simple sugar pre

10 The ____ Guide in
on food rich in co
and fruit. (7)

Major diet-related health issues



Across

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

7 Condition in which cholesterol plaque accumulates in blood vessels. (15)

9 The organ which produces hormones that regulate blood sugar levels. (8)

11 Damage to enamel that may be caused by consuming too many sugary foods and drinks. (5,5)

13 Also known as a 'brain attack'. This is often caused by a diet high in saturated fats. (6)

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

15 State in which sufficient amounts of macro- and micronutrients are provided. (12)

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

17 High blood pressure. (12)

Down

2 Inflammation of t
intestine, which c
requires a low-fi

3 Hormone which l

4 The risk of ____ c
don't eat enough

5 A person who su

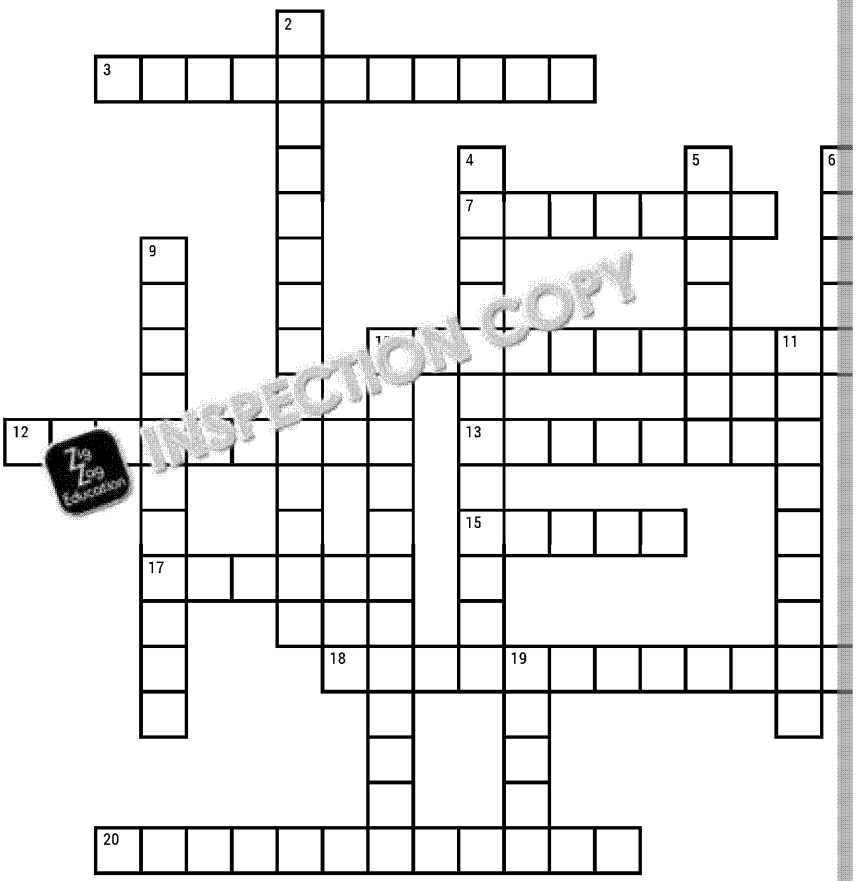
6 Vessels which pu

8 A disease that is
strength, often d
(12)

10 Mammary gland
obesity, drinking
as hormonal issu

12 Ability to protect

Nutritional and dietary needs of different groups of people



Across

3 A _____ _____ for children is smaller than for adults. (7,4)

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

7 The government produces guidelines for consumption of this, measured in units, to keep health risks to a minimum. (7)

10 A person who doesn't eat properly is likely to be _____. (12)

12 Milk to feed a baby is produced by the breasts in the process called ____. (9)

13 To stay healthy, one must eat a _____ diet. (8)

15 Food which provides a lot of energy in a ... energy _____. (5)

17 Children often ... to make their parents buy them sweets.

18 Condition (usually acquired) in which milk sugar cannot be digested properly, causing bloating, stomach ache and diarrhoea. (7,11)

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

Down

1 Protein in cereals t... autoimmune reacti...

2 Chemical substanc... of the body, needed...

4 Amount of disposal... different goods, e.g...

5 Person who cannot... reaction. (7)

6 There are two types... reduce cholesterol...

8 ____ include three g... the organism in lar...

9 Period in which the... (6,5)

10 _____ increases the... women. (12)

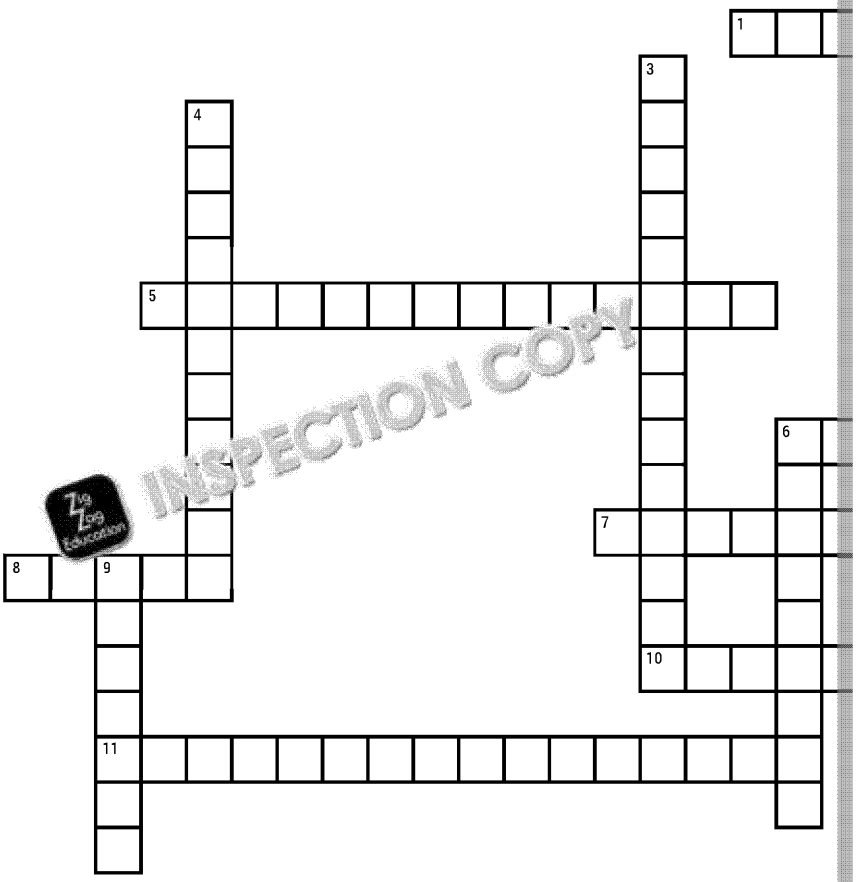
11 Process of supplyin... (9)

14 The medical term fo...

16 Mineral necessary f...

19 _____-3 is an essent... oily fish. (5)

Nutritional needs when selecting recipes for different groups



Across

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

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

6 Polysaccharide in pasta or grains. (6)

7 Regimen in which all macronutrients and micronutrients are provided in sufficient, appropriate amounts, from various sources. (7,4)

8 Polysaccharide which slows down sugar ingestion. (5)

10 Organic macromolecules produced by plants during photosynthesis, present in [illegible] food products in the form of [illegible] molecules. (5)

11 The ____ ____ [illegible] lowered by cooking. (11,5)

Down

2 To track one's ea[illegible] food eaten in a [illegible]

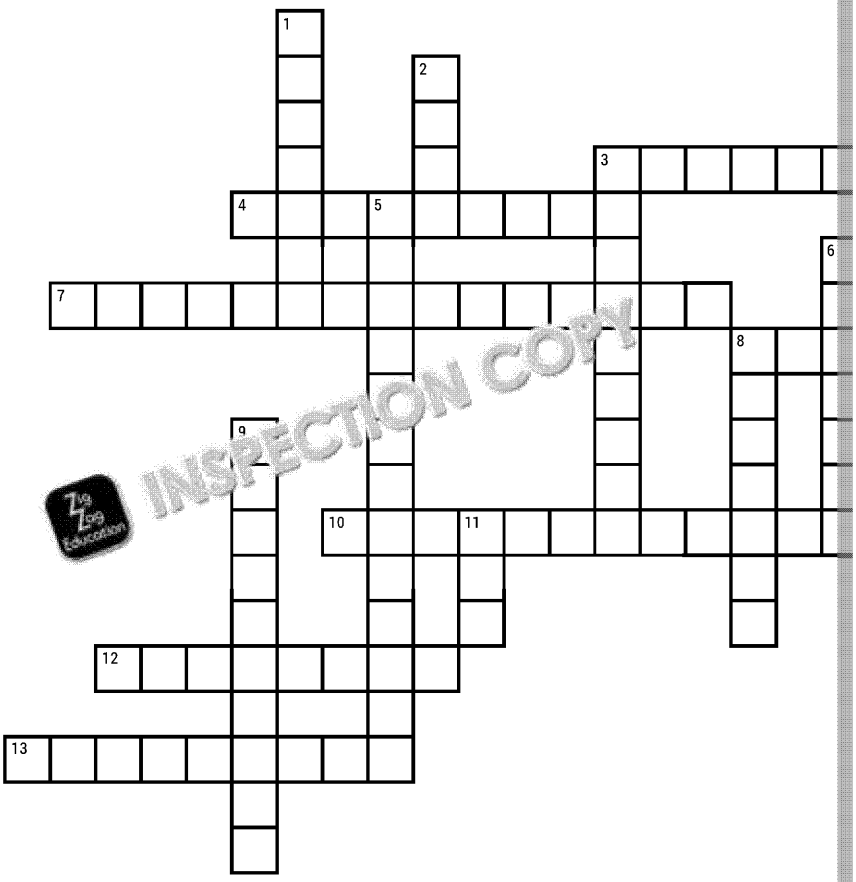
3 Chemical substa[illegible] and providing en[illegible]

4 Amount of food e[illegible] depending on a p[illegible]

6 Fats present in s[illegible]

9 State in which su[illegible] nutrients and wa[illegible]

Energy balance



Across

3 Bread and pasta are an important energy ____. (6)

4 The way in which a person lives and how active a person is, which significantly affects energy needs. (9)

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

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

10 Nutrient provided in large amounts in wholemeal bread, other than fibre and group B vitamins. (7)

12 Macromolecules present in high concentrations in fish, meat and dairy products. (8)

13 Unit used to measure energy, equals to 0.24 kilocalories. (9)

Down

1 Condition diagno

2 Macromolecules nuts, seeds and f

3 A ____ source of e energy only if oth

5 Situation in whic expenditure are e

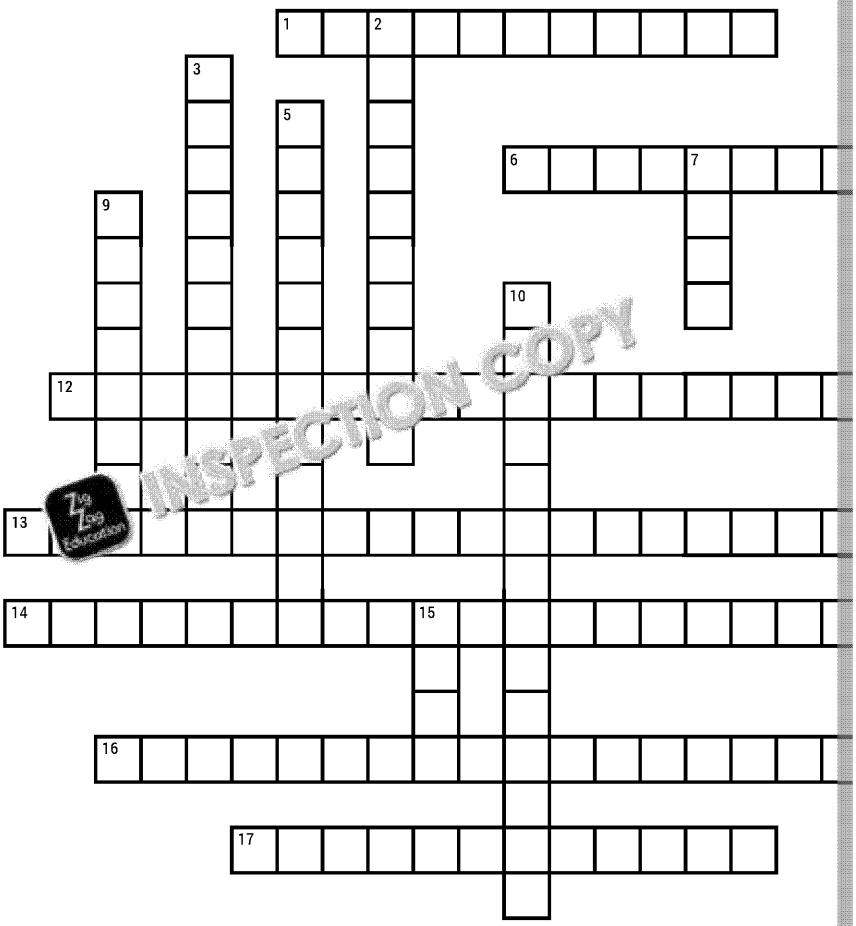
6 A unit used to me count the _____s

8 A ____ source of e provide energy. (

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

11 Acronym for the alive. (3)

Protein (macronutrients)



Across

1 Disease caused by protein deficiency. (11)

6 ___ ____ amino acids can be built by the human body from available resources. (3-9)

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

13 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)

14 The process of combining rice and peas. (7,15)

16 Type of protein in which some of the essential amino acids are in low amounts or lacking, usually of plant origin. (3,10,5)

17 Soya, tofu and Quorn™ are examples of protein ____. (12)

Down

2 Nitrogen-based m chains. (5,5)

3 Protein-rich prod fungi. (11)

4 What happens to aggregate, e.g. as

5 A process that ha temperatures, in of mechanical ac

7 The only plant wh

8 Protein alternati

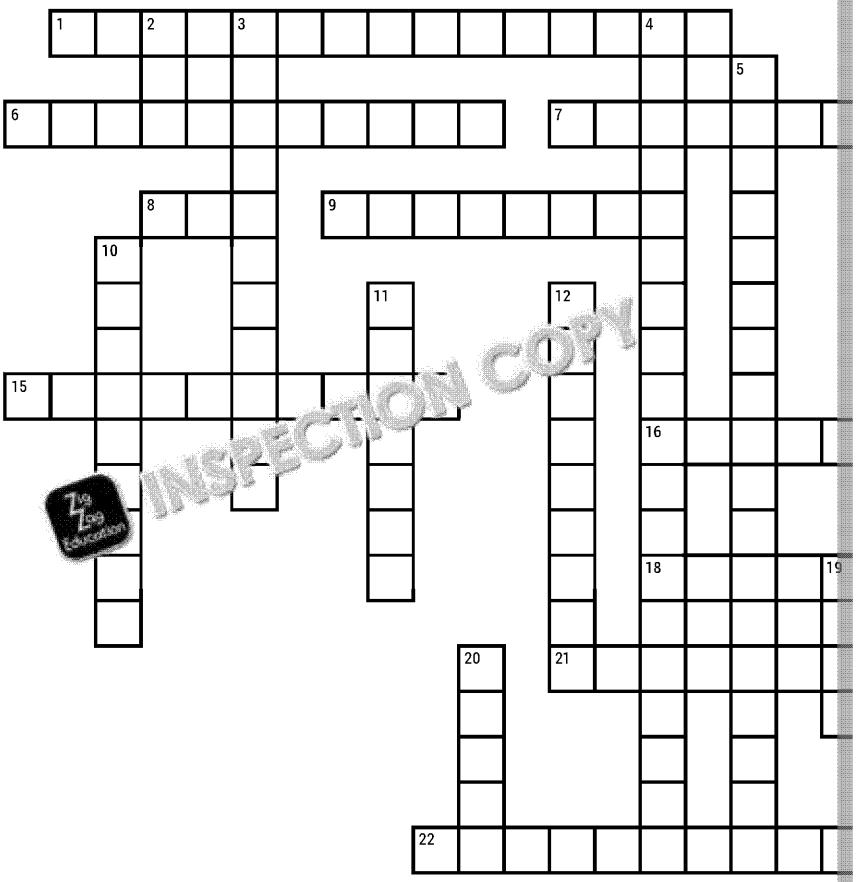
9 The main functio repair of body tis

10 Soya and meat ar protein. (4,10)

11 Tiny, easy-to-dige from South Amer and fibre, and use

15 Traditional Japar used for sauces a

Fat (macronutrients)



Across

1 The type of fat present in fish oil. (15)

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

7 The only animal-derived fat which is liquid at room temperature. (4,3)

8 An energy-dense macromolecule built from glycerol and three chains of acids, necessary for building hormones and insulating the body. (3)

9 A mixture of oil and water. (8)

15 One of the first signs of fat deficiency in a diet. (6,4)

16 There are three chains of [illegible] fat molecule. (5,5)

17 The 'good' fr[illegible] of cholesterol (abbr). (3)

18 Fats produced when oils are cooked at a high temperature. (5)

21 Type 2 ____ is a disease in which high blood sugar levels may cause health complications. (8)

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

Down

2 The 'bad' fraction

3 Type of fat prese

4 Fatty acids which from scratch and healthy diet. (9,5,

5 Type of fat where present in the fat

10 ____ fats include (9)

11 Butter, sunflower fats. (7)

12 The type of fat pr

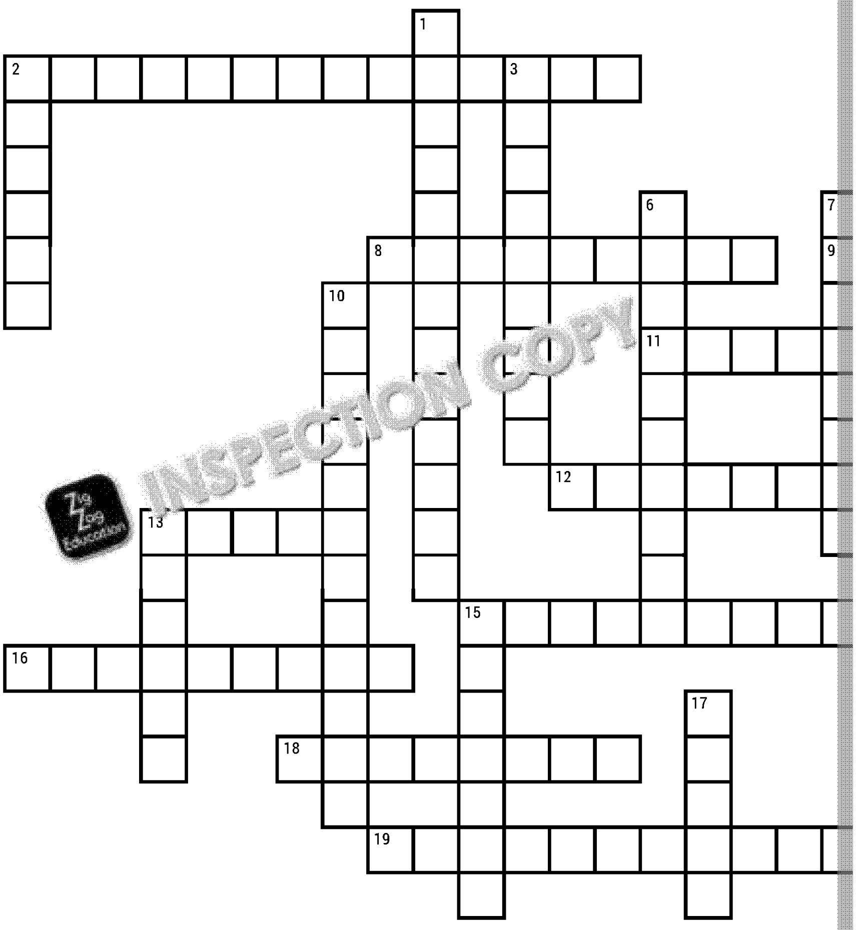
13 Condition in whic tissue are stored excessive intake

14 Scientific name f

19 Hard animal fat u feed birds. (4)

20 Group of chemica acids, triglyceride insoluble in wate

Carbohydrate (macronutrients)



Across

2 Long carbohydrate chain. (14)

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

9 Disaccharide present in milk. (7)

11 Simple sugar found in milk. (9)

12 ___ fibre swells in the stomach and increases the feeling of satiety. (7)

13 Carbohydrate whose consumption should be limited. (5)

15 Carbohydrates built from one molecule only, such as fructose and galactose. (15)

16 Sugars which naturally occur in fruit are called ___

18 Simple sugar naturally present in fr... (8)

19 Type of carbohydrate b... two molecules of sugar, such as lacto... ...ucrose. (12)

Down

1 Primary source of e... balanced diet. (13)

2 Type of soluble fib... agent. (6)

3 Cellulose and lignin...

4 Simple sugar which...

5 The chemical name... (7)

6 One of the first not... in a diet. (6,4)

7 Polysaccharide res...

10 Substance occurrin... for humans but nec...

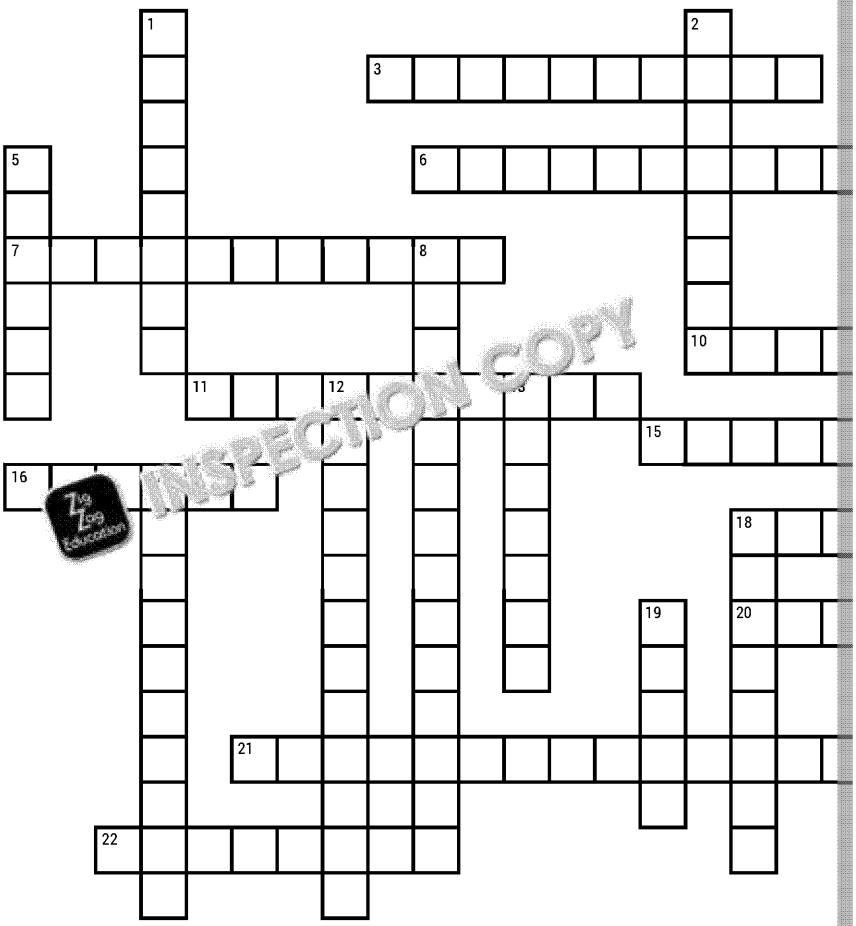
13 Carbohydrate occu...

14 ___ sugar is added... limited. (4)

15 The chemical name... molecules of gluco...

17 Tooth ___ may be a...

Vitamins (micronutrients)



Across

3 A pill or capsule taken to top up micronutrient levels in the body and improve overall health. (10)

6 The gut bacteria. (10)

7 Chemical which can stop free radicals from causing damage. (11)

10 ____ acid is the vitamin found in large amounts in fruit and vegetables. (8)

11 The chemical name for vitamin E, found in vegetable oils and oily fish. (10)

15 Disease caused by thiamine deficiency, symptoms of which include weakening of the muscles leading to paralysis. (8)

16 Condition caused by vitamin C deficiency. (6)

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

20 Scientific name for the form of vitamin A present in butter or liver. (7)

21 The chemical name for vitamin D, present in large amounts in milk, dairy products and oily fish, and also produced in the skin. (15)

22 Organic molecules, some of which can be produced in the body. (8)

Down

1 The chemical name

2 Symptoms of this d include three Ds: di

4 Condition caused b period. (5,6)

5 Deficiency of this v

8 Eyesight condition

9 Harmful particles w molecules. (4,8)

12 In ___ bones becor

13 Childhood disease

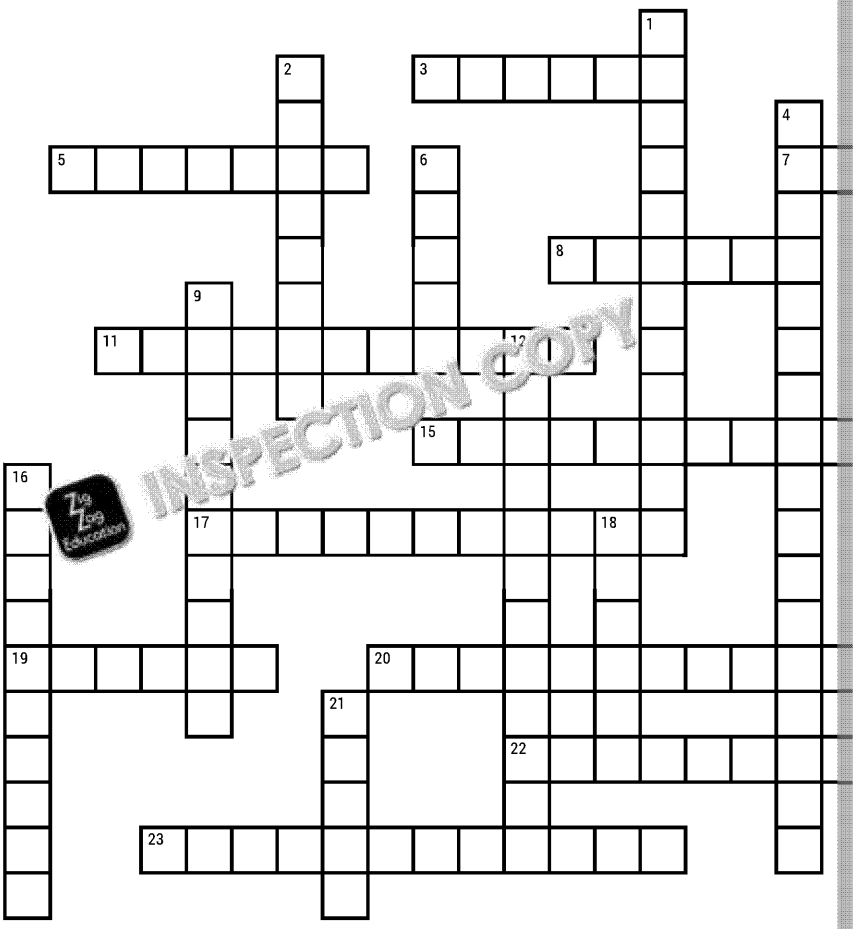
14 ____ anaemia may

17 The chemical name crucial for releasin

18 Beta-____ is the sc present in carrots.

19 ____ acid is the vit spinach. (5)

Minerals and water (micronutrients)



Across

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

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

7 Condition caused by a deficiency of micronutrients, in particular iron, vitamin B12 and folate, characterised by low red blood cell levels. (7)

8 Condition in which the thyroid gland is enlarged. (6)

11 When not enough water is drunk. (11)

14 Non-haem ____ is found in plant foods such as spi... broccoli. (4)

15 Function of water whereby ha... ...nces are removed from the body. (...

17 Blood protein ... ible for transporting oxygen. (11)

19 ____ chloride is a white crystalline substance with a salty taste. (6)

20 Small gland in front of the neck which produces hormones necessary for proper metabolism. (7,5)

22 Invertebrate marine organisms used as food which is rich in protein and iodine. (9)

23 High blood pressure. (12)

Down

1 Process in which d...

2 Trace element nece...

4 Condition caused b... the blood become t... the brain. (5,12)

6 Salty secretion on t...

9 One of the element... of bones, but also n... (10)

10 Condition caused b... hygiene, where ena... bacteria. (5,5)

12 Brittle bone disease...

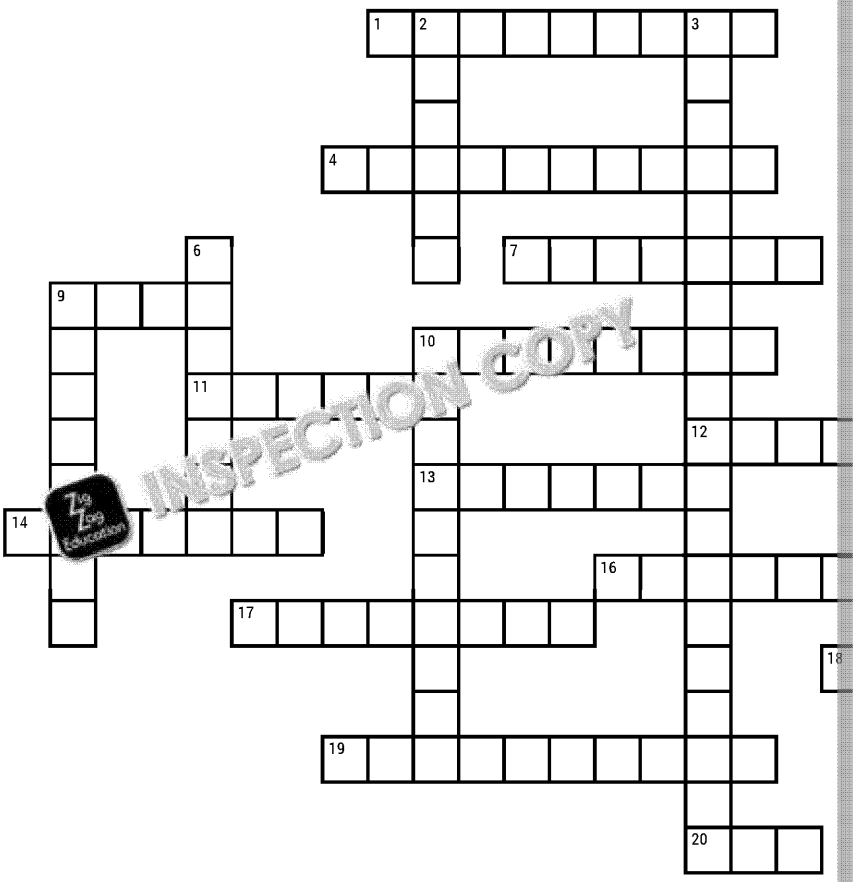
13 Inorganic chemical... cells, conduct elect...

16 ___ often affects t...

18 Microelement nece...

21 Cheese, yoghurt or...

Food source and supply



Across

1 Eggs which are labelled 1. (4,5)

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

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

9 Part of the DNA strand which codes for a single piece of information. (4)

10 ___ foods include turkey in winter and strawberries in spring. (8)

11 Transporting goods from another country. (6)

12 All the animals reared on a farm. (9)

13 Meat of domesticated birds, such as chicken. (7)

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

16 Where food comes from and how is it made. (10)

17 Specially built place in which fish are reared. (4,4)

18 Animal _____ concerns the conditions in which animals are kept. (7)

19 Method of growing plants in which roots are dipped directly into water. (10)

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

Down

2 Foods made from a ingredients. (6)

3 Plant or animal wh order to obtain or e

5 Chemical substan from spoiling the c

6 Deer meat. (7)

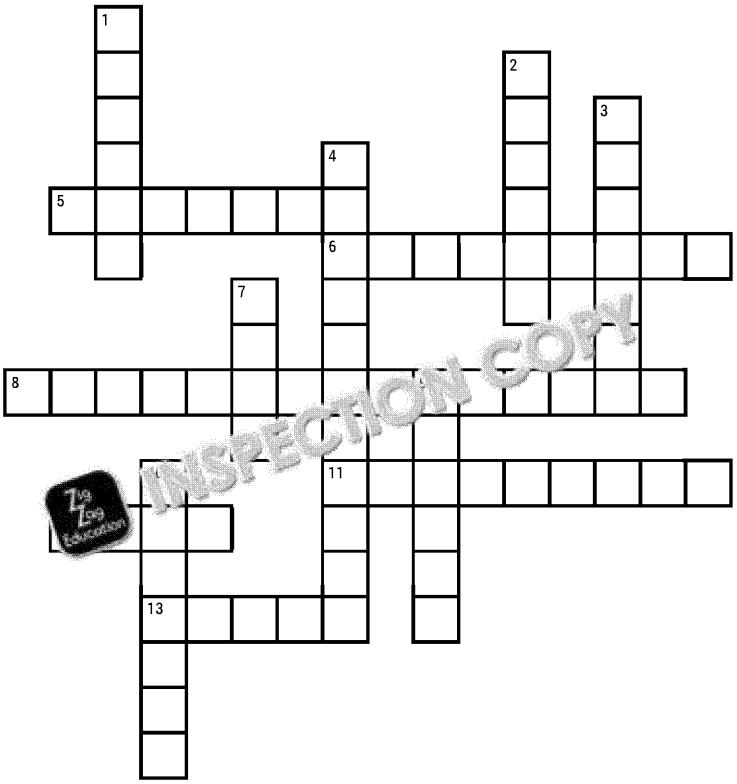
8 ___ protect plants fluctuations. (11)

9 Examples of this ty herbs. (8)

10 Food product whic the basis of a regio climate and weathe rearing of certain f

15 Meat of caught an

Food processing and production part 1



Across

5 ___ is a meat-derived, flavourless gelling agent. (7)

6 Bacteria used in yoghurt production are called _____. (9)

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

11 Turning fruit into jam is an example of ___ processing of food. (9)

12 Dairy product made of milk coagulated with rennet. (4)

13 Microorganism used in blue cheese [illegible]. (5)

Down

1 The complex pro[illegible]

2 Gelling agent nat[illegible]

3 The sugar in milk

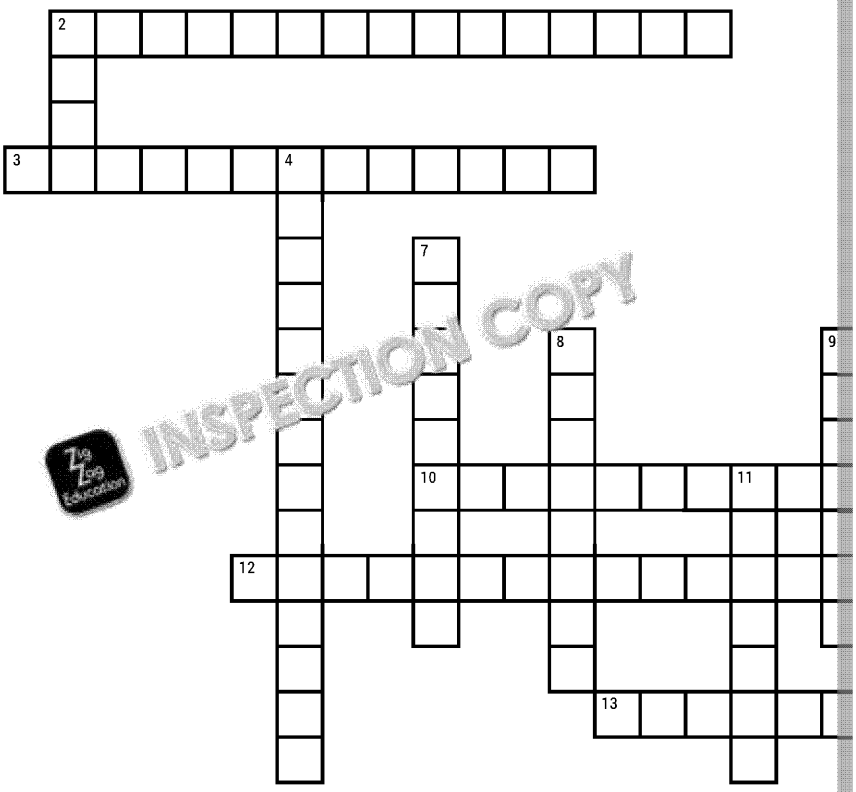
4 Wheat grains or [illegible]

7 Protein-rich liqui[illegible] (4)

9 ___ acid is produ[illegible] production. (6)

10 Turning wheat in[illegible] processing of foo[illegible]

Food processing and production part 2



Across

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

3 Preserving method in which cooked food is quickly chilled from 70 to 3 degrees Celsius to prevent bacterial growth and make it safe to eat. (5,8)

5 Fatty substance on top of whole milk. (5)

10 Heat treatment which can change the colour and flavour of milk due to the high temperatures applied. (13)

12 Heat treatment applied to fruit juices and other foods to kill harmful bacteria. (14)

13 In ___-___ fo... firs... ...ch and then moisture is removed und... ...ssure. (6-6)

Down

1 Bacterial ___ tur...

2 Turns grain into f...

4 Process in which ... to protect it from ...

5 Packaging food i... are regulated (ab...

6 Packaging food i... are changed (abb...

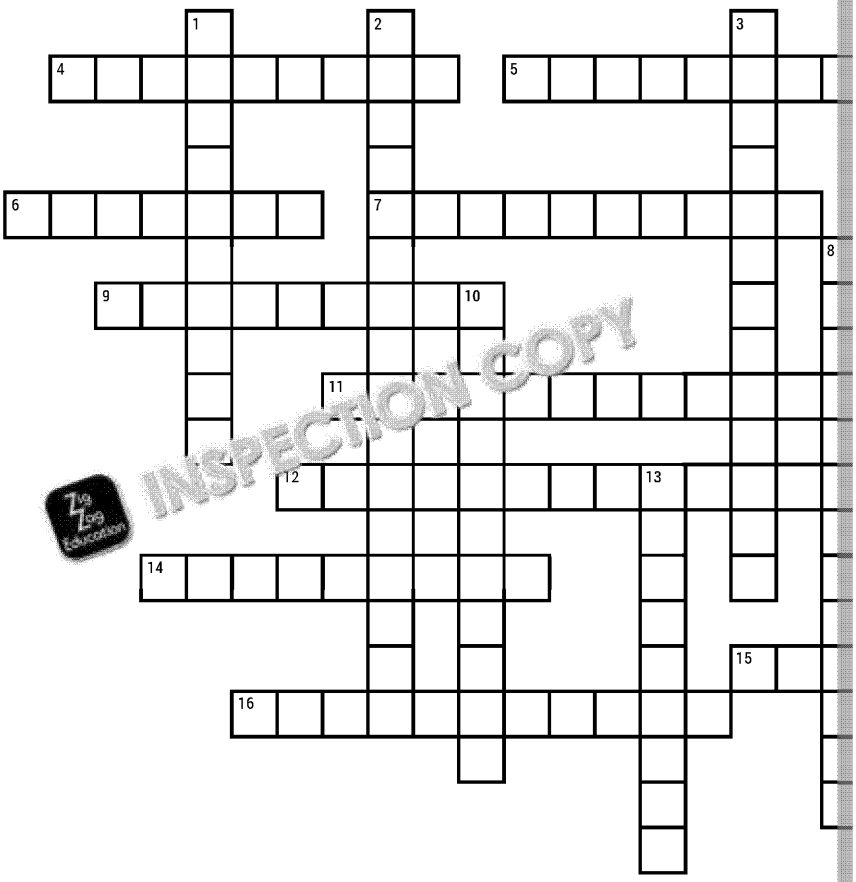
7 When the time co... transported to a ...

8 Process of turnin...

9 Important step in ... is either immerse... improve its taste...

11 Milk from which ...

Food security part 1



Across

4 Non-decomposable light synthetic substance. (9)

5 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. (4,5)

6 Eggs labelled 0 are ____. (7)

7 ___ ____ is a food assurance scheme in the UK. (3,7)

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

11 Foods characteristic of a given time of year. (2,6)

12 Situation in which the average temperature on Earth rises, causing weather and climate and melting of glaciers. (6,7)

14 The carbon ____ the amount of gas which is released into the atmosphere during the production of a given food. (9)

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

16 ____ ____ include coal, gas and oil. (6,5)

Down

1 ____ gases are th

2 Naturally occurri of non-organic or or wood. (7,9)

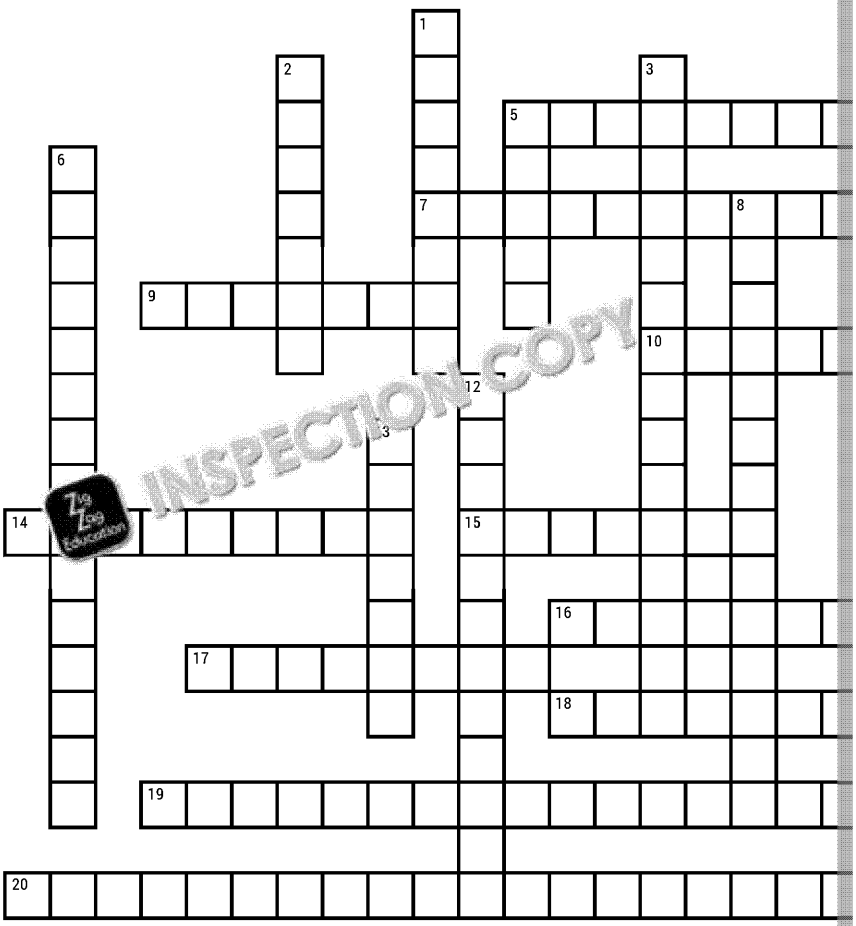
3 The layer of ____ (6,7)

8 Material which ca conditions is call

10 ____ fishing allow ocean wildlife. (1

13 Process of reusi new ones. (9)

Food security part 2



Across

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

7 State in which everybody around the world has a sufficient amount of safe, healthy, nutritious food. (4,8)

9 Large ice mass at the poles. (7)

10 ____ may lead to extinction of many fish species. (11)

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

15 State in which no rainfall has occurred for a prolonged period of time, causing crop failure and major problems with food production or hygiene. (7)

16 Non-renewable energy sources made of [illegible] organic matter. (6,5)

17 Oranges and [illegible] ___ into the UK because they cannot be gro[illegible]ly. (8)

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

19 Poor, unindustrialised countries which are attempting to increase their growth rate and quality of life by trading and implementing modern technologies. (10,9)

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

Down

1 Artificial fishery bu[illegible] achieve food sustai[illegible]

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

3 Methane, nitrous o[illegible] climate change. (1[illegible]

4 Natural or synthetic [illegible] plant growth. (10)

5 State in which mass [illegible] period of time, caus[illegible] the surrounding lan[illegible]

6 The ___ ___ is proc[illegible] transportation. (6,9[illegible]

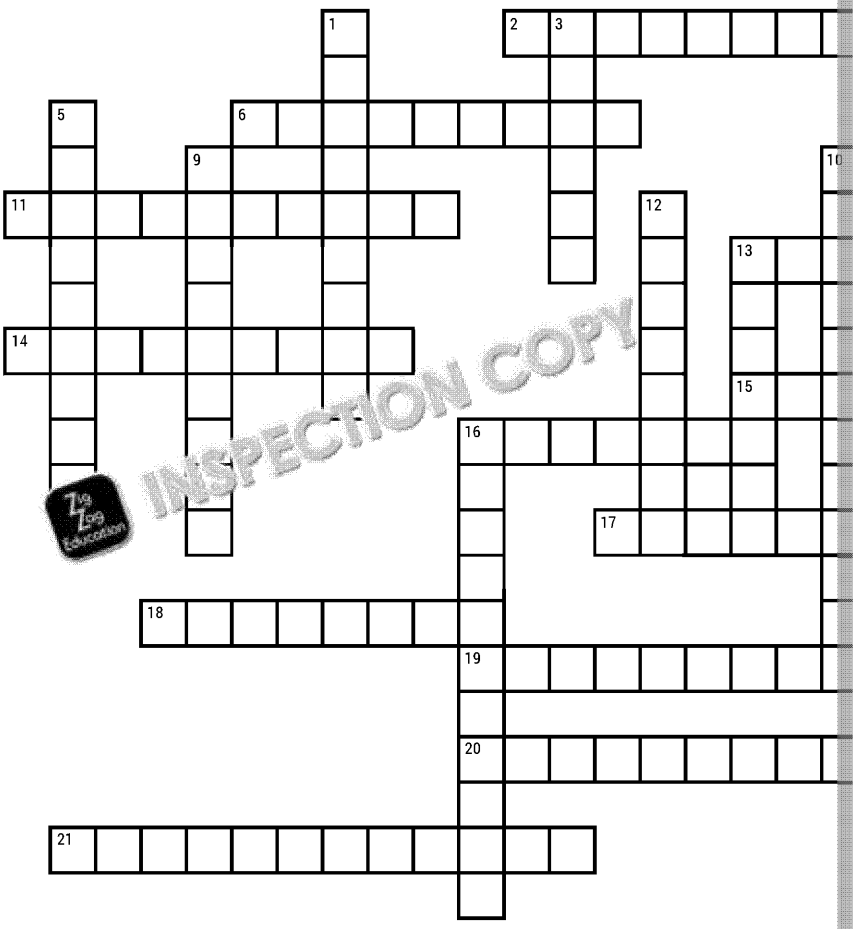
8 State in which a per[illegible]

11 ___ ___ causes we[illegible] (6,7)

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

13 Place where fish ar[illegible]

Technological developments to support better health and foo



Across

2 Chemical substances, e.g. vitamin C, added to food products to enhance their shelf life by preventing oxygen activity. (11)

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

7 A mineral added to flour by law to prevent anaemia. (4)

11 Food additive used to alter the smell or taste of a product. (10)

13 Sugar replacement in foods and beverages. (9)

14 Substances which enhance the growth of useful bacteria in the gut are called ____. (9)

15 Fat spread used instead of butter, oblig[illegible] in vitamins A and D. (9)

16 A mineral add[illegible] to prevent rickets. (7)

17 ____ fortificati[illegible]s to substances which are added to foods by law. (9)

18 A vitamin added to flour by law to prevent beriberi disease. (8)

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

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

21 Naturally occurring molecules found in plant substances which have the potential to lower blood cholesterol level and decrease the risk of heart failure. (12)

Down

1 Microorganisms (u[illegible] health benefits if c[illegible] pickled cabbage. (9

3 A vitamin added to

4 Modified starch is

5 Natural or artificial food. (9)

8 Chemicals used to [illegible] and prevent the gro[illegible] (8)

9 ____ flour has adde[illegible]

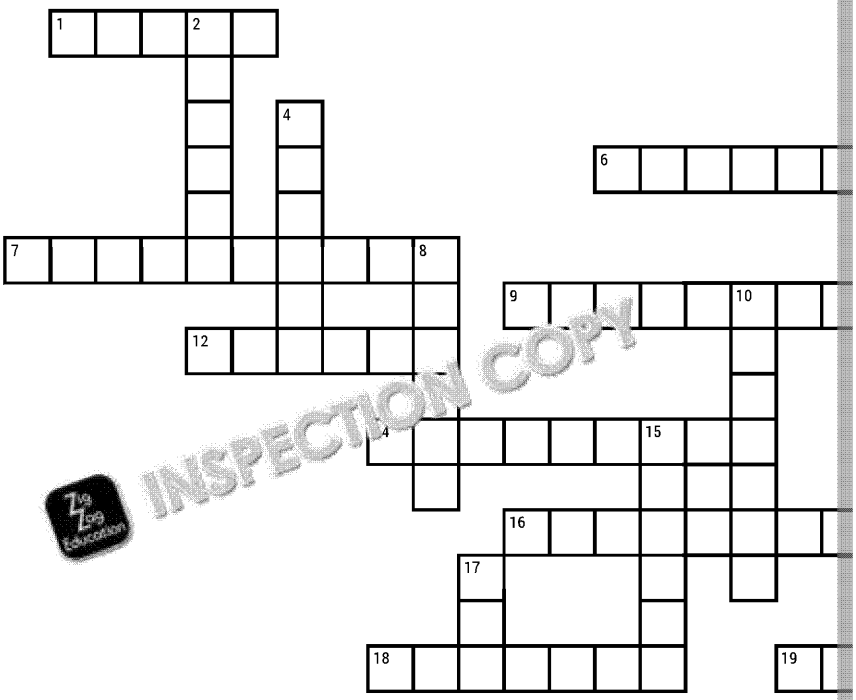
10 Food additive whic[illegible] shelf life. (12)

12 Substance added t[illegible] (7,1)

13 Kind of milk which [illegible]

16 ____ is a fatty subst[illegible] diseases. (11)

Development of culinary traditions



Across

1 Pieces of fish surrounded by sticky rice and covered in seaweed, eaten with soy sauce and/or wasabi. (5)

6 A pizza that is folded before cooking. (7)

7 Usually wooden utensils used for eating Asian foods. (10)

9 Cuisine which is formed from many different ethnic groups, increasing the variety and diversity of ingredients and cooking methods. (13)

12 Traditional Spanish dish served in a shallow pan. (4)

13 Often served with scones and clotted cream. (3)

14 Small snacks eaten before dinner. (5)

16 ____ ____ usually consists of sandwiches, scones with jam and tea. (5, 4)

18 Greek dessert made of filo pastry and pistachios, drenched in syrup or honey. (7)

19 Traditional Hindu clay oven. (7)

Down

2 Scottish dish ma

3 Traditional Britis

4 Clay dish with a li meals. (6)

5 Style of cooking (13)

8 In Great Britain, w examples of ___

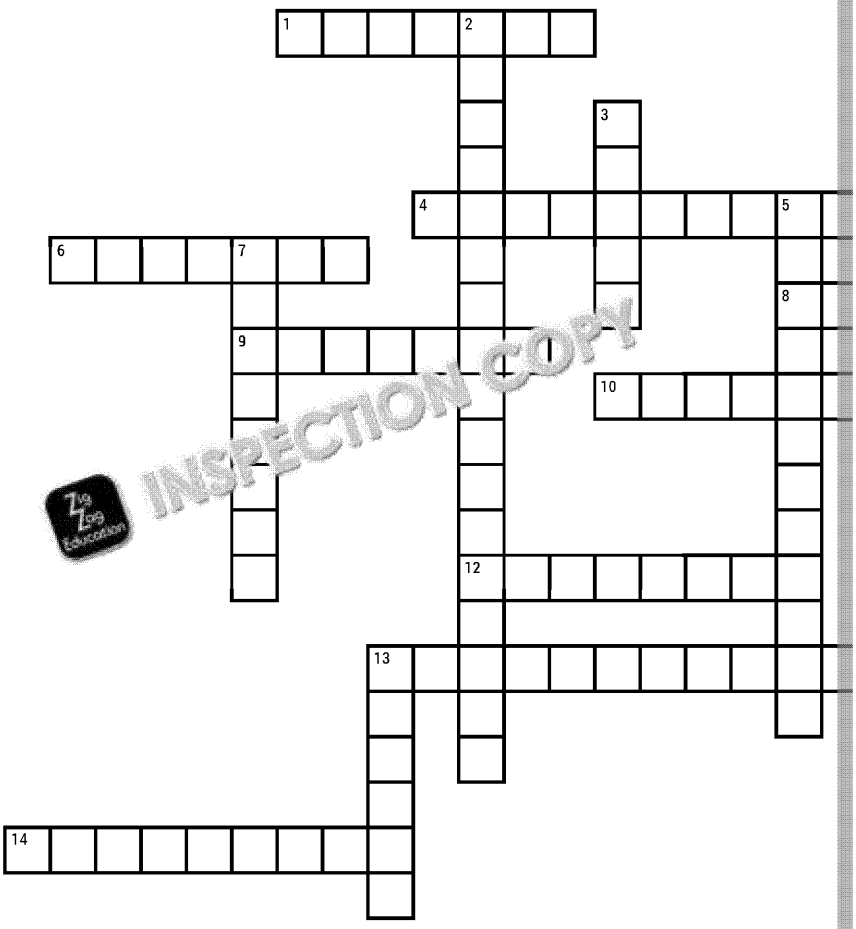
10 Cooking style cha

11 Small snack eate of Italy. (9)

15 Afternoon nap co

17 Deep pan used fo

Personal, social, economical and medical reasons



Across

1 Enzyme which breaks down milk sugar. (7)

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

6 Carbohydrate found in milk that is indigestible by some people who are intolerant to it. (7)

8 A food ____ is a reaction of the immune system to a certain food. (7)

9 Disease in which gluten cannot be eaten. (7)

10 A food ____ is a negative reaction of the digestive tract to a certain food. (11)

12 Food specific [illegible] time of year. (8)

13 Process of developing international and intercontinental relations, trade and cultural exchange, which can improve food availability and affect food choices of people even in very remote countries. (13)

14 May be sedentary. (9)

Down

2 ____ ____ may be [illegible] shellfish. (12,5)

3 The cost of food [illegible] pay to buy the fo[illegible]

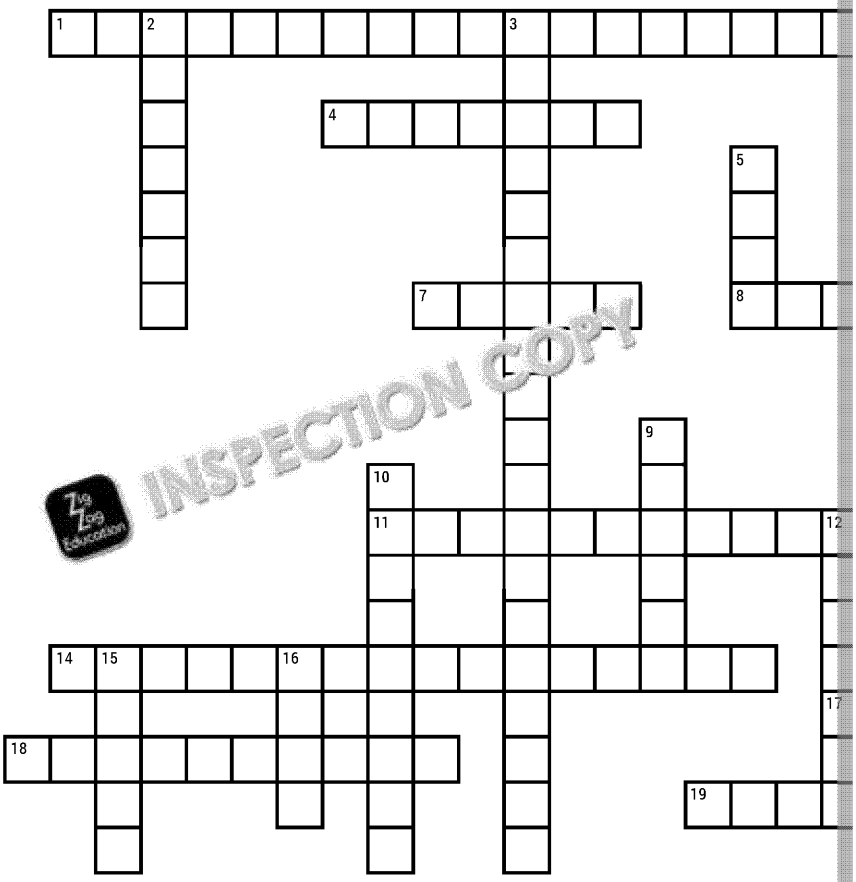
5 _____ of food may [illegible] products. (12)

7 Important event [illegible]

11 Person who buys [illegible]

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

Religious, cultural, ethical and moral beliefs



Across

1 Variant of vegetarianism which allows the consumption of eggs and dairy products. (5-3-13)

4 In ____ farming no pesticides or fertilisers are used. (7)

7 ____-vegetarianism allows the consumption of milk and dairy products. (5)

8 Permitted in Judaism. (6)

11 ____ ____ ensures good living conditions for livestock on farms. (6,7)

14 Variant of vegetarianism which allo... consumption of eggs. (3-1...)

17 In Islam, ___ ...s p...itted. (5)

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

19 Rastafarians follow ____ in their dietary choices. (4)

Down

2 Traditions and id... ethnic group. (7)

3 An organism wh... bioengineers. (1...

5 Type of meat for...

6 Farming method ... yields and maxi...

9 Hindu festival of...

10 ____ ensures prop... workers. (9)

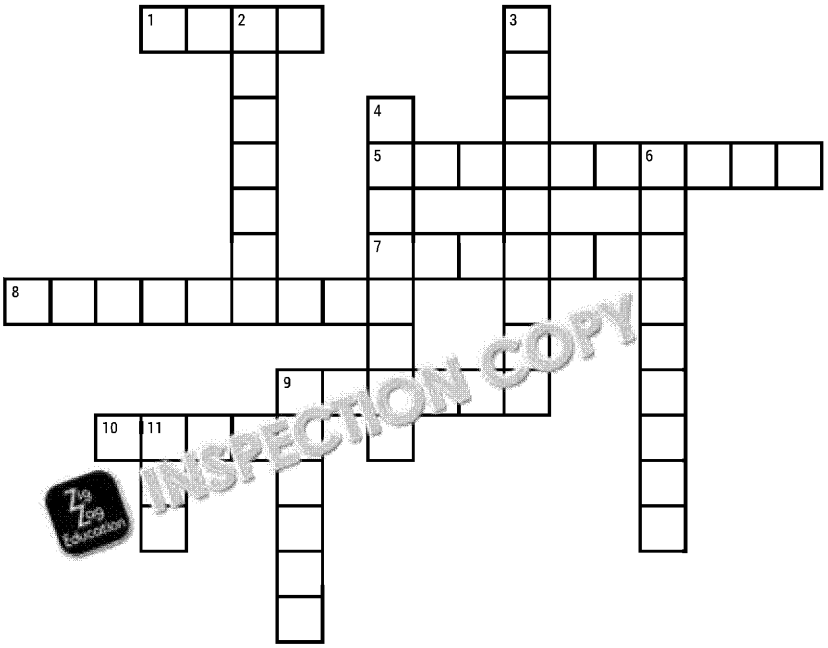
12 Chemical substa... in many religions

13 In Islam, a month ... nothing can be e... (7)

15 A person who do...

16 Spiritual teacher...

Reasons why food is cooked



Across

1 Food which is secure to eat and not harmful can be called ___. (4)

5 Food which is particularly mouth-watering and appealing. (10)

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

8 Cooking pork for a long time at a low temperature helps to ____ the meat. (9)

9 Solanine is an example of a natural ____ occurri[illegible] i[illegible] green potatoes. (6)

10 Can't be smelled if the nos[illegible] [illegible]. (5)

Down

2 Cooking can affe[illegible] chemical reactio[illegible] denaturation. (7)

3 Process of breaki[illegible] and intestines int[illegible] through the gut [illegible]

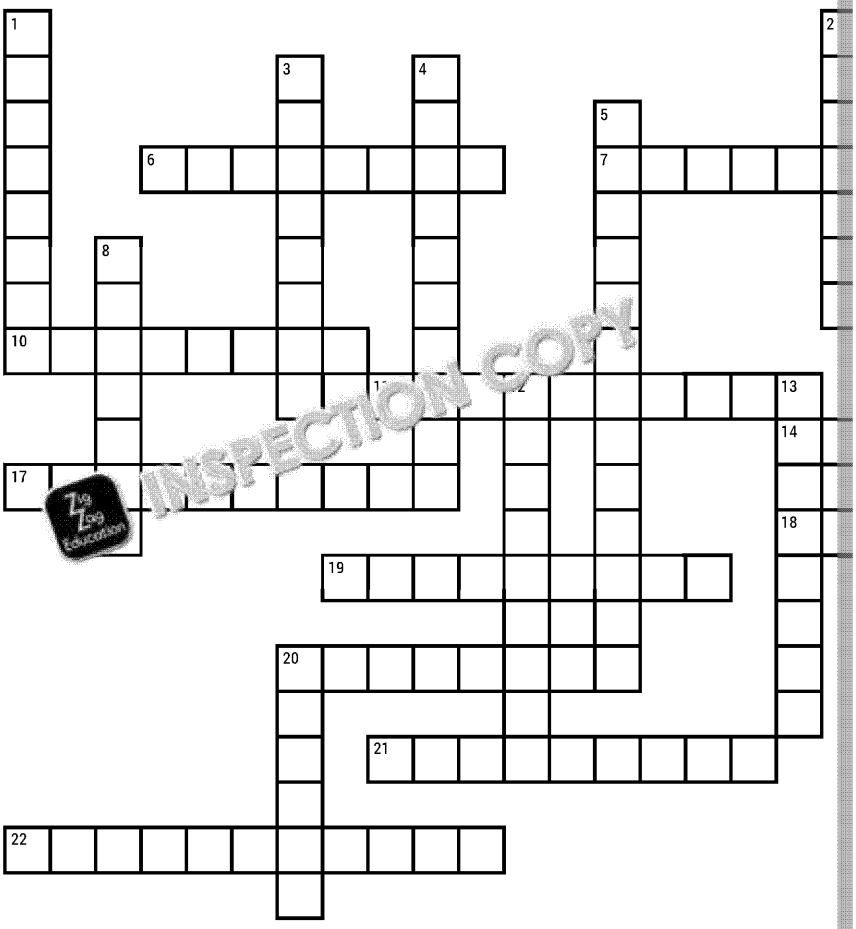
4 Salmonella is typ[illegible] poisoning if you [illegible]

6 How long a food [illegible]

9 Roof of the mout[illegible]

11 Food which is in i[illegible] treatment or proc[illegible]

Heat transfer and cooking methods



Across

6 Cooking method which helps to preserve the nutrient levels in food. (8)

7 The process of moving warmth from one object to another. (4,8)

10 Barbecuing – cooking food on a special grid, usually in an oven or over an open fire. (8)

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

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

17 ____ needs a medium to transfer heat to food. (10)

18 Mixture of oil, acid and spices used to tenderise m... (8)

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

20 The effect on fruit of enzyme ...

21 The process in ... ve ... are put into boiling water for a short tim... en quickly dipped into ice-cold water. (9)

22 When various preparation and cooking methods cause a decrease in the nutritional value of a food product. (7,4)

Down

1 Cooking method in ... stewed. (8)

2 Fat-based cooking ... requires the use of ... (4-3)

3 Moist cooking meth... degrees Celsius in ... its texture. (8)

4 ____ transfers heat ... (10)

5 Fat-based cooking ... fat to transfer the h...

8 Moist cooking meth... water at 100 degre...

9 Cooking in a pan wi...

12 In ____, heat waves ...

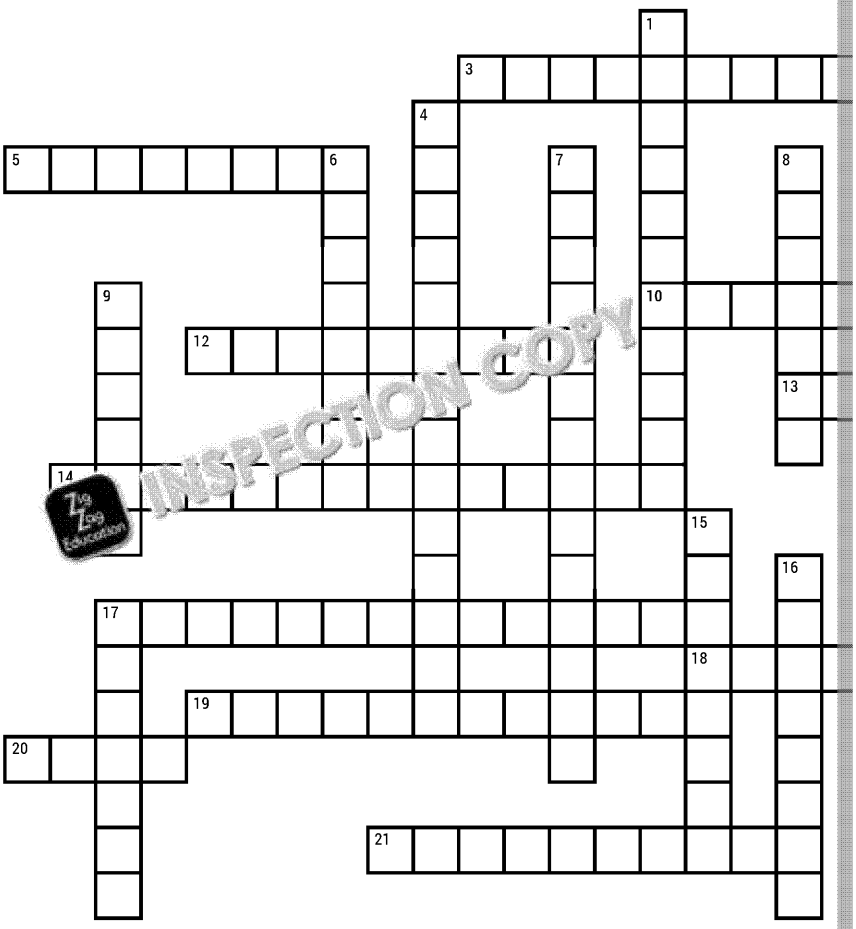
13 Food which is cook... ____. (8)

15 Traditional Sunday ... Yorkshire pudding, ...

16 Cooking method in ... of hot oil. (4-6)

20 Dry cooking metho... exposing food to th...

Functional and chemical properties of proteins, fats and carbo



Across

3 A particle which is repelled by water is called ____. (11)

5 Step of cheese production. (8)

10 Branched polysaccharide – one of the compounds which build the chains of starch. (11)

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

13 Carbohydrate in quinoa. (6)

14 Causes toast to go brown. (14)

17 ____ is a process which happens w[illegible] boiled with water. (14)

18 Process in w[illegible] bubbles are trapped in a mixture of fat, leading [illegible]eam formation. (8)

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

20 Light, delicate structure in which air bubbles are trapped in a liquid. (4)

21 Traditional crumbly biscuit made by shortening flour with butter. (10)

Down

1 Thanks to this pr[illegible]

2 Popular emulsifie[illegible]

4 Turning sugar int[illegible]

6 One of the protei[illegible] presence of wate[illegible]

7 Process of mixin[illegible] stable mixture, u[illegible]

8 Unbranched poly[illegible] which build the c[illegible]

9 Net-like structure[illegible]

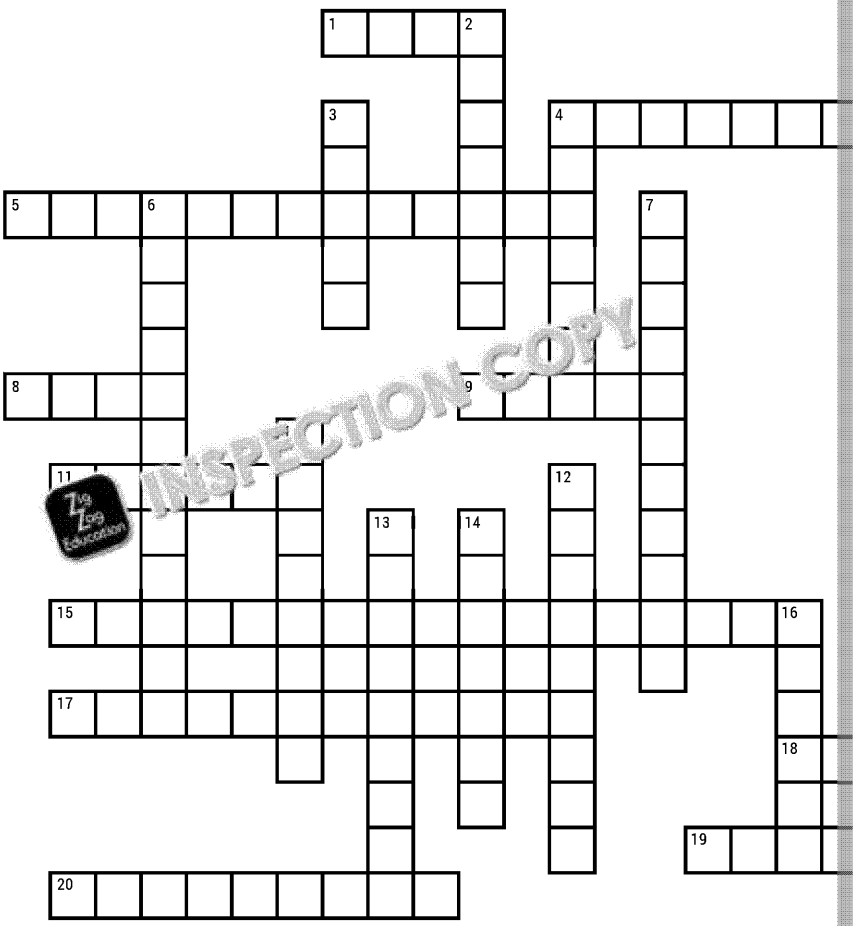
11 ____ of fats mean[illegible] reshaped over a [illegible]

15 Strong acids or h[illegible]

16 A solution of acid[illegible] prepare a range [illegible]

17 One of the protei[illegible] presence of wate[illegible]

Functional and chemical properties of fruit, vegetables and ra



Across

1 Crumbly, layered pastry. (4)

4 Springy, soft cake made of eggs, sugar and flour, with or without the use of baking powder. (6,4)

5 Gas produced by yeast. (6,7)

8 Metal symbolised as Fe which speeds up the browning of fruit. (4)

9 Food for yeast. (5)

11 Metal of very high electrical conductivity which increases the speed of enzymatic browning. (6)

15 White powder used as a leavening agent in acidic foods, excess of which may produce a soapy flavour. (6,11)

17 ___ causes dough to rise. (12)

18 Produces carbon dioxide to help bread rise. (5)

19 Water in the form of gas. (5)

20 Cooking method which prevents browning of fruit. (9)

Down

2 Mechanical meth trapped between

3 Wiry tool used to

4 ___ flour traps ai

6 Dusty substance

7 Flour with a leave

10 Mechanical leave mixtures, such as surrounded by fa

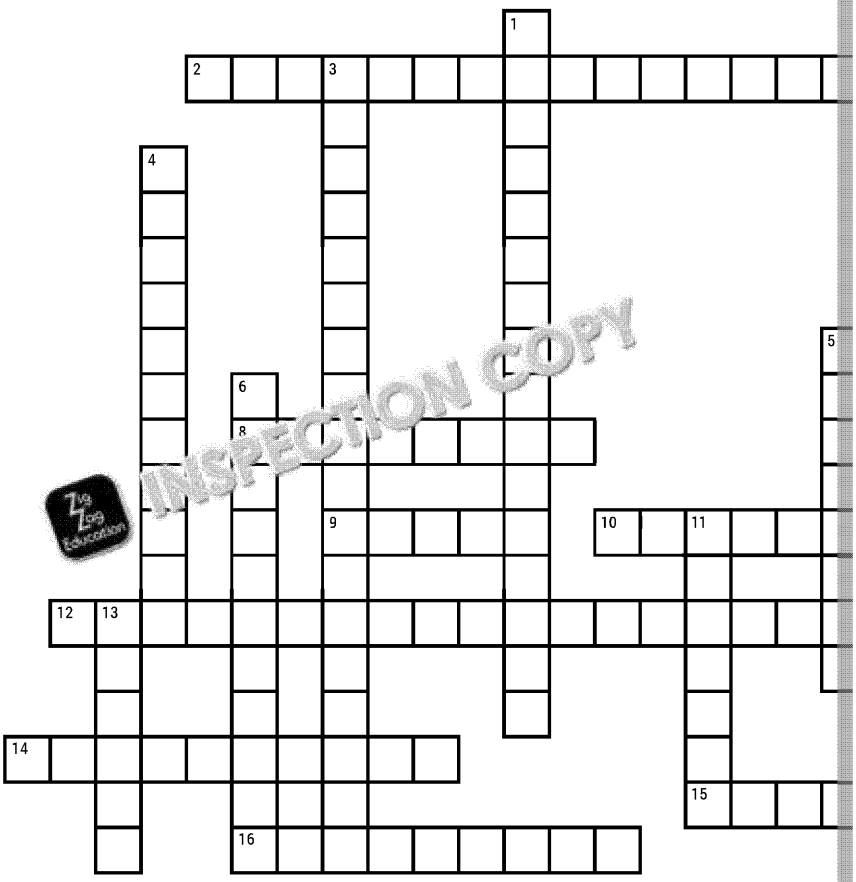
12 The action of gen incorporate the a lighter. (7,2)

13 The effect on foo decrease in nutri flavour or smell.

14 Mechanical actio bubbles are trapp

16 Chemical substa causes potatoes

Sensory properties



Across

2 Sensory test which involves choosing the odd one out of three samples. (8,7)

8 A cell which sends impulses from the environment to the brain. (8)

9 One of the tastes characteristic of parmesan cheese and soy sauce. (5)

10 The _____ system is responsible for recognising aromas. (9)

12 Properties and aspects of food which are perceived via the senses, especially taste and smell. (7,7)

14 Tissue which covers and protects inner organs. (10)

15 Puts food samples in an order, e.g. from least sweet to sweetest. (7)

16 Tongue cells specialised in detecting flavours. (5,4)

Down

1 A test that aims to assess taste, and texture

3 Features which make food appealing. (9,9)

4 Actions taken to control settings and instruments to ensure consistent results. (4,7)

5 Desire to eat a specific food

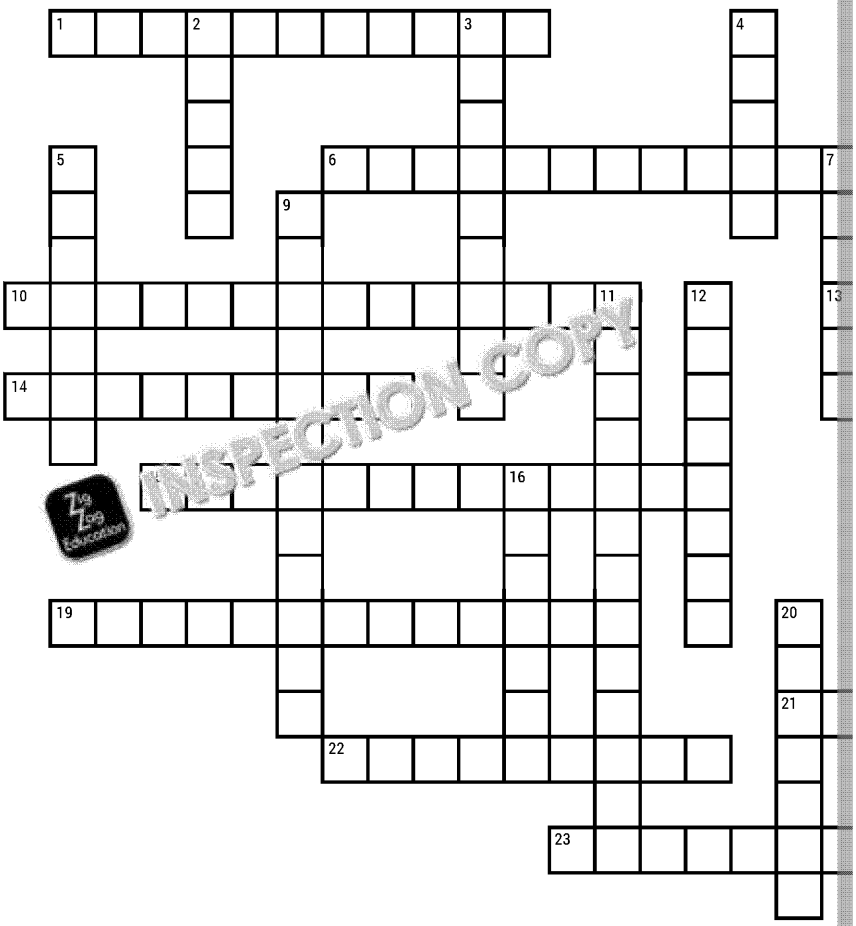
6 Group of sensory attributes or profile of a given food

7 Piece of bread or toast for spreads during sensory tests

11 May be sweet or savoury

13 Puts food samples in order of liked. (6)

Conditions for bacteria, mould and yeast growth, and signs of



Across

1 ___ is a process in which spores reactivate. (11)

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

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

13 Single-celled fungus used in beer production. (5)

14 Disease-causing bacteria. (9)

15 ____ of food with bacteria may lead to a poisoning. (13)

19 Food products which offer the best conditions for microorganism growth and increase the risk of food poisoning, which include raw [illegible]-rich and ready-to-eat products. (5)

21 Chemical reac[illegible]ster. (8)

22 Cooking method which stops darkening of fruit and vegetables. (9)

23 Bacteria which don't need oxygen. (9)

Down

2 Furry growth on br

3 The effect on food [illegible] in nutritional value. (9)

4 Fruit and vegetable

5 20 to 40 degrees Ce bacterial growth. (7

7 Biologically active, chemical reactions.

8 Illness caused by m

9 A process which tu

11 ___ kills all bacteri

12 Darkening of fruit a

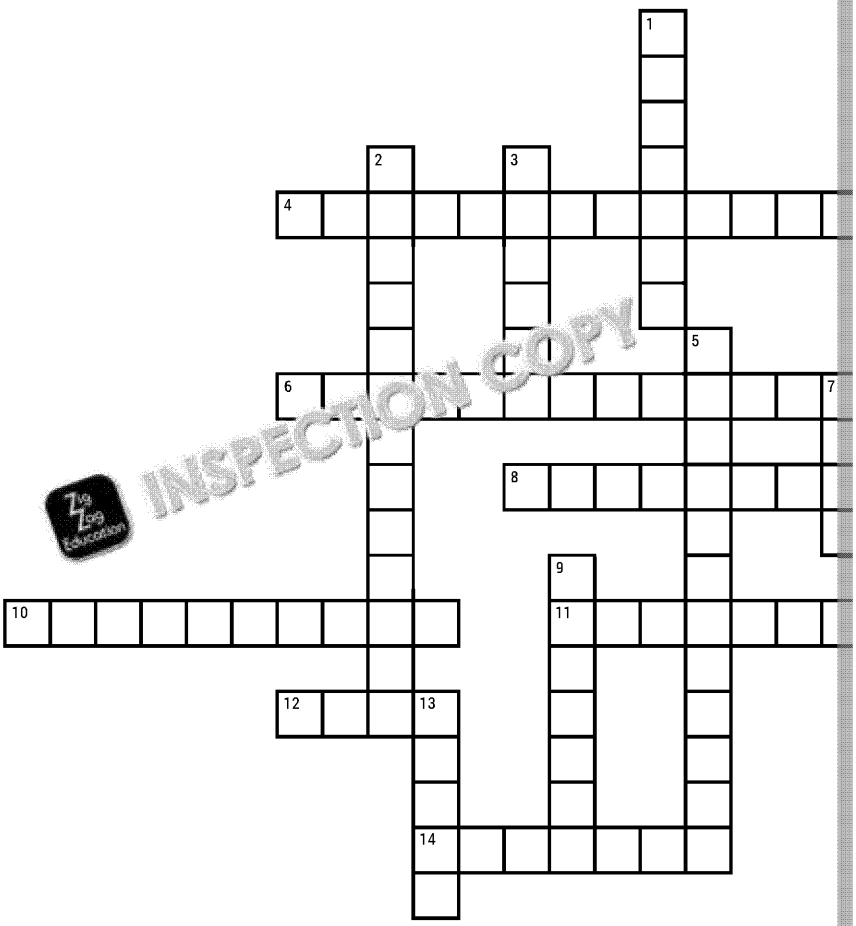
16 Bacteria which nee

17 Form of bacteria or temperatures whic friendly conditions.

18 Microscopic organi production, which c poisoning. (8)

20 One of the product

Microorganisms in food production



Across

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

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

8 French cheese with a white skin. (9)

10 Product of milk sugar fermentation. (6,4)

11 Disaccharide in milk. (7)

12 Liquid by-product of cheese manufacturing. (4)

14 Traditional British cheese. (7)

Down

1 Low-sugar produ

2 Colourless gas in

3 Enzyme used in c

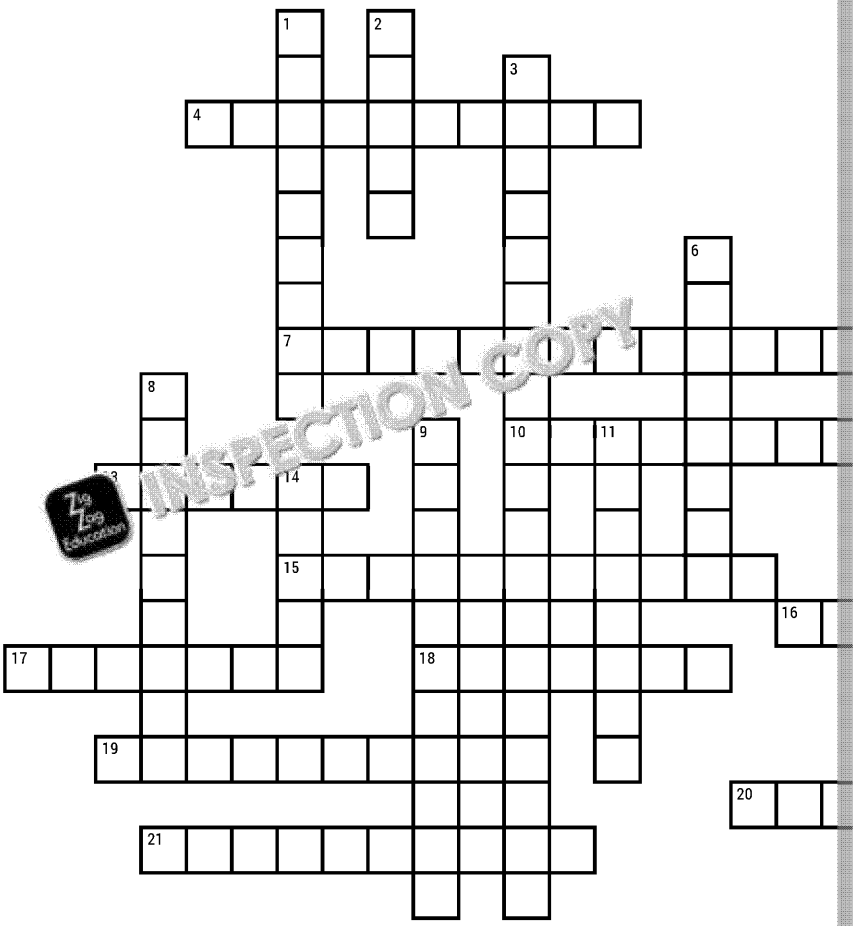
5 Process in which substance, used i (12)

7 Coagulated milk

9 Colourless liquid

13 Single-celled fun manufacturing of

Buying and storing food



Across

4 ____ ____ temperatures increase the risk of bacterial growth. (6,4)

7 Shop, supermarket or food seller which has a good reputation and can ensure the quality and safety of the food on offer. (9,8)

10 Another name for thawing. (10)

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

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

16 Refrigerators are used to store __ f__ (7)

17 Temperature between 20 and 45 degrees Celsius, at which some ca be safely stored. (7)

18 Changing the ical state due to increase in temperature. (7)

19 Date mark on dry, long-lasting products. (4,6)

20 Freezer ____ happens to improperly frozen or insecurely wrapped frozen foods. (4)

21 Where food comes from is known as food ____. (10)

Down

1 ____ fortification added to food by

2 Date mark on fre

3 British governme public health in

5 Dried fruit and ve __-____ food. (3-

6 Reduction in pric

8 How long a food

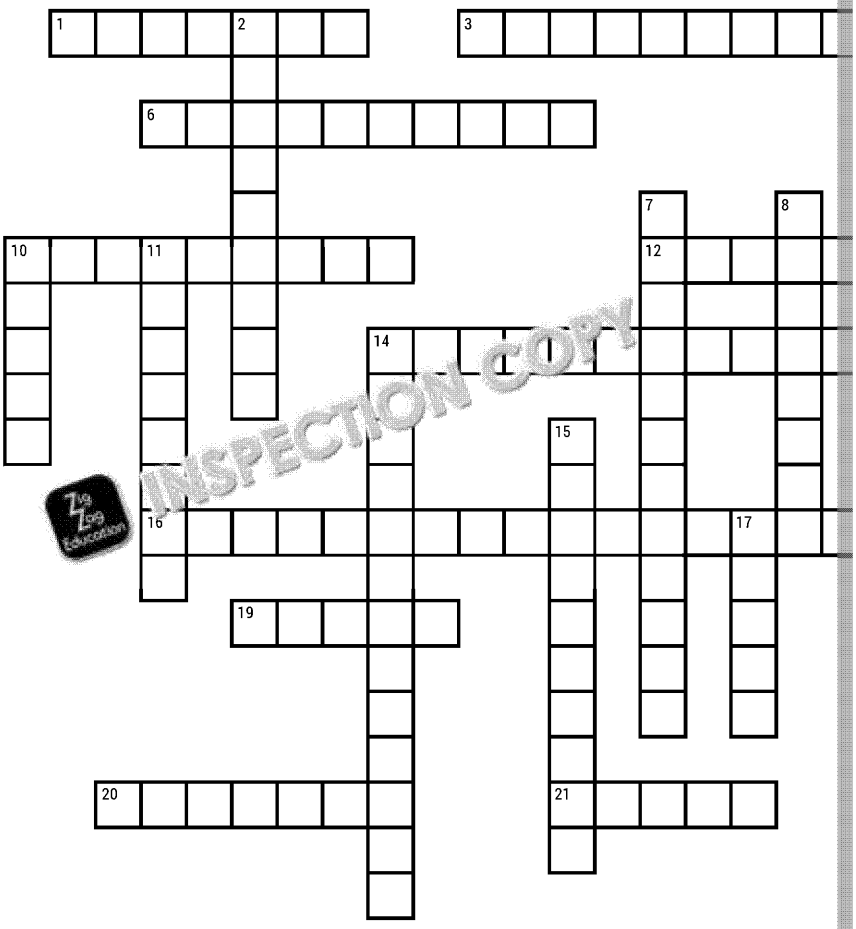
9 _____ value has t

11 Storing food at te in order to stop b nutritional value.

12 A ____ claim state nutrient. (9)

14 Strong cheese a contaminate) oth

Preparing and cooking food



Across

1 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. (7)

3 Food products which offer the best conditions for microorganism growth and increase the risk of food poisoning or food allergy. (4-4,5)

6 Bacteria species found in eggs. (10)

9 A food probe is used to measure the ____ temperature of a dish. (4)

10 Bacteria which cause poisoning (7)

12 Cutting a chicken and a cake with the same knife can lead to ____ contamination. (8)

14 Cross-_____ is a transfer of microorganisms from one food to another. (13)

16 Bacterium commonly found on the skin, which produces toxins and causes food poisoning when eaten. (14,6)

19 Protects clothes from stains and dirt. (5)

20 Item of clothing placed on a cook's head. (7)

21 Harmful substance released by microorganisms. (5)

Down

2 Foods which can (9)

4 Sneezing on a foo contamination of

5 Personal ____ rule touching one's fa

7 Killing bacteria w

8 Bacteria species

10 Electronic tool in readiness. (5)

11 ____-____ food inc poisoning. (4-4)

13 Bacteria species intestines but wh

14 Bacteria species

15 All the actions an food is not harmf

17 Survival form of b

18 Perishable food p poisoning – the o after the best bef

Balanced diet and guidelines *(Match Up)*

1	Condition in which abnormally high levels of adipose tissue are stored in the body, usually cause excessive intake of macronutrients.
2	Diet which provides the correct quantity and quality of macro- and micronutrients to support h well-being.
3	Dietary guideline in the shape of a plate which indicates five categories of food product and how each of them should we eat.
4	Dietary guideline which recommends eating around 400 g of vegetables and fruit a day, divided i portions.
5	Habits and behaviours which include little or no physical activity.
6	Movement of the body which requires energy expenditure.
7	Ratio of body mass to height squared (kg/m^2), used to assess whether someone's weight is optim height.
8	Simple sugar which is a basic source of energy for all of the cells around the human body.
9	State in which excessive amounts of macro- or micromolecules are provided, which may lead to r related health conditions.
10	State in which insufficient macro- and micronutrients are provided, often leading to weight loss caused by nutrient deficiency.
11	Sugars added to food products, as opposed to those naturally occurring in foods, consumption o should be limited to remain healthy.
12	Sugars naturally occurring in food products, as opposed to free sugars.

Major diet-related health issues (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 caused by iron deficiency or an inability to properly ingest it.
4	Condition in which bones lose their density and become fragile and easy to break.
5	Condition in which crystals accumulate in joints, causing swelling, pain and difficulty walking, o effect of unhealthy diet and obesity.
6	Condition in which enamel is damaged by bacteria.
7	Condition in which heart blood vessels are narrowed by the accumulation of cholesterol plaque lead to heart attack.
8	Condition in which veins and arteries are narrowed due to cholesterol plaque accumulation.
9	Important hormone, produced in the pancreas, which is responsible for lowering blood sugar lev
10	Important organ which produces enzymes which are necessary for proper digestion and hormon regulate blood sugar levels.
11	Inflammation of the pouches within the large intestine, which causes painful symptoms and requ fibre diet to minimise them.
12	Mammary gland tumour, for which risk factors include obesity, drinking alcohol and lack of exer as hormonal issues and gene mutations.
13	State in which blood is not provided to the brain or massive bleeding occurs in the brain, causing death to the brain cells.
14	State in which insufficient amounts of macro- and micronutrients are provided.
15	The blood vessels which pump blood to the heart.
16	The body's defence system, protecting it from infections and fighting off bacteria and viruses.
17	Tumour of the lower digestive tract, for which risk factors include low consumption of dietary fi and unhealthy diet.

Nutritional and dietary needs of different groups of people *(Match Up)*

1	Amount of disposable income which a family can spend on different goods, e.g. food or entertain
2	Amount of food eaten in one meal, usually differing depending on a person's age, sex and body si
3	Chemical substances necessary for building the body and providing energy, needed in large amo
4	Chemical substances necessary for the proper functioning of the body, needed in small amounts
5	Children's ability to pressurise their parents into buying them sweets, toys or other items.
6	Condition (usually acquired) in which milk sugar cannot be digested properly, causing bloating, s and diarrhoea.
7	Condition caused by iron deficiency or inability to properly ingest it.
8	Consumption of this type of sugar should be limited to less than 5% of daily calorie intake.
9	Disease characterised by immune reaction to gluten, leading to damage of the villi in the intestin nutrient malabsorption.
10	Essential fatty acids, present in large amounts in fish, with double bonds located at the third carb the end of the fatty acid chain.
11	Food which provides many calories in one gram.
12	Glycaemia, or the amount of glucose present in the blood.
13	Inorganic substance produced by the fermentation of sugars that is damaging to the health if too drunk.
14	Natural process in a female body which increases the need for iron, as otherwise anaemia may o
15	Period in which the body grows rapidly, i.e. in early childhood and during adolescence.
16	Process and period of time during which mammary glands produce milk to feed a baby.
17	Process of supplying a sufficient level of water in the body.
18	Protein which is present in some cereals, such as wheat, rye or barley, and which cannot be eate with coeliac disease.
19	Regimen in which all macronutrients and micronutrients are provided in sufficient, appropriate allow proper functioning of the human body.
20	State in which insufficient amounts of macro- and micronutrients are provided.
21	Substance necessary for proper digestion and bowel movements, decreasing blood sugar levels a the risk of bowel cancer.
22	The maximum bone density, reached during adolescence and early adulthood, thanks to calcium

Nutritional needs when selecting recipes for different groups of people

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

Energy balance (Match Up)

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

Protein (macronutrients) *(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 alternative made from coagulated soya milk pressed together into soft blocks, characteri cuisine and also known as bean curd.
10	Protein-rich product made by *Fusarium venenatum* fungi.
11	Protein-rich products made without the use of animal-derived ingredients.
12	Tiny, easy-to-digest, gluten-free grains originating from South America, rich in carbohydrates, pr fibre, and used as a protein alternative.
13	Traditional Japanese paste made of fermented soya, used for sauces and spreads.
14	Type of bean rich in high biological value protein, used for manufacturing many other products, oil, sauce or cheese-like products.
15	Type of protein in which all essential amino acids are present in the correct amounts; usually of a
16	Type of protein in which some of the essential amino acids are in low amounts or lacking; usually origin.
17	What happens to proteins when the molecules aggregate, e.g. as a reaction to salt.

Fat (macronutrients) (Match Up)

1	A fat which is naturally present in foods and which can be seen in the form of fatty tissue or oil.
2	A fat which is naturally present in foods and which cannot be seen before extraction.
3	A mixture of oil and water.
4	An energy-dense macromolecule built from glycerol and three chains of acids, necessary for buil hormones and insulating the body.
5	Chronic disease characterised by high blood sugar levels, often developing as a result of high fat obesity.
6	Condition in which abnormally high levels of adipose tissue are stored in the body, usually cause excessive intake of macronutrients.
7	Connective tissue whose main function is to store energy, and insulate and cushion organs.
8	Fatty acids which cannot be built by the human body from scratch and have to be provided as a p healthy diet.
9	Fatty substance necessary for building cell membranes and bile in the gall bladder.
10	Group of chemical substances which include fatty acids, triglycerides, waxes and sterols, and wh insoluble in water.
11	High-density fraction of cholesterol which transports fats from the blood to the liver, and lower cholesterol levels.
12	Low-density fraction of cholesterol which transports fats around the body and to the cells.
13	One of the first signs of fat deficiency in a diet, which sees a decrease in body weight.
14	The chemical name for a fat molecule.
15	The only animal-derived fat which is liquid at room temperature.
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 surrounding the loins and kidneys of cows and sheep, high in saturated fats and chara traditional British cuisine.

Carbohydrate (macronutrients) *(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	Commonly used sweet substance built from one molecule of glucose and one molecule of fructo from sugar beet and sugar cane.
6	Condition in which enamel is damaged by bacteria, causing pain and trouble eating.
7	Disaccharide built from two molecules of glucose, obtained from germinating grains.
8	Disaccharide present in milk.
9	Flour made from whole grains, without separating the bran.
10	Large organic macromolecules produced by plants during photosynthesis, and which include su and fibre.
11	Monosaccharide which, together with glucose, forms a molecule of milk sugar.
12	One of the first noticeable signs of carbohydrate deficiency in a diet, seeing a decrease in body w
13	Organic macromolecules produced by plants during photosynthesis, present in a range of food p form of single or paired molecules.
14	Organic macromolecules produced by plants, bound into long chains in order to store energy fo
15	Polysaccharide stored in the liver and muscle cells which is an emergency source of energy.
16	Simple sugar which is a basic source of energy for all of the cells around the human body.
17	Substance occurring in plant cells only, usually indigestible for humans but necessary for mainta
18	Sugars added to food products, as opposed to those naturally occurring in foods.
19	Sugars that occur naturally in food products, as opposed to free sugars.
20	Type of fibre which absorbs water and enhances bowel movements, usually in the form of cellul
21	Type of fibre which swells in the stomach giving the feeling of satiety, usually in the form of pect
22	Type of soluble fibre, present in fruit, which acts as a gelling agent.

Vitamins (micronutrients) *(Match Up)*

1	A pill or capsule taken to top up micronutrient levels in the body and improve overall health.
2	Atoms or particles which lack electrons and steal them from other particles, causing damage and stress.
3	Bacteria living in the intestines, where they aid digestion and produce vitamins, e.g. vitamin K.
4	Chemical substance or molecule which has the ability to stop and prevent the damage caused by
5	Childhood disease caused by an imbalanced, micronutrient-deficient diet.
6	Condition caused by folate deficiency during the prenatal period.
7	Condition in which bones lose their density and become fragile and easy to break.
8	Disease caused by niacin deficiency, characterised by sensitivity to sunlight.
9	Disease caused by thiamine deficiency, symptoms of which include weakening of the muscles lea paralysis.
10	Disease caused by vitamin C deficiency, the main symptoms of which include receding and bleed tooth loss.
11	Eyesight condition caused by vitamin A deficiency.
12	Form of vitamin A found in animal-derived foods.
13	Form of vitamin A found in fruit and vegetables.
14	Organic molecules needed in very small amounts, usually provided by the diet but some can also in the body.
15	The chemical name for a water-soluble vitamin which is crucial for releasing energy from foods (
16	The chemical name for vitamin B1, deficiency of which causes beriberi disease.
17	The chemical name for vitamin B12, found mainly in meat, offal and egg yolk.
18	The chemical name for vitamin B3, necessary for releasing energy from food, found in lean meat,
19	The chemical name for vitamin B9, crucial for proper development of the spinal cord and for the of red blood cells.
20	The chemical name for vitamin C, found mainly in fruit and vegetables, such as potatoes, blueber cabbage.
21	The chemical name for vitamin D, present in large amounts in milk, dairy products and oily fish, a produced in the skin.
22	The chemical name for vitamin E, found in vegetable oils and oily fish.
23	Type of anaemia caused by vitamin B12 deficiency, as opposed to iron deficiency anaemia.

Minerals and water (micronutrients) *(Match Up)*

1	Abnormally high blood pressure, usually caused by excessive sodium intake, narrowing of the bl certain hormones.
2	An electrolyte – an element necessary for properly conducting electrical impulses and regulatin pressure.
3	Chemical element found in milk, dairy products and bony fish, necessary for the proper develop growth of bones and teeth.
4	Chemical trace element necessary for the proper development of tooth enamel.
5	Condition caused by a deficiency of micronutrients, in particular iron, vitamin B12 and folate, ch by low red blood cell levels.
6	Condition caused by hyperhydration, in which electrolytes in the blood become too diluted, resu swelling of the brain.
7	Condition caused by improper fluoride intake and bad mouth hygiene, where enamel becomes da acids and bacteria.
8	Condition caused by iodine deficiency, symptoms of which include swelling of the neck and char metabolism.
9	Condition in adults in which bones lose their density and become fragile and easy to break.
10	Element necessary for building red blood cells, which is easily ingested from meat and eggs but w harder to ingest from plant-derived foods.
11	Function of water whereby harmful substances are removed from the body.
12	Inorganic chemical element necessary for the body to build cells, conduct electric impulses or bu
13	Invertebrate marine organisms used as food which is rich in protein and iodine.
14	Liquid, salty secretion from glands located mainly in the armpits and from skin pores all over the
15	One of the elements necessary for the proper mineralisation of bones, but also needed to release build DNA.
16	Process in which drinking water is enriched in fluoride.
17	Products made from milk, often high in calcium.
18	Red pigment in blood cells, built from four peptide chains attached to iron atoms, responsible fo oxygen in the body.
19	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.
20	Small gland in front of the neck which produces hormones necessary for proper metabolism.
21	State caused by excessive loss and insufficient replenishment of water, usually as the result of ex sweating or exaggerated physical activity.
22	The hardest tissue in the human body, which forms the external part of the teeth.
23	Trace element necessary for building thyroid hormones which regulate the rate of metabolism in

Food source and supply (Match Up)

1	Activity during which people catch and kill wild animals and birds, often with the use of specially
2	All animals reared on a farm for meat or other purposes.
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, nutrient-rich mixture used to enrich and improve soil quality in order to obtain higher
7	Food characteristic of a given time of year.
8	Food product produced without the use of any artificial compounds, pesticides, antibiotics or G fertilisers.
9	Food product which is eaten in large quantities and forms the basis of a regional or national diet to climate and weather conditions allowing the growth and rearing of certain food products only
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 egg production in which hens can move freely outside the barn; eggs from such hens
14	Part of a DNA molecule which carries specific information, such as the colour of a flower or size
15	Plant growing method in which roots are placed into water instead of soil, used to grow lettuces
16	Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desi
17	Spiral molecule locked in the nucleus of a cell, which carries all the information about a person, plant.
18	The idea which advocates humane conditions and treatment for animals.
19	The meat of a deer.
20	The meat of caught animals, such as pheasant, wild boar or rabbit.
21	The meat of domesticated birds, such as chicken, goose, turkey and duck.
22	The origin of food – place where the food comes from and how is it manufactured.

Food processing and production part 1 *(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	Furry microorganism which is used in blue cheese production and which causes bread and fruit
7	Live bacteria added to pasteurised milk to begin the process of fermentation during cheesemakir
8	Milky liquid, a by-product of cheese production, drained from the cheese and used as a beverage feed.
9	Net-like protein in wheat, rye and barley, responsible for the soft, springy texture of bread.
10	Processes which affect food's properties or turn it into a different product.
11	Raw, unrefined food, usually freshly harvested.
12	Transparent, tasteless substance derived from collagen, used as a gelling agent.
13	Various bacteria species which are beneficial for health and useful in food production.

Food processing and production part 2 (Match Up)

1	Dairy product made of the fat layer skimmed off the top of milk before homogenisation.
2	Freezing food and removing moisture afterwards under pressure to enhance shelf life without af nutritional value of a food.
3	Gathering the crops from a field or orchard.
4	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.
5	Important step in the production of cheese, in which it is either immersed in or coated with brine improve its taste and lengthen its shelf life.
6	Preserving method in which cooked food is quickly chilled from 70 to 3 degrees Celsius to preve growth and make it safe to eat.
7	Pressing milk through very fine membranes in order to remove bacteria.
8	Process of decreasing the amount of fat in milk.
9	Process of decreasing the size of fat particles in milk by pressing them through tiny holes to obta mixture.
10	Process of gently heating a liquid or a food product to 72°C in order to kill harmful bacteria and safe to eat.
11	Process of turning milk or cream into butter.
12	Pulverising – turning grain into powder.
13	Storing and packaging food in conditions where oxygen, nitrogen and CO_2 concentrations, air hu temperature are carefully regulated.
14	Storing and packaging food in conditions where the composition of air is modified to improve th life and prevent oxidation.
15	Turning milk into yoghurt or cheese with the use of bacteria.

Food security part 1 *(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 produced without the use of any artificial compounds, pesticides, antibiotics or G 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	Process of turning a used product (e.g. newspaper) into a new one (e.g. toilet paper).
14	Situation in which the average temperature on Earth rises, causing weather anomalies and meltir
15	Synthetic, usually elastic compound which is very hard to decompose and which is used to produ packaging.
16	The distance a food has to travel from a farm to the plate of a consumer.

Food security part 2 *(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.

Technological developments to support better health and food producti

1	A mineral added to plain flour by law to prevent anaemia.
2	A mineral added to plain flour by law to prevent rickets and osteoporosis.
3	A vitamin added to plain flour by law to reduce the risk of pellagra and other effects of its deficie
4	A vitamin added to plain flour by law to restore its levels lost during milling, the deficiency of wh beriberi disease.
5	Addition of nutrients to a given product to improve or restore its nutritional value.
6	Additive used to maintain a food's chemical structure.
7	Agent used to change or enhance the taste and smell of food.
8	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.
9	Chemical substances, e.g. vitamin C, added to food products to enhance their shelf life by preven activity.
10	Fatty substance which does not occur in vegetable fats, responsible for many diet-related condit
11	Kind of flour which does not have to be fortified because its nutritional value has not been affec processing.
12	Kind of milk which has to be fortified by law due to its low fat content.
13	Microorganisms (usually bacteria species) which provide health benefits if consumed, present in or pickled cabbage.
14	Natural or synthetic agent used to enhance the shelf life of a food and prevent spoilage.
15	Natural or synthetic substance used to replace sugar and decrease the calorific value of a food.
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	Plant fibre or another substance which promotes the growth of probiotic bacteria, e.g. inulin fou
20	Soft, spreadable mixture made of hydrogenated vegetable oils, used instead of butter, and fortifi A and D by law.
21	Substance added to fat spreads and skimmed milk by law.
22	Substance such as modified starch used to increase the viscosity of a product.
23	Substance used to improve the texture of food and prevent separation of ingredients.

Development of culinary traditions (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	Cuisine which is formed from many different ethnic groups, increasing the variety and diversity and cooking methods.
6	Cutlery items used instead of a knife and fork in East Asia.
7	Deep frying pan characteristic of Asia.
8	Food product which constitutes the basis of a daily diet in a region or country.
9	Originating from Italy, a small snack eaten before the main dish to increase the appetite.
10	Round clay oven used for cooking traditional Indian meals.
11	Small snacks or biscuits eaten before noon.
12	Style of cooking characteristic of a country or region, which uses specific ingredients and cookir
13	Style of cooking characteristic of the south of Europe.
14	Traditional British meal consisting of sandwiches, cakes or scones and a pot of tea.
15	Traditional dessert characteristic of Greece and Turkey, made from flaky pastry with a filling tra made from nuts, and soaked in syrup or honey.
16	Traditional Japanese dish made of rice, seaweed and fish or vegetables, dipped in soy sauce or w
17	Traditional Scottish dish made from offal, oats and herbs sealed in an animal's stomach.
18	Traditional Spanish dish made of rice, vegetables, chicken and seafood, usually served in a shallo

Personal, social, economical and medical reasons (Match Up)

1	A protein present in wheat, rye and barley, and which is a cause of food intolerance.
2	Describes food that is characteristic of a given time of year.
3	Disease in which gluten cannot be digested and a gluten-free diet has to be followed for the pers life.
4	Habits and actions of an individual – the way a person lives.
5	Indicator of the amount of energy needed to perform all life activities, such as walking, running, showering.
6	Person who buys and eats foods – a client.
7	Process of developing international and intercontinental relations, trade and cultural exchange, improve food availability and affect food choices of people even in very remote countries.
8	Severe, life-threatening allergic reaction to food or other factors.
9	Situation in which food is present in the market and affordable for the buyers, thanks to modern methods, storage system improvements and imports.
10	The cost of food – the amount of money one has to pay to buy the food.
11	The enzyme which breaks down milk sugar in the small intestine.
12	The negative reaction of the digestive system to a food ingredient, often manifesting as stomach diarrhoea.
13	The reaction of the immune system to a food ingredient, which may lead to anaphylactic shock.
14	The sugar naturally present in milk and one of the most common causes of food intolerance.
15	Unusual or particularly important event; cause for celebration and enjoyment, during which fest drinks are consumed.

Religious, cultural, ethical and moral beliefs *(Match Up)*

1	All actions, traditions, ideas or beliefs characteristic of a country, region or ethnic group.
2	Chemical substance occurring in beverages, forbidden in many religions.
3	Ethical way of trading between developed and developing countries, which allows fair prices an the farmers and farm workers.
4	Farming method which aims at minimising the costs and increasing the yield by the use of moder technologies, pesticides, artificial fertilisers, etc.
5	Food product produced without the use of any artificial compounds, pesticides, antibiotics, GM 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 to
10	Person who is worshipped and whose teachings are followed, e.g. in Sikhism.
11	Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desi
12	The idea/movement which defines dietary restrictions for Rastafarians.
13	The meat derived from a commonly reared animal, forbidden in many religions, such as Islam or J
14	The principle of humane treatment and conditions for animals.
15	Type of diet which does not allow consumption of any animal-derived food products.
16	Type of diet which does not allow consumption of meat, and sometimes other animal-derived foo fish, milk or eggs.
17	Variant of vegetarianism which allows the consumption of dairy products.
18	Variant of vegetarianism which allows the consumption of eggs and dairy products.
19	Variant of vegetarianism which allows the consumption of eggs.

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	Cooking in a pan without the use of oil or fat.
3	Dry cooking method in which food is first sealed in fat and then stewed for a long time.
4	Dry cooking method that involves using an oven without exposing food to the flame.
5	Dry cooking method that uses a small amount of fat/oil to prevent foods from drying out.
6	Electromagnetic waves used in radars, radio transmissions or cooking, which quickly heat up wa
7	Fat-based cooking method in which food is sunk in a large amount of oil.
8	Fat-based cooking method that originated in Asia and that requires the use of a wok and a small a or sauce.
9	Fat-based cooking method which requires a small amount of fat to transfer the heat and seal the food.
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	Movement of thermal energy from one object to another, resulting in an increase in temperature
16	Process in which heat is transferred directly to the food via vibration of the pan's molecules.
17	Process in which heat is transferred to food indirectly by sending heat waves to it.
18	Process in which heat is transferred to food indirectly through water or oil, or another medium,
19	The effect of plant cell damage, leading to a change in the colour and nutritional value of a fruit c
20	The effect on food of exposure to air, leading to a decrease in nutritional value as well as a chang or smell.
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

Functional and chemical properties of proteins, fats and carbohydrates

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	Popular emulsifier naturally occurring in egg yolk.
11	Process in which air bubbles are trapped in a mixture of fat, leading to cream formation.
12	Process in which fat molecules surround starch and prevent gluten formation, causing pastry to
13	Process of mixing oil and water together to obtain a stable mixture, used to prepare mayonnaise.
14	Protein formed when flour is mixed with water, which builds a springy, elastic net and traps air b the mixture.
15	Reaction of starch to dry heating, in which long chains of starch break down into shorter ones, c slight sweet flavour.
16	Reaction of starch to water and heating, in which starch granules swell and break up, used to thi or cook a risotto.
17	Reaction of sugar to high temperatures, in which the sugar turns into syrup and changes its colo flavour.
18	Temperature at which fat transforms into oil.
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.

Functional and chemical properties of fruit, vegetables and raising agei

1	Chemical element symbolised by Cu, used to make kitchen equipment and known for its high ele thermal conductivity, which may increase the rate of enzymatic browning in food.
2	Chemical element symbolised by Fe, used to make stainless steel cutlery and kitchen equipment, increase the rate of enzymatic browning in food.
3	Gas which is produced as the result of baking powder or yeast action in a food.
4	Mechanical action applied to batter in which air bubbles are trapped in the liquid.
5	Mechanical leavening method applied to fat and sugar mixtures, such as sponge, in which air bub surrounded by fat.
6	Mechanical method of leavening in which air is trapped between layers of pastry.
7	Mechanical method of leavening in which air is trapped between particles of flour or icing sugar sponge cakes.
8	Mechanical method of leavening which uses a wiry metal or plastic tool.
9	Microscopic, single-celled fungus used as a raising agent due to its ability to produce carbon dio
10	Mixture of sodium bicarbonate and calcium phosphate, used as a leavening agent.
11	Plain flour which has been enriched by the addition of baking powder or other chemical raising
12	Process in which sugar is turned into alcohol and carbon dioxide, used in bread dough and wine
13	Springy, soft cake made of eggs, sugar and flour, with or without the use of baking powder.
14	Substance necessary for yeast budding.
15	The action of gently massaging fat into flour to incorporate the air into the mixture and make it li
16	The effect of plant cell damage, leading to a change in the colour and nutritional value of a fruit c
17	The effect on food of exposure to air, leading to decrease in nutritional value as well as a change smell.
18	The process in which vegetables are put into boiling water for a short time and then quickly dipp cold water.
19	Type of fatty pastry of many crumbly layers.
20	Vapour formed when water reaches its boiling point.
21	White powder used as a leavening agent in acidic foods, excess of which may cause a soapy flavo

Sensory properties *(Match Up)*

1	A test that aims to detail the appearance (sight), taste, and texture (feel) of food.
2	Actions taken to make sure all tasters have the same settings and instructions, in order to obtain results.
3	Cell located in the skin and other organs, specialised in conducting stimuli to the brain.
4	Desire to eat a specific food product, as opposed to hunger.
5	Features which make a food or a meal look good and appealing.
6	Group of sensory tests used to create a ranking, rating or profile of a given food.
7	Piece of bread or wafer that is neutral in taste and that is used during food tasting to serve sprea
8	Properties and aspects of food which are perceived via the senses, especially taste and smell.
9	Sensory test used to assess how much a property of food is liked or disliked, e.g. spiciness of vari crisps.
10	Sensory test used to assess the strength of a given property in a range of food samples, e.g. sweet drink.
11	Specialised receptors localised on the tongue which are responsible for recognising flavours.
12	The combined sensation of taste, smell and mouthfeel.
13	The meaty, savoury taste.
14	The system used for recognising aromas.
15	The tissue which covers all of the inner organs, such as the digestive tract.
16	Type of sensory testing in which three samples, two of which are identical, are assessed at the sa

Conditions for bacteria, mould and yeast growth, and signs of food spo

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	Process of natural decomposition of fruit and vegetables.
14	Product of yeast fermentation used in wine and beer production.
15	Range of temperature which creates ideal conditions for bacterial growth and increases enzyme
16	Reaction of the body to harmful microorganisms or toxins present in food.
17	Substance or agent which speeds up the rate of a chemical reaction.
18	The effect on food of exposure to air, leading to a decrease in nutritional value as well as a chang or smell.
19	Tiny fungi used in blue cheese production and which create a furry growth on bread and fruit, ca food to spoil.
20	Transfer of microorganisms or food particles to another food, which may cause food poisoning c anaphylactic shock.
21	Type of bacteria which do not need oxygen to live.
22	Type of bacteria which need oxygen to live.
23	When bacteria spores become active again, leading to bacterial growth and food spoilage.

Microorganisms in food production *(Match Up)*

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

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	Amount of macro- and micronutrients present in a given food, ingredient or meal.
3	British government agency responsible for protecting public health in relation to food.
4	Date mark which applies to food quality, usually used for dry foods such as biscuits or pasta.
5	Date mark which applies to food safety, after which the food cannot be eaten any more; usually u unprocessed foods.
6	Defrosting – changing the physical state of food from solid and hard to soft or liquid, caused by i temperature.
7	Durability – the amount of time during which a food can be safely stored and eaten.
8	Endothermic process of changing the state of a food from solid to liquid or hard to soft by chang temperature it is stored at.
9	Foods which have a long shelf life and don't pose a risk of food poisoning.
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	Range of temperatures at which the growth of microorganisms is the fastest, usually between 5 a Celsius.
13	Reduction in price.
14	Shop, supermarket or food seller which has a good reputation and can ensure the quality and saf food on offer.
15	Statement on a food label indicating that consumption of a given food or an ingredient it contain advantageous for health.
16	Statement on a food label indicating the presence of a given ingredient, usually added for health
17	Storing food at temperatures below 0 degrees Celsius, in order to stop bacterial growth and pres nutritional value.
18	Storing food at temperatures between 0 and 5 degrees Celsius, usually in a fridge or cooling cou
19	Temperature of the air surrounding us, usually considered to be between 20 and 25 degrees Cels dry, sealed food can be safely stored.
20	The origin of food – place where the food comes from.
21	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	Bacteria species naturally occurring in the human intestines but which is harmful if eaten.
3	Bacterium commonly found on the skin, which produces toxins and causes food poisoning when
4	Electronic tool used to measure the temperature inside food.
5	Food products which offer the best conditions for microorganism growth and increase the risk c poisoning or food allergy.
6	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.
7	Form of bacteria or fungi resistant to high or low temperatures which can multiply and reproduc friendly conditions.
8	Habits and actions taken by individuals in order to prevent food contamination or poisoning.
9	Harmful bacteria that cause diseases and poisoning.
10	Harmful substance released by microorganisms and other organisms, usually bitter in taste, whic poisoning.
11	Item of clothing used to prevent hair from falling into food.
12	Item of clothing used to protect the cook's clothes and body from dirt, stains or damage caused b splattering.
13	One of the most common reasons for food poisoning, found in unpasteurised milk.
14	Perishable food product usually associated with food poisoning – the only one which should not after the best before date.
15	Process in which microorganisms are killed, usually with the use of high temperatures or antibac
16	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.
17	Substances or ingredients present in a food which may pose a possible danger to someone who is sensitive or susceptible to them.
18	The most common cause of food poisoning in the UK, found in offal and poultry.
19	The most common cause of hospital admissions from food poisoning in the UK, typically associat eggs.
20	The number of degrees Celsius or Fahrenheit in the centre of a cooked food product.
21	Transfer of microorganisms or food particles to another food, which may cause food poisoning c anaphylactic shock.
22	When a poisonous agent, pathogen or food particle is transferred from one food to another by to having contact with dripping, etc.
23	When a poisonous agent, pathogen or food particle is transferred to a food via polluted hands, to or other carriers.

Balanced diet and guidelines *(Table Fill)*

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.
Condition in which abnormally high levels of adipose tissue are stored in the body, usually caused by excessive intake of macronutrients.
Ratio of body mass to height squared (kg/m^2), used to assess whether someone's weight is optimal for their height.
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 foods, such as fruits, as opposed to free sugars.
Habits and behaviours which include little or no physical activity.
Movement of the body which requires energy expenditure.
Diet which provides the correct quantity and quality of macro- and micronutrients to support health and well-being.
Dietary guideline in the shape of a plate which indicates five categories of food product and how much of each of them should we eat.
Dietary guideline which recommends eating around 400 g of vegetables and fruit a day, divided into five portions.
Simple sugar which is a basic source of energy for all of the cells around the human body.

Major diet-related health issues *(Table Fill)*

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.
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 [illegible], pain and difficulty walking, often as an effect of unhealthy [illegible] and [illegible]besity.
State in which blood is not provided to the brain or massive bleeding occurs in the brain, causing damage [illegible] to the brain cells.
Abnormally high [illegible] pressure, characteristic of cardiovascular diseases.
Condition in which bones lose their density and become fragile and easy to break.
Condition in which enamel is damaged by bacteria.
Condition caused by iron deficiency or an inability to properly ingest it.
The body's defence system, protecting it from infections and fighting off bacteria and viruses.
State in which insufficient amounts of macro- and micronutrients are provided.
Condition in which veins and arteries are narrowed due to cholesterol plaque accumulation.
The blood vessels which pump blood to the heart.
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.
Inflammation of the pouches within the large intestine, which causes painful symptoms and requires a low-fibre diet to minimise them.

Nutritional and dietary needs of different groups of

Regimen in which all macronutrients and micronutrients are provided in sufficient, appropriate amounts to allow proper functioning of the human body.
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.
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 atom 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.
Amount of disposable income which a family can spend on different goods, e.g. food or entertainment.
Children's ability to pressurise their parents into buying them sweets, toys or other items.
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.
Natural process in a female body which increases the need for iron, as otherwise anaemia may occur.
Condition caused by iron deficiency or inability to properly ingest it.
Food which provides many calories in one gram.
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.
Process and period of time during which mammary glands produce milk to feed a baby.
Inorganic substance produced by the fermentation of sugars that is damaging to the health if too much is drunk.

Nutritional needs when selecting recipes for differe

(Table Fill)

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 or calendar 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.	
Amount of food eaten in one meal, usually differing depending on a person's age, sex and body size.	
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.	

Energy balance *(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.
Indicator of the amount of energy needed to perform all life activities, such as walking, running, sleeping, showering, etc.
Food rich in certain macromolecules, such as carbohydrates or fats, which is consumed mainly to provide power.
Unit used to measure energy, equal 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.
The way in which a person lives and how active a person is, which significantly affects energy needs.

Protein (macronutrients) *(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.
Protein alternative made from coagulated soya milk pressed together into soft blocks, characteristic of Asian cuisine and also known as bean curd.
Traditional Japanese paste made of fermented soya, used for sauces and spreads.

Fat (macronutrients) *(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.
A fat which is naturally present in foods and which cannot be seen before extraction.
A fat which is naturally present in foods and which can be seen in the form of fatty tissue or oil.
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.
Chronic disease characterised by high blood sugar levels, often developing as a result of high fat intake and obesity.
One of the first signs of fat deficiency in a diet, which sees a decrease in body weight.

Carbohydrate (macronutrients) *(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.
Commonly used sweet substance built from one molecule of glucose and one molecule of fructose, obtained from sugar beet and sugar cane.
Disaccharide built from two molecules of glucose, obtained from germinating grains.
Monosaccharide which, together with glucose, forms a molecule of milk sugar.
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.
One of the first noticeable signs of carbohydrate deficiency in a diet, seeing a decrease in body weight.

Vitamins (micronutrients) *(Table Fill)*

Organic molecules needed in very small amounts, usually provided by the diet but some can also be produced in the body.
Chemical substance or molecule which has the ability to stop and prevent the damage caused by free radicals.
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.
Bacteria living in the intestines, where they aid digestion and produce vitamins, e.g. vitamin K.
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.
Disease caused by vitamin C deficiency, the main symptoms of which include receding and bleeding gums, and tooth loss.
The chemical name for vitamin E, found in vegetable oils and oily fish.
Disease caused by niacin deficiency, characterised by sensitivity to sunlight.
Atoms or particles which lack electrons and steal them from other particles, causing damage and oxidative stress.
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.

Minerals and water (micronutrients) (Table Fill)

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 levels.
Abnormally high blood pressure, usually caused by excessive sodium intake, narrowing of the blood vessels or certain hormones.
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.
Condition caused by hyperhydration, in which electrolytes in the blood become too diluted, resulting in fatal swelling of the brain.
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.
An electrolyte – an element necessary for proper conducting electrical impulses and regulating blood pressure.
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.
One of the elements necessary for the proper mineralisation of bones, but also needed to release energy and build DNA.
Inorganic chemical element necessary for the body to build cells, conduct electric impulses or build hormones.

Food source and supply *(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 produced without the use of any artificial [illegible]ds, pesticides, antibiotics or GM feeds or fertilisers.
Bringing or transporting goods fr[illegible] ano[illegible]r country.
Long, transpar[illegible]sti[illegible]e used in farming in order to provide warmth to plants and prot[illegible]m from unfavourable weather conditions.
Plant growing method in which roots are placed into water instead of soil, used to grow lettuces or radishes.
Food product which is eaten in large quantities and forms the basis of a regional or national diet, usually due to climate and weather conditions allowing the growth and rearing of certain food products only.
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.
The meat of a deer.
Activity during[illegible] p[illegible]catch and kill wild animals and birds, often with the use of specially[illegible]ogs.
Foods made from animals which were purposely bred in a farm in order to obtain milk, egg, meat or other benefits.
All animals reared on a farm for meat or other purposes.
The meat of domesticated birds, such as chicken, goose, turkey and duck.
The meat of caught animals, such as pheasant, wild boar or rabbit.

Food processing and production part 1 *(Table Fill)*

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.
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 transformed from raw produce into ingredients for an edible, saleable food product.
Transparent, tasteless substance derived from collagen, used as a gelling agent.
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 processing and production part 2 *(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.
Freezing food and removing moisture afterwards under pressure to enhance shelf life without affecting the nutritional value of a food.
Important step in the production of cheese, in which it is either immersed in or coated with brine in order to improve its taste and lengthen its shelf life.
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.
Process of turning milk or cream into butter.
Dairy product made of the fat layer skimmed off the top of milk before homogenisation.
Preserving method in which cooked food is quickly chilled from 70 to 3 degrees Celsius to prevent bacterial growth and make it safe to eat.
Storing and packaging food in conditions where oxygen, nitrogen and CO_2 concentrations, air humidity and temperature are carefully regulated.
Storing and packaging food in conditions where the composition of air is modified to improve the food's shelf life and prevent oxidation.

Food security part 1 *(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 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.
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 part 2 *(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 natural 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.

Technological developments to support better heal

(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 rest[illegible] levels lost during milling, the deficiency of which may cause beri[illegible]
A vitamin added to plai[illegible], law to reduce the risk of pellagra and other effects of its de[illegible]y.
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 substance used to replace sugar and decrease the calorific value of a 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 nitroge[illegible] the production of cured meats to prevent the growth of *Clostridi[illegible]otu[illegible]m* bacteria and improve the colour of the final product.
Microorganism[illegible]lly bacteria species) which provide health benefits if consumed, presen[illegible]n, e.g. yoghurt or pickled cabbage.
Plant fibre or another substance which promotes the growth of probiotic bacteria, e.g. inulin found in onion.
Chemical substances, e.g. vitamin C, added to food products to enhance their shelf life by preventing oxygen activity.
Substance such as modified starch used to increase the viscosity of a product.

Development of culinary traditions *(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.
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 from rice, vegetables, chicken and seafood, usually served in a shallow, wide 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 sealed in an animal's stomach.
Style of cooking characteristic of the south of Europe.
Clay dish with a lid used for prepare traditional Arab meals.
Food product which constitutes the basis of a daily diet in a region or country.
Cuisine which is formed from many different ethnic groups, increasing the variety and diversity of ingredients and cooking methods.
Traditional dessert characteristic of Greece and Turkey, made from flaky pastry with a filling traditionally made from nuts, and soaked in syrup or honey.

Personal, social, economical and medical reasons

Indicator of the amount of energy needed to perform all life activities, such as walking, running, sleeping and showering.
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.
Habits and actions of an individual – the way a person lives.
Describes food that is characteristic of a given time of year.
Person who buys and eats foods – a client.
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.
Process of developing international and intercontinental relations, trade and cultural exchange, which can improve food availability and affect food choices of people even in very remote countries.
Severe, life-threatening allergic reaction to food or other factors.

Religious, cultural, ethical and moral beliefs *(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.
All actions, traditions, ideas or beliefs characteristic of a country, region or ethnic group.
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.
The idea/movement which defines dietary restrictions for Rastafarians.
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.
Person who is worshipped and whose teachings are followed, e.g. in Sikhism.
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 produced without the use of any artificial compounds, pesticides, antibiotics, GM feeds or fertilisers.
Farming method which aims at minimising the costs and increasing the yield by the use of modern technologies, pesticides, artificial fertilisers, etc.
Plant or animal whose DNA code has been manipulated in order to obtain or enhance more desirable features.
Variant of vegetarianism which allows the consumption of eggs and dairy products.
Variant of vegetarianism which allows the consumption of dairy products.
Variant of vegetarianism which allows the consumption of eggs.

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)*

Movement of thermal energy from one object to another, resulting in an increase in temperature.
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 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.
Cooking in a pan without the use of oil or fat.

Functional and chemical properties of proteins, fat

(Table Fill)

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 [illegible] enzymes, used in cheese production.
The process of separating [illegible] from overcooked, overcoagulated proteins, e.g. in eggs.
One of the proteins present 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.
Reaction of sugar to high temperatures, in which the sugar turns into syrup and changes its colour and 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 [illegible] shaped.
Process of mixing oil and water together to obtain a stable mixture, used to prepare mayonnaise.
Temperature at which fat transforms into oil.
Molecule which is repelled by water molecules and doesn't mix easily with it.
Popular emulsifier naturally occurring in egg yolk.

Functional and chemical properties of fruit, vegeta

(Table Fill)

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.
Chemical element symbolised by Fe, used to make stainless steel cutlery and kitchen equipment, which may increase the rate of enzymatic browning in food.
Chemical element symbolised by Cu, used to make kitchen equipment and known for its high electric and thermal conductivity, which may incr[illegible] the rate of enzymatic browning in food.
The process in which vegetables are p[illegible] b[illegible]ng water for a short time and then quickly dipped into ice-c[illegible]er.
Mixture of sod[illegible]ar[illegible]nate and calcium phosphate, used as a leavening agent.
White powder used as a leavening agent in acidic foods, excess of which may cause a soapy flavour.
Gas which is produced as the result of baking powder or yeast action in a food.
Vapour formed when water reaches its boiling point.
Plain flour which has been enriched by the addition of baking powder or other chemical raising agents.
Mechanical method of leavening which uses a wiry metal or plastic tool.
Mechanical method of leavening in which air is trapped between layers of pastry.
Mechanical method of leavening in which air is trapped between particles of flour or icing sugar, used to make sponge cakes.
Springy, soft cake made of eggs, sugar and flour, with or without the use of baking powder.
Type of fatty pastry of many crumbly layers.
Microscopic, single-celled fungus used as a raising agent due to its ability to produce carbon dioxide.
Process in which sugar is turned into alcohol a[illegible]d [illegible]ar[illegible]n dioxide, used in bread dough and wine production.
Substance necessary fo[illegible]s[illegible]ding.
Mechanical act[illegible]plied to batter in which air bubbles are trapped in the liquid.
Mechanical leavening method applied to fat and sugar mixtures, such as sponge, in which air bubbles are surrounded by fat.
The action of gently massaging fat into flour to incorporate the air into the mixture and make it lighter.

Sensory properties *(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.
Actions taken to ensure sensory testers have the same settings and instructions, in order to obtain reliable results.
Sensory test used to assess the strength of a given property in a range of food samples, e.g. sweetness of a drink.
Sensory test used to assess how much a property of food is liked or disliked, e.g. spiciness of various brands of crisps.
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.
Group of sensory tests used to create a ranking, rating or profile of a given food.
Features which make a food or a meal look good and appealing.
Type of sensory testing in which three samples, two of which are identical, are assessed at the same time.
A test that aims to detail the appearance (sight), taste, and texture (feel) of food.

Conditions for bacteria, mould and yeast growth, a 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 b[illegible]ne and beer production.
Biologically active, protein [illegible] compounds necessary for conducting many life processes, whic[illegible]as [illegible]yts in chemical reactions.
Microscopic org[illegible]isms 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 c[illegible]lou[illegible]f a food.
Heat treatment applied to vegetab[illegible]s and f[illegible]it to prevent browning.
The effect on fo[illegible]ex[illegible]se to air, leading to a decrease in nutritional value as well as a chang[illegible]your or smell.
When bacteria spores 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.
Process of natural decomposition of fruit and vegetables.

Microorganisms in food production *(Table Fill)*

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.

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.
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.
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.
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.
One of the mandatory elements of a food label, in which all the contents of the food are listed in descending order.
Statement on a food label indicating that consumption of a given food or an ingredient it contains is advantageous to health.
Statement on a food label indicating the presence of a given ingredient, usually added for health purposes.
Reduction in price.
Shop, supermarket or food seller which has a good reputation and can ensure the quality and safety of the food on offer.
Foods which have a long shelf life and don't pose a risk of food poisoning.

Preparing and cooking food *(Table Fill)*

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.
Bacteria species naturally occurring in the human intestines but which is harmful if eaten.
One of the most common reasons for food poisoning, found in unpasteurised milk.
Bacterium commonly found on the skin, which produces toxins and causes food poisoning when eaten.
Food products which offer the best conditions for microorganism growth and increase the risk of food poisoning, which include raw meat, protein-rich and ready-to-eat products.
Perishable food product usually associated with food poisoning – the only one which should not be eaten after the best before date.
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.
When a poisonous agent, pathogen or food particle is transferred from one food to another by touching it, having contact with dripping, etc.
When a poisonous agent, pathogen or food particle is transferred to a food via polluted hands, tools, utensils or other carriers.
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.
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 disease 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.
Substances or ingredients present in a food which may pose a possible danger to someone who is especially sensitive or susceptible to them.

Balanced diet and guidelines

overnutrition	State in which excessive amounts of macro- or n 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 n
obesity	Condition in which abnormally high levels of adi body, usually caused by excessive intake of mac
Body Mass Index	Ratio of body mass to height squared (kg/m^2), us someone's weight is optimal for their height.
free sugars	Sugars added to food pro[illegible]s, as opposed to th foods, consumptio[illegible]ch should be limited to
intrinsic sugars	Sug[illegible]ly occurring in food products, as c
sedentary lifestyle	Habits and behaviours which include little or no
physical activ	Movement of the body which requires energy ex
balanced diet	Diet which provides the correct quantity and qu micronutrients to support health and well-being
Eatwell Guide	Dietary guideline in the shape of a plate which i food product and how much of each of them shou
five a day	Dietary guideline which recommends eating aro fruit a day, divided into five portions.
glucose	Simple sugar which is a basic source of energy fo human body.

Major diet-related health issues

diabetes	Chronic disease caused by insufficient perform abnormally high blood sugar levels occur.
coronary heart disease	Condition in which heart blood vessels are narr cholesterol plaque, which may lead to heart att
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 a[illegible] effect of unhealth
stroke	State in which blood is not provided to the brain in the [illegible] causing damage and death to the br
hypertension	Abnormally high blood pressure, characteristic
osteoporosis	Condition in which bones lose their density and break.
tooth decay	Condition in which enamel is damaged by bacter
iron deficiency anaemia	Condition caused by iron deficiency or an inabili
immune system	The body's defence system, protecting it from in bacteria and viruses.
malnutrition	State in which insufficient amounts of macro- an provided.
atherosclerosis	Condition in which veins and arteries are narrov accumulation.
coronary arteries	The blood vessels which pump blood to the hear
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
diverticulitis	Inflammation of the pouches within the large int symptoms and requires a low-fibre diet to minim

Nutritional and dietary needs of different groups of

balanced diet	Regimen in which all macronutrients and micron sufficient, appropriate amounts to allow proper body.
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.
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 calorie 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
family budget	Amount of disposable income which a family can e.g. food or entertainment.
pester power	Children's ability to pressurise their parents int or other items.
growth spurt	Period in which the body grows rapidly, i.e. in ear adolescence.
peak bone mass	The maximum bone density, reached during ado adulthood, thanks to calcium accumulation.
menstruation	Natural process in a female body which increase otherwise anaemia may occur.
iron deficiency anaemia	Condition caused by iron deficiency or inability t
energy-dense food	Food which provides many calories in one gram.
gluten	Protein which is present in some cereals, such as which cannot be eaten by people with coeliac dis
blood sugar le	Glycaemia, or the amount of glucose present in t
lactation	Process and period of time during which mamma feed a baby.
alcohol	Inorganic substance produced by the fermentat damaging to the health if too much is drunk.

Nutritional needs when selecting recipes for differe

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 w[illegible] macronutrients and micron suff[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
portion size	Amount of food eaten in one meal, usually differ age, sex and body size.
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

Energy balance

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	Indicator of the amount of energy needed to per as walking, running, sleeping, showering, etc.
energy source	Food rich in certain macromolecules, such as car consumed mainly to provide power.
kilojoule	Unit used to measure energy, equals to 0.24 kilo
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
lifestyle	The way in which a person lives and how active a significantly affects energy needs.

Protein (macronutrients)

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 low biological value pro high biological value m
protein alternatives	Protein-rich products made without the use of a
mycoprotein	Protein-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 hu 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 originat 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,
tofu	Protein alternative made from coagulated soya soft blocks, characteristic of Asian cuisine and a
miso	Traditional Japanese paste made of fermented s spreads.

Fat (macronutrients)

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.
invisible fat	A fat which is naturally present in foods and whi extraction.
visible fat	A fat which is naturally present in foods and whi fatty tissue or oil.
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 mem 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 pr as a part of a healthy diet.
lipid	roup of chemical substances which include fat and sterols, and which are insoluble in water.
type 2 diabete	Chronic disease characterised by high blood sug as a result of high fat intake and obesity.
weight loss	One of the first signs of fat deficiency in a diet, v body weight.

Carbohydrate (macronutrients)

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 whi[illegible] built 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.
sucrose	Commonly used sweet substance built from one molecule of fructose, obtained from sugar beet a
maltose	Disaccharide built from two molecules of glucos grains.
galactose	Monosaccharide which, together with glucose, f sugar.
fructose	A simple sugar built from five atoms of carbon,
wholemeal	Flour made from whol[illegible]ns, without separati
pectin	Type of s[illegible]ibre, present in fruit, which acts
tooth decay	[illegible]ition in which enamel is damaged by bacter eating.
intrinsic sugar	Sugars that occur naturally in food products, as
weight loss	One of the first noticeable signs of carbohydrat a decrease in body weight.

Vitamins (micronutrients)

vitamins	Organic molecules needed in very small amount diet but some can also be produced in the body.
antioxidant	Chemical substance or molecule which has the a the damage caused by free radicals.
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, mic
osteoporosis	Condition in which bones lose their density and break.
gut microflora	Bacteria living in the intestines, where they aid vitamins, e.g. vitamin K.
supplement	A pill or capsule taken to top up micronutrient le overall 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 deficien deficiency anaemia.
scurvy	Disease caused by vitamin C deficiency, the mai receding and bleeding gums, and tooth loss.
tocopherol	The chemical name for vitamin E, found in veget
pellagra	Disease caused by niacin deficiency, characteris
free radicals	Atoms or particles which lack electrons and stea cancer, damage and oxidative stress.
cobalamin	The chemical name for vitamin B12, found mainl
ascorbic acid	The chemical name for vitamin C, found mainly i as potatoes, blueberries or cabbage.
cholecalciferol	The chemical name for vitamin D, present in larg products and oily fish, and also produced in the s

Minerals and water (micronutrients)

osteoporosis	Condition in adults in which bones lose their de easy to break.
tooth decay	Condition caused by improper fluoride intake a enamel becomes damaged by acids and bacteri
enamel	The hardest tissue in the human body, which fo teeth.
dairy	Products made from milk, often high in calcium.
anaemia	Condition caused by a deficiency of micronutrie vitamin B12 and folate, characterised by low re
hypertension	Abnormally high b[illegible] pressure, usually caused narrowing [illegible] blood vessels or certain hormo
fluoridation	[illegible]ces[illegible]n which drinking water is enriched in fl
thyroid gland	Small gland in front of the neck which produces proper metabolism.
goitre	Condition caused by iodine deficiency, symptom the neck and changes in metabolism.
haemoglobin	Red pigment in blood cells, built from four pepti atoms, responsible for transporting oxygen in t
shellfish	Invertebrate marine organisms used as food wh iodine.
dehydration	State caused by excessive loss and insufficient usually as the result of excessive sweating or e
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.
water intoxication	Condition caused by hyperhydration, in which el become too diluted, resulting in fatal swelling of
detoxication	Function of water whereby harmful substances
calcium	Chemical element found in milk, dairy products the proper development and growth of bones an
iron	Element necessary fo[illegible]di[illegible]g red blood cells, v meat and eggs[illegible]u[illegible]which is harder to ingest fro
sodium	An elec[illegible]olyte – an element necessary for prope [illegible]mpulses and regulating blood pressure.
fluoride	Chemical trace element necessary for the prope enamel.
iodine	Trace element necessary for building thyroid ho rate of metabolism in the body.
phosphorus	One of the elements necessary for the proper m also needed to release energy and build DNA.
mineral	Inorganic chemical element necessary for the bo electric impulses or build hormones.

Food source and supply

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 produced without the use of any a pesticides, antibiotics or GM feeds or fertilisers
import	Bringing or transporting goods from another co
polytunnel	Large transparent plastic tube used in farming ir plants and protect them from unfavourable wea
hydroponic	Plant growing method in which roots are placed used to grow lettuces or radishes.
staple food	Food product which is eaten in large quantities a regional or national diet, usually due to climate a allowing the growth and rearing of certain food
free-range	Method of egg production in which hens can mo 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, w 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.
venison	The meat of a deer.
hunting	Activity during which people catch and kill wild a the use of specially trained dogs.
reared ingredients	Foods made from animals which were purposely obtain milk, egg, meat or other benefits.
livestock	All animals reared on a farm for meat or other p
poultry	The meat of domesticated birds, such as chicken
game	The meat of caught animals, such as pheasant, w

Food processing and production part 1

probiotic bacteria	Various bacteria species which are beneficial fo production.
mould	Furry 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
secondary processing	Processes which affect food's properties or turn
unprocessed food	Raw, unrefined food, usually freshly harvested.
primary processing	Early proces[illegible] in which food is turned from raw an edible, saleable food product.
gelatin	[illegible]ansparent, tasteless substance derived from agent.
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	Disaccharide which occurs naturally in milk and acid during milk fermentation.
lactic acid	Acid produced from milk sugar during fermenta
gluten	Net-like protein in wheat, rye and barley, respor texture of bread.

Food processing and production part 2

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[illegible] heese with the us
freeze-drying	Freezing fo[illegible]d [illegible]moving moisture afterward sh[illegible]t affecting nutritional value of a
salting	[illegible]portant step in the production of cheese, in w or coated with brine in order to improve its tast
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.
churning	Process of turning milk or cream into butter.
cream	Dairy product made of the fat layer skimmed off homogenisation.
blast chilling	Preserving method in which cooked food is quick degrees Celsius to prevent bacterial growth and
controlled atmosphere packaging	Storing and packaging food in conditions where concentrations, air humidity and temperature a
modified atmosphere packaging	Storing and packaging food in conditions where modified to improve the food's shelf life and pre

Food security part 1

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 produced without the use of any ar pesticides, antibiotics or GM feeds or fertilisers
fossil fuels	Naturally occurring, non-renewable sources of e the result of anaerobic decomposition of organic
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 waste	All food which has not been eaten for various rea of due to spoilage, an exceeded date mark or an

Food security part 2

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, meth[illegible]itrous oxide, ozone and water v ha[illegible]e 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 in order 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.

Technological developments to support better heal

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
sweetener	Natural or synthetic substance used to replace calorific value of a food.
preservative	Natural or synthetic agent used to enhance the prevent spoilage.
cholesterol	Fatty substance which does not occur in vegeta 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.
probiotic	Microorganisms (usually bacteria species) whic consumed, present in, e.g. yoghurt or pickled cab
prebiotic	Plant fibre or another substance which promote bacteria, e.g. inulin found in onion.
antioxidant	Chemical substances, e.g. vitamin C, added to fo shelf life by preventing oxygen activity.
thickener	Substance such as modified starch used to incre product.

Development of culinary traditions

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.
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 [illegible] snack eaten befo the appetite.
paella	Tradi[illegible]panish dish made of rice, vegetable [illegible]ally 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 for prepare traditional
staple food	Food product which constitutes the basis of a da country.
multicultural	Cuisine which is formed from many different eth variety and diversity of ingredients and cooking
baklava	Traditional dessert characteristic of Greece and pastry with a filling traditionally made from nuts honey.

Personal, social, economical and medical reasons

Physical Activity Level	Indicator of the amount of energy needed to per as walking, running, sleeping and showering.
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.
lifestyle	Habits and actions of an individual – the way a p
seasonal	Describes food th[illegible]ch a characteristic of a given t
consumer	Per[illegible]o buys and eats foods – a client.
food intolerance	The negative reaction of the digestive system t manifesting as stomach cramps or diarrhoea.
food allergy	The reaction 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 the
coeliac disease	Disease in which gluten cannot be digested and followed for the person's entire life.
globalisation	Process of developing international and interco cultural exchange, which can improve food avail choices of people even in very remote countries
anaphylactic shock	Severe, life-threatening allergic reaction to food

Religious, cultural, ethical and moral beliefs

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.
culture	All actions, traditions, ideas or beliefs character ethnic group.
pork	The meat derived from a commonly reared anim religions, such as Islam or Judaism.
alcohol	Chemical substance occurring in beverages, for
ital	The idea/moveme[illegible] which defines dietary restr
halal	Food[illegible] other goods which are permissible for
kosher	Foods and other goods which are permissible for
Diwali	Hindu festival of lights, celebrated in autumn.
Ramadan	In Islam, a month-long fasting period during whi drunk from sunrise to dusk.
guru	Person who is worshipped and whose teachings
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 produced without the use of any a pesticides, antibiotics, GM feeds or fertilisers.
intensive farming	Farming method which aims at minimising the co by the use of modern technologies, pesticides, a
genetically modified	Plant or animal whose DNA code has been mani enhance more desirable features.
lacto-ovo-vegetarianism	Variant of vegetarianism which allows the cons products.
lacto-vegetarianism	Variant of vegetarianism which allows the cons
ovo-vegetarianism	Variant of vegetarianism which allows the cons

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

heat transfer	Movement of thermal energy from one object t increase in temperature.
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 molecules.
infrared radiation	Type of invisible radiation emitted by every livi and waves that transfer heat to the food.
steaming	Moist cooking method in which water vapour/st that are placed 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 name.
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-frying	Cooking in a pan without the use of oil or fat.

Functional and chemical properties of proteins, fat

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
caramelisation	Reaction of sugar to high temperatures, in whic and changes its colour and flavour.
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 a fat to change their physical state at v so that it easily spread and reshaped.
emulsification	Process of mixing oil and water together to obta prepare mayonnaise.
melting point	Temperature at which fat transforms into oil.
hydrophobic	Molecule which is repelled by water molecules a
lecithin	Popular emulsifier naturally occurring in egg yo

Functional and chemical properties of fruit, vegeta

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.
iron	Chemical element symbolised by Fe, used to ma and kitchen equipment, which may increase the in food.
copper	Chemical element symbolised by Cu, used to ma known for its high electric and thermal conducti rate of enzymatic browning in food.
blanching	The process in which vegetables are put into boi and then quickly dipped into ice-cold water.
baking powder	A mixture of sodium bicarbonate and calcium pho agent.
sodium bicarb	White powder used as a leavening agent in acid cause a soapy flavour.
carbon dioxide	Gas which is produced as the result of baking po food.
steam	Vapour formed when water reaches its boiling p
self-raising flour	Plain flour which has been enriched by the addit other chemical raising agents.
whisking	Mechanical method of leavening which uses a w
folding	Mechanical method of leavening in which air is t pastry.
sieving	Mechanical method of leavening in which air is t flour or icing sugar, used to make sponge cakes.
sponge cake	Springy, soft cake made of eggs, sugar and flour, baking powder.
puff pastry	Type of fatty pastry of many crumbly layers.
yeast	Microscopic, single-celled fungus used as a raisi produce carbon dioxide.
fermentation	Process in which sugar is converted into alcohol and bread dough and wine production.
sugar	Substance necessary for yeast budding.
beating	Mechanical action applied to batter in which air liquid.
creaming	Mechanical leavening method applied to fat and sponge, in which air bubbles are surrounded by f
rubbing in	The action of gently massaging fat into flour to i mixture and make it lighter.

Sensory properties

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
fair testing	Action taken to make sure all tasters have the i...structions, in order to obtain reliable results.
ranking test	Sensory test used to assess the strength of a gi food samples, e.g. sweetness of a drink.
rating test	Sensory test used to assess how much a propert e.g. spiciness of various brands of crisps.
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
grading test	Group of sensory tests used to create a ranking food.
aesthetic qualities	Features which make a food or a meal look good
triangle testing	Type of sensory testing in which three samples, are assessed at the same time.
sensory profiling	A test that aims to detail the appearance (sight) food.

Conditions for bacteria, mould and yeast growth, a
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 w bread and fruit, causing the food to spoil.
bacteria	Microscopic organisms of various shapes used i also cause diseases and food poisoning.
yeast	Microscopic, sing[illegible] fungus used in bread,
enzymes	Bio[illegible]tive, protein-based compounds n [illegible]ine processes, which act as catalysts in ch
microorganis	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 includ 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 [illegible]ur[illegible] to air, leading to value as well as a [illegible]hange in flavour or smell.
germinate	W[illegible]en [illegible]cteria spores become active again, lead [illegible]od spoilage.
sterilisation	High-temperature treatment of food or kitchen microorganisms and spores are killed.
spores	Form of bacteria or fungi resistant to high or low multiply and reproduce in more friendly conditio
natural decay	Process of natural decomposition of fruit and ve

Microorganisms in food production

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

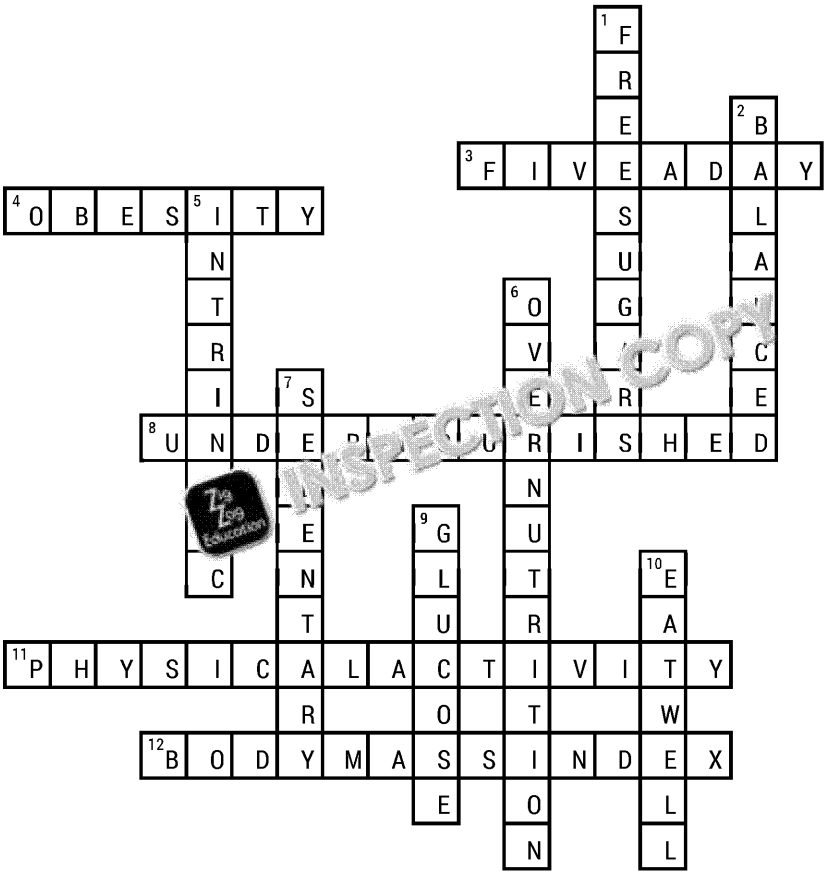
Buying and storing food

danger zone temperature	Range of temperatures at which the growth of m fastest, usually between 5 and 63 degrees Celsi
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 temperatures between 0 and 5 d fridge or cooling counter.
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 bis... 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.
defrosting	Endothermic process of changing the state of a f hard to soft by changing the temperature it is st
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.
ingredient list	One of the mandatory elements of a food label, i the food are listed in descending order.
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 ... for health purposes.
discount	...duction in price.
reputable sup...	Shop, supermarket or food seller which has a go the quality and safety of the food on offer.
low-risk foods	Foods which have a long shelf life and don't pose

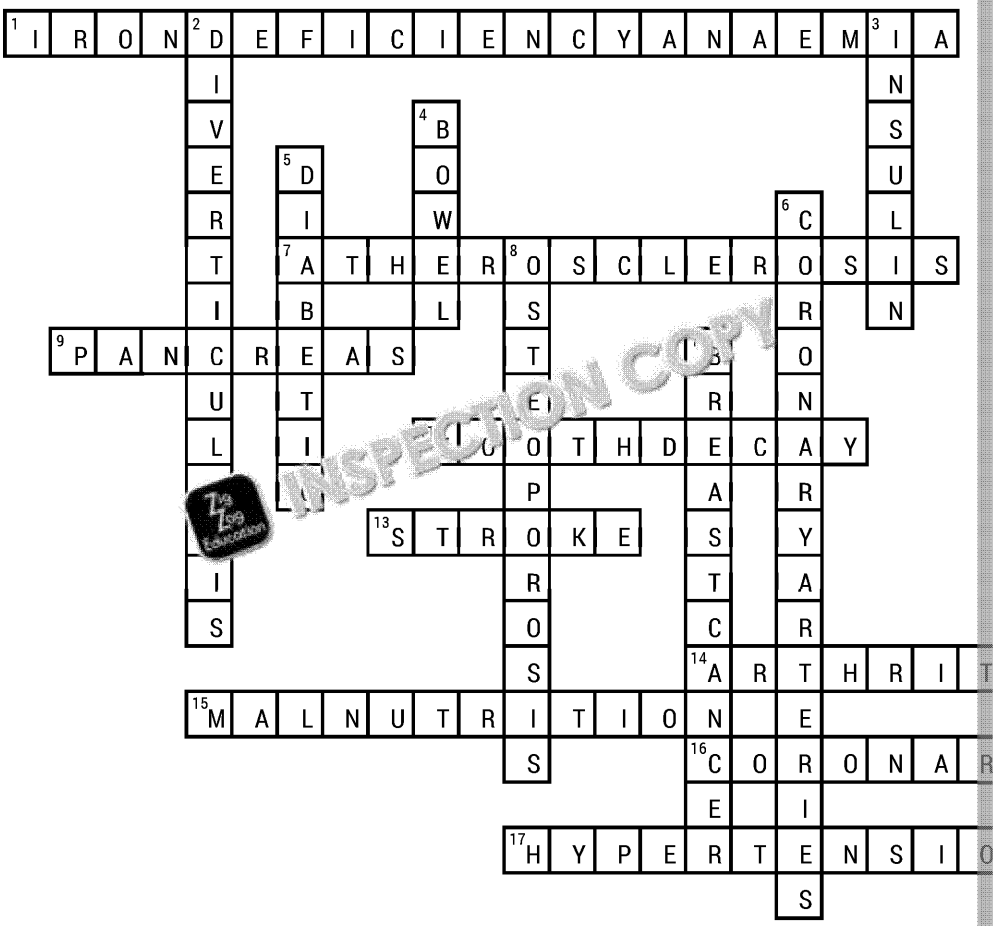
Preparing and cooking food

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.
E. coli	Bacteria species naturally occurring in the huma harmful if eaten.
Listeria	One of the most common reasons for food poiso milk.
Staphylococcus aureus	Bacterium commonly found on the skin, which pr food poisoning when eaten.
high-risk foods	Food products which offer the best conditions fo increase the risk of food poisoning, which include ready-to-eat products.
eggs	Perishable food product usually associated with one which should not be eaten after the best bef
hairnet	Item of clothing used to prevent hair from falling
apron	Item of clothing used to protect the cook's cloth or damage caused by oil splattering.
direct contamination	When a poisonous agent, pathogen or food parti food to another by touching it, having contact w
indirect contamination	When a poisonous agent, pathogen or food parti via polluted hands, tools, utensils or other carrie
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 low multiply and reproduce in more friendly conditio
high-risk foods	Food products which offer the best conditions fo increase the risk of food poisoning or food allerg
personal hygiene	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.
allergens	Substances or ingredients present in a food whi danger to someone who is especially sensitive o

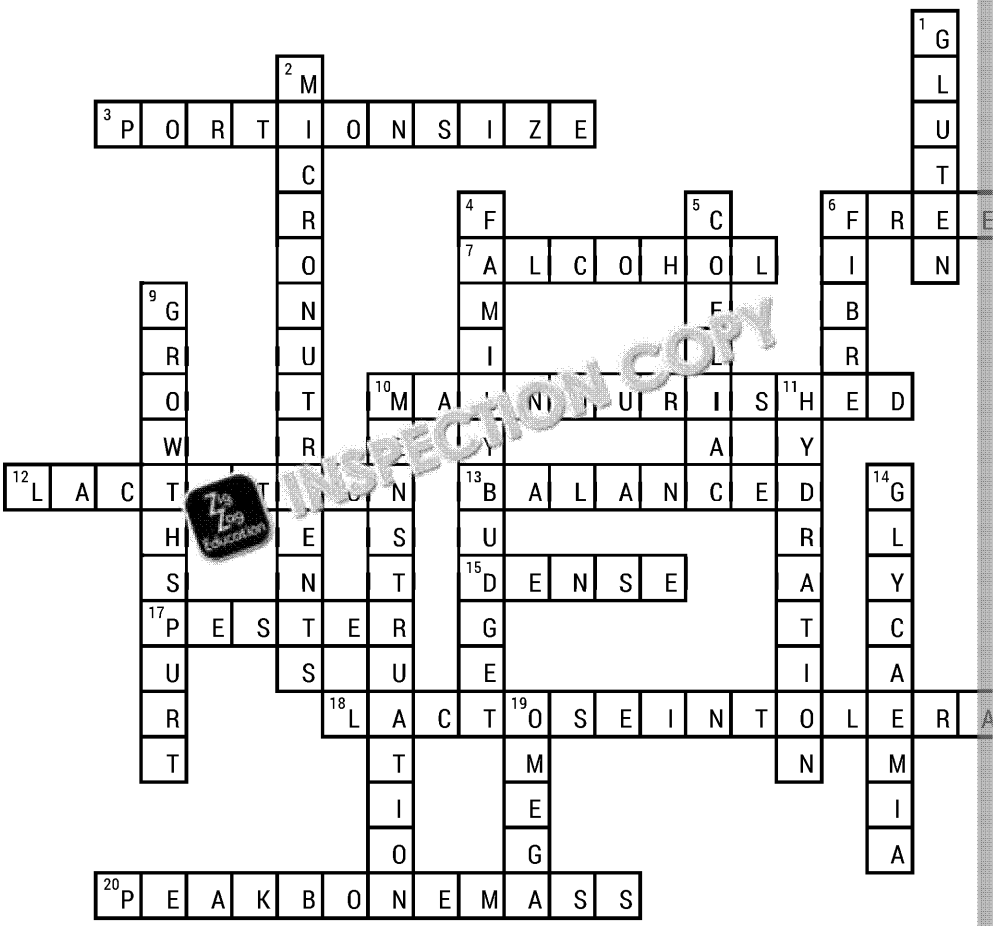
Balanced diet and guidelines



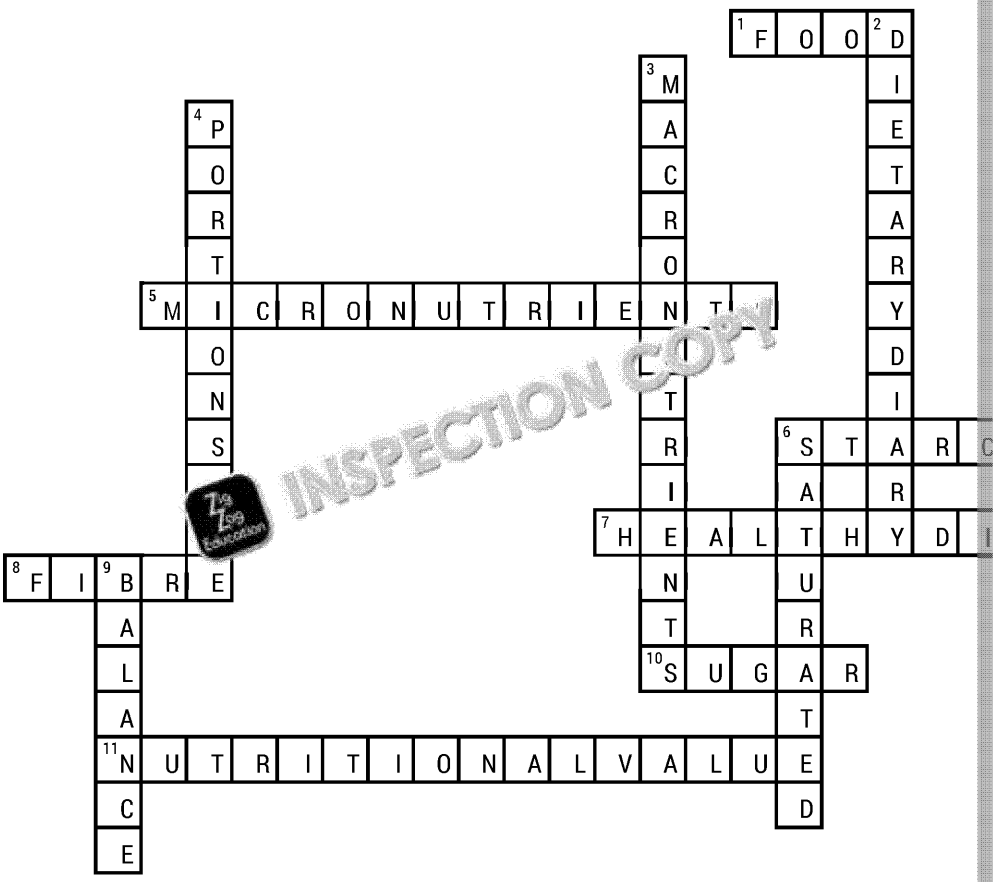
Major diet-related health issues



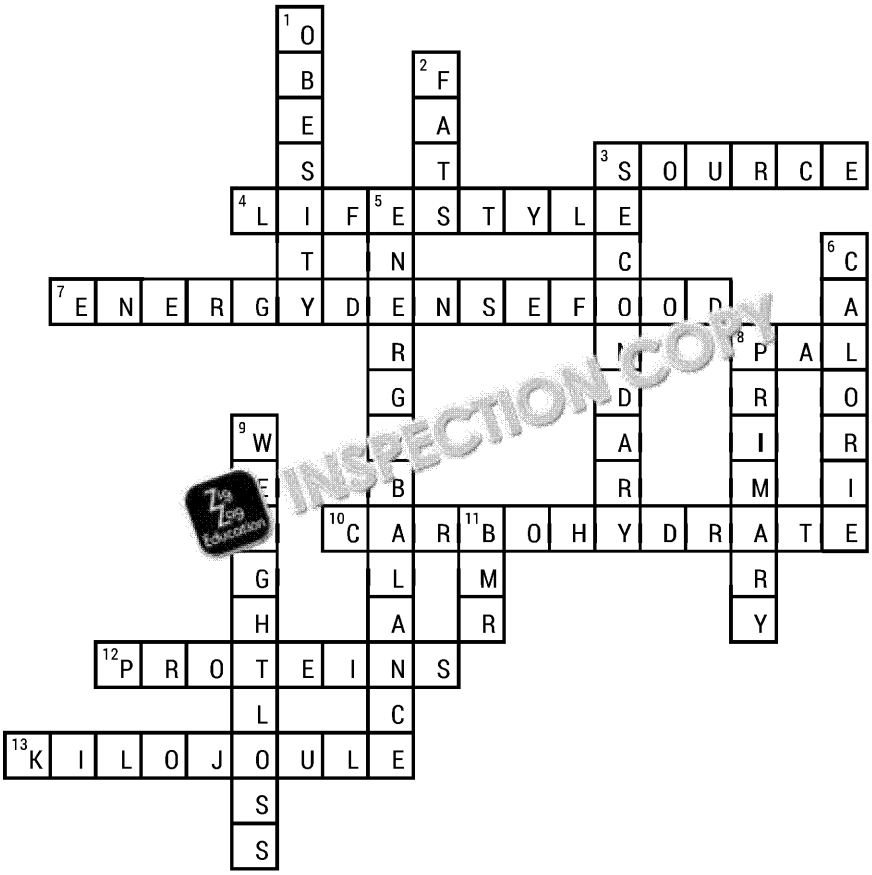
Nutritional and dietary needs of different groups of people



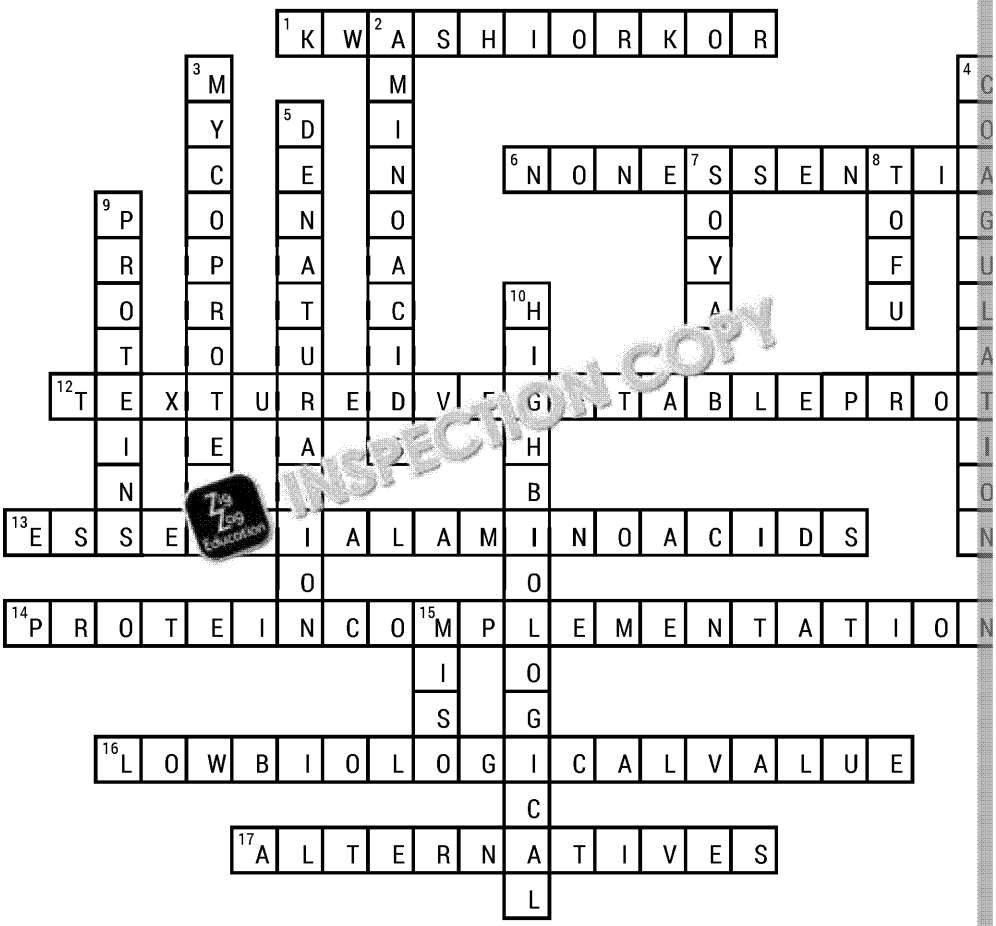
Nutritional needs when selecting recipes for different groups



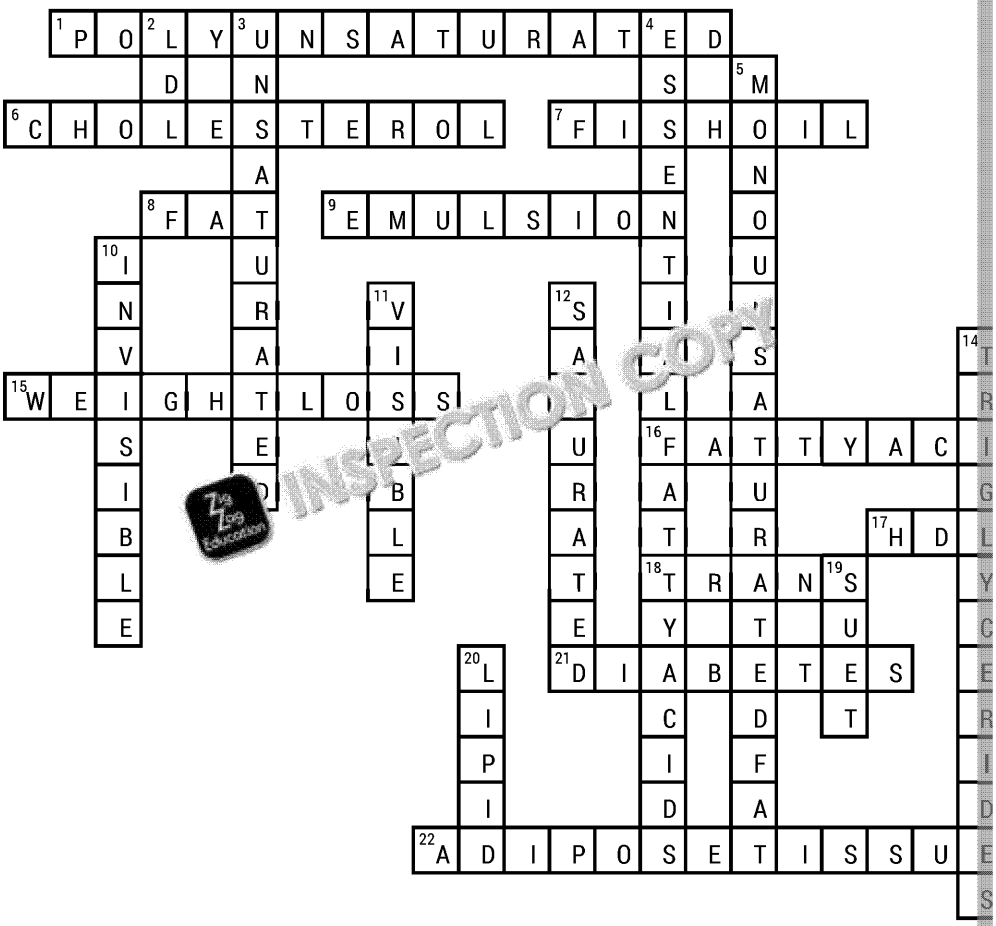
Energy balance



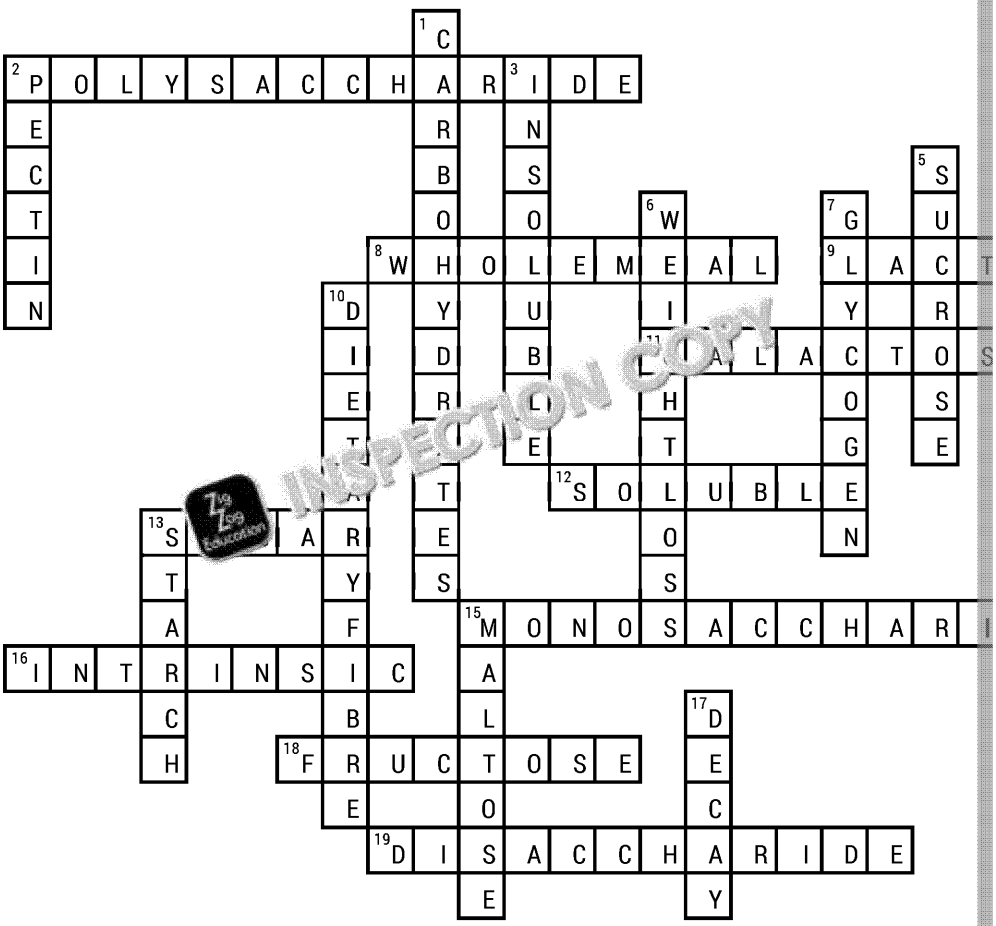
Protein (macronutrients)



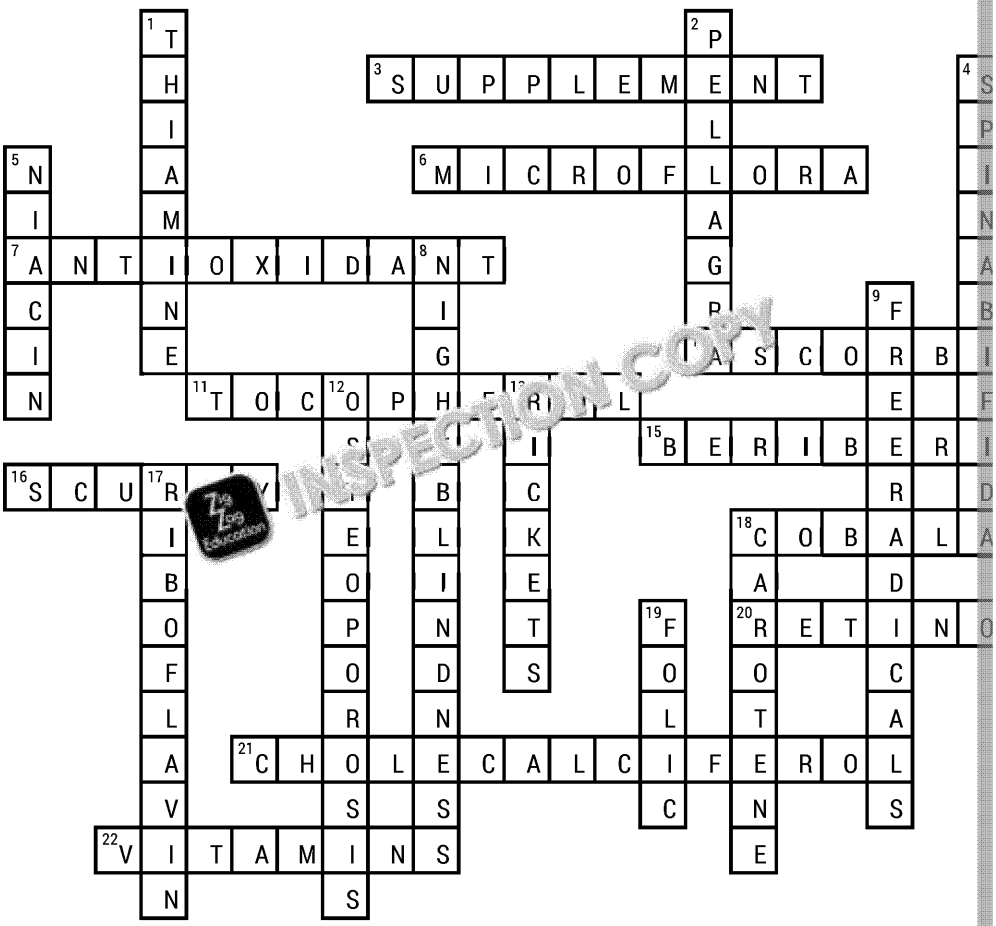
Fat (macronutrients)



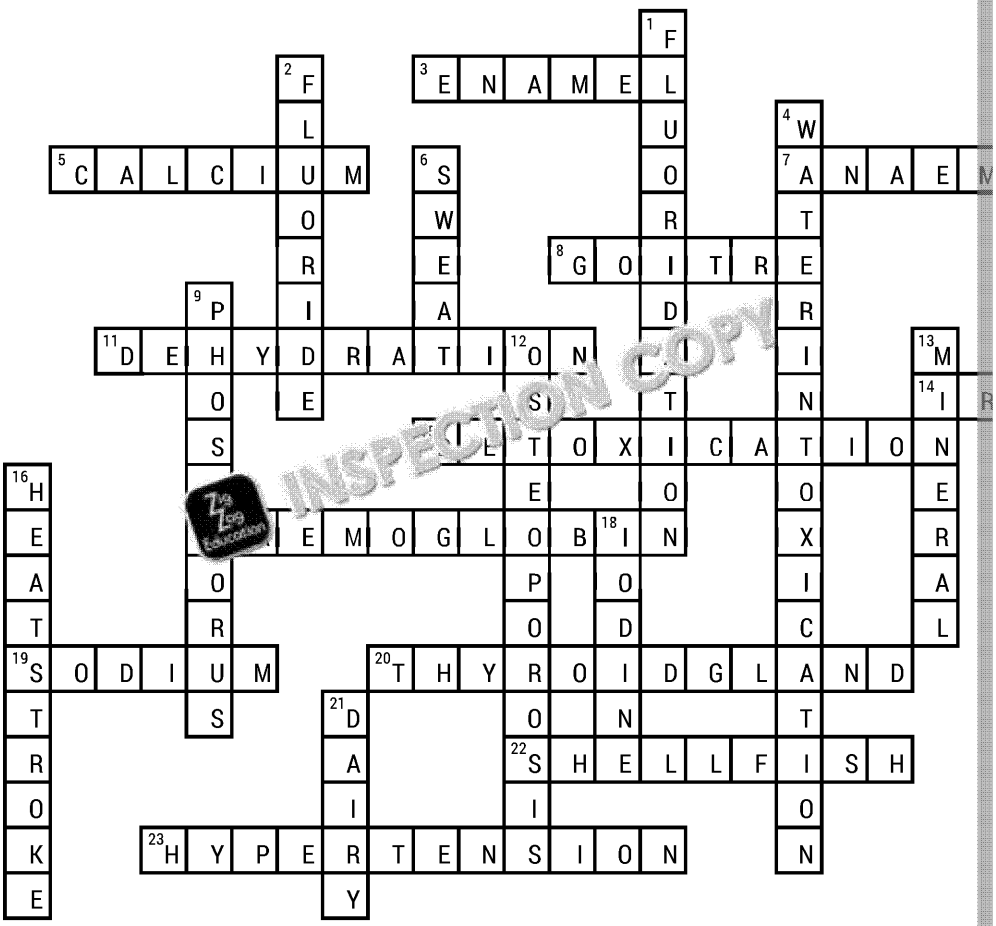
Carbohydrate (macronutrients)



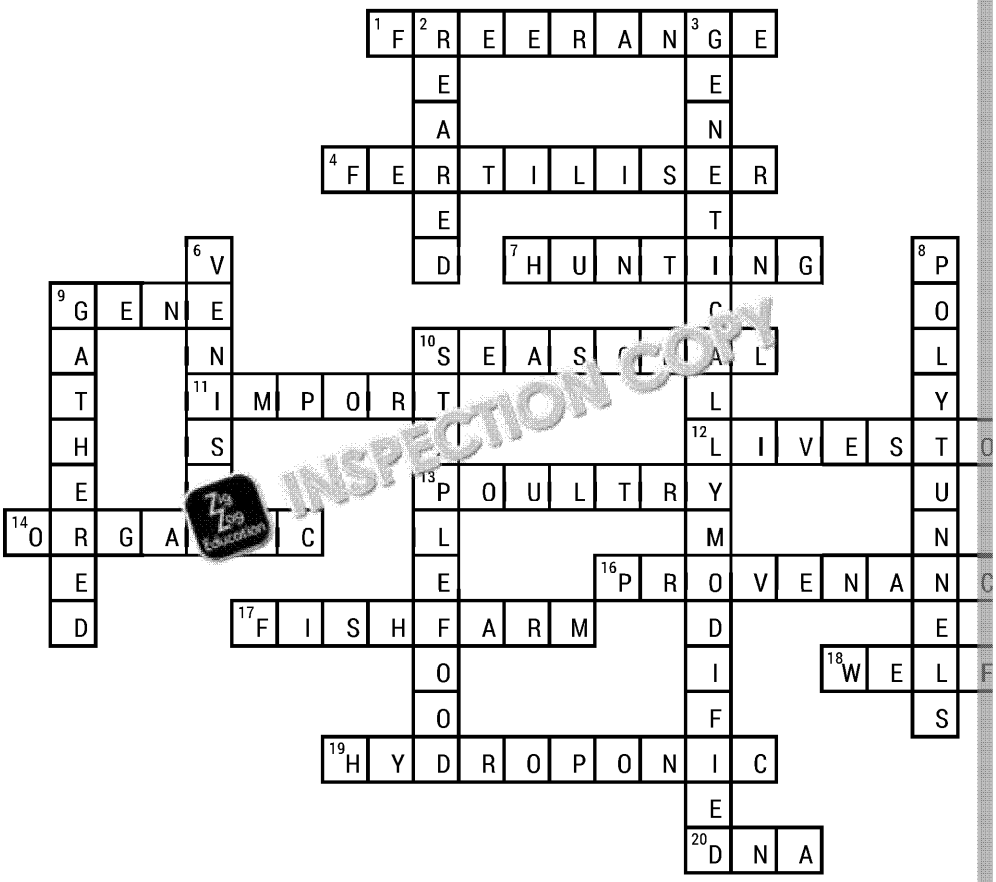
Vitamins (micronutrients)



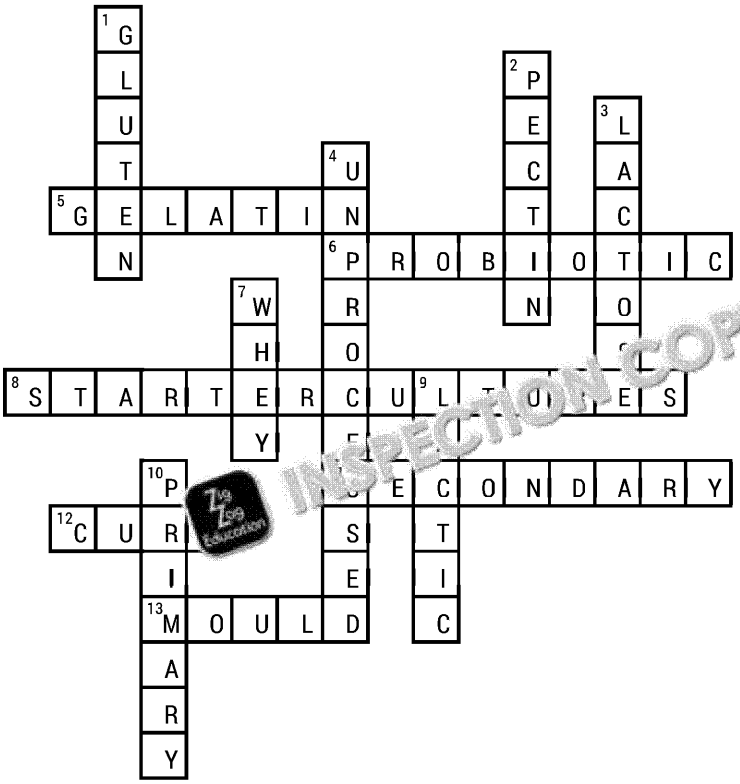
Minerals and water (micronutrients)



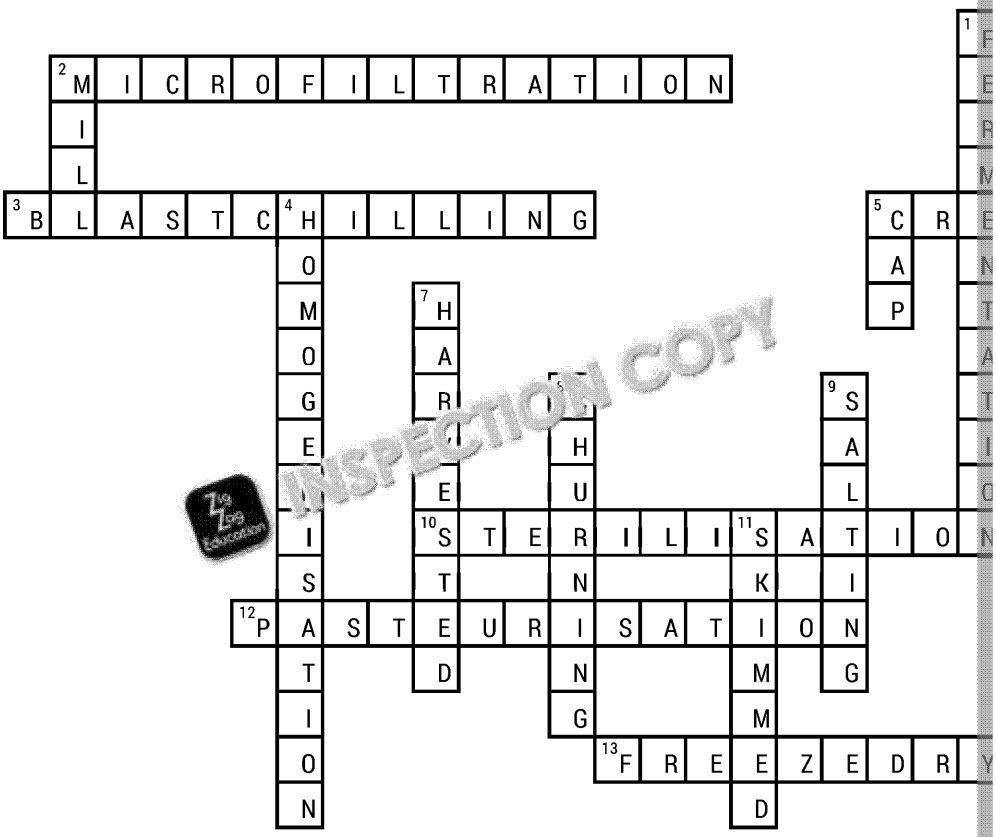
Food source and supply



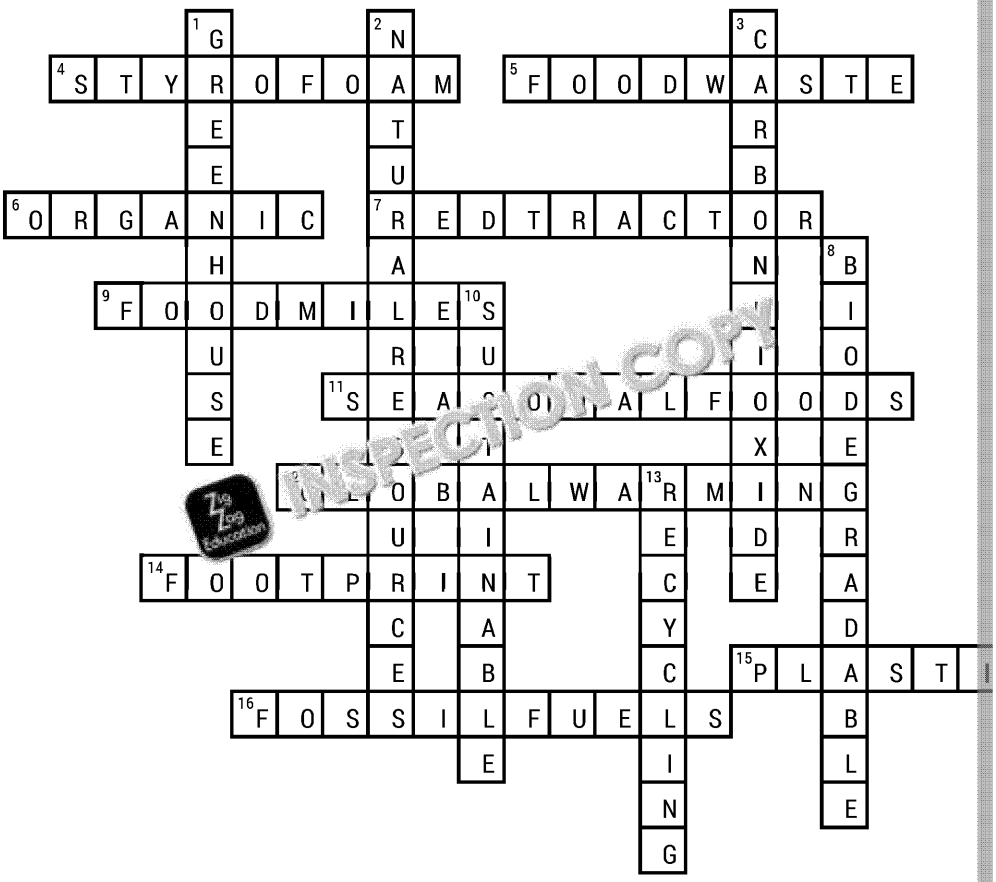
Food processing and production part 1



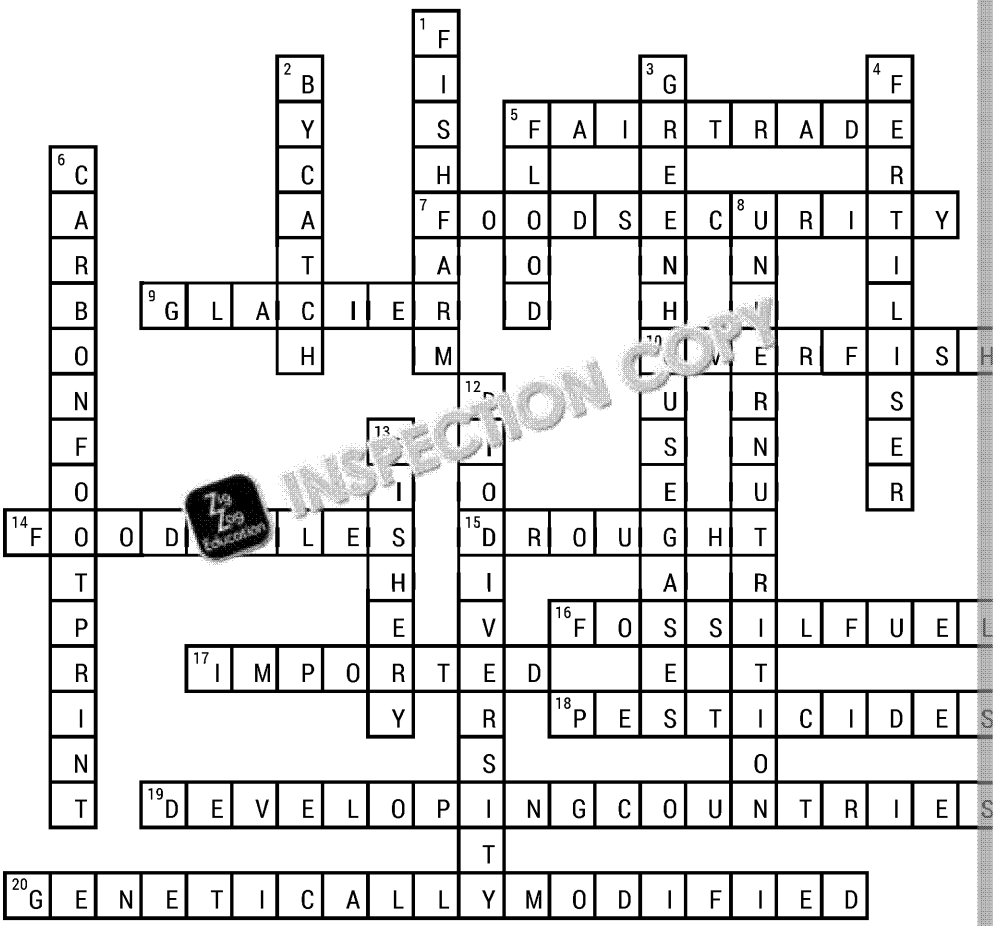
Food processing and production part 2



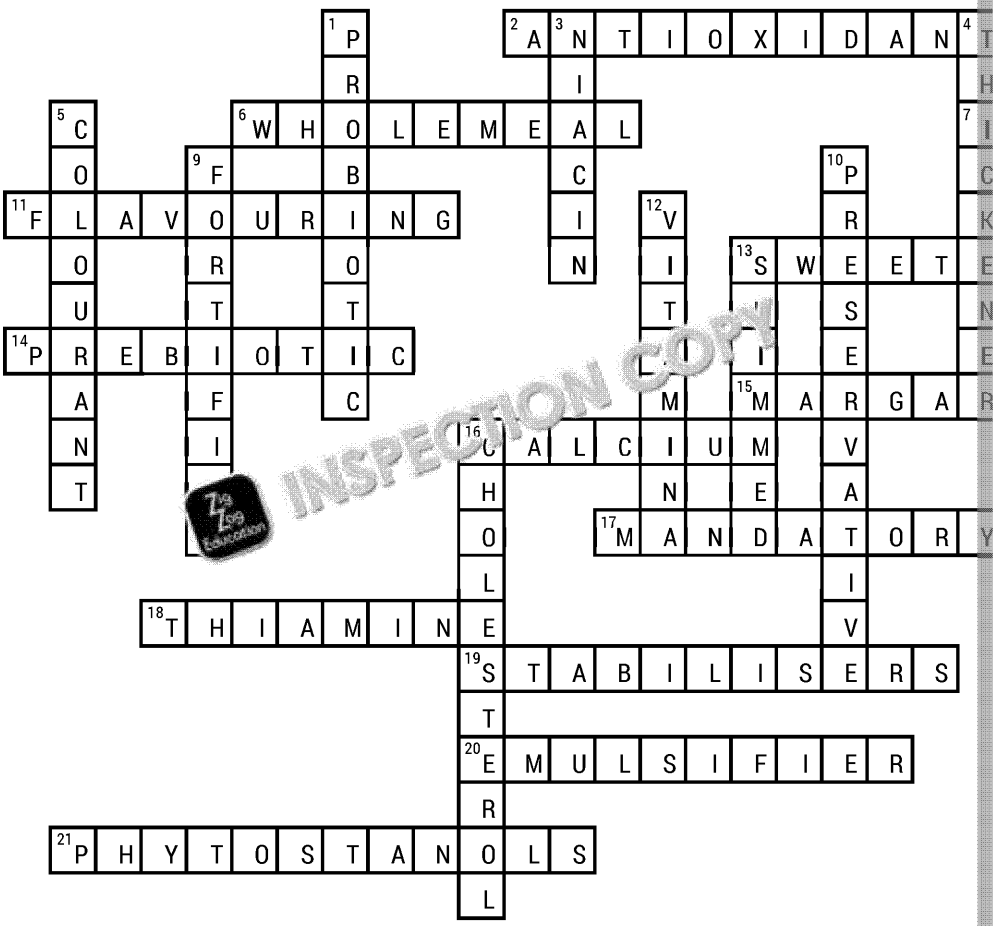
Food security part 1



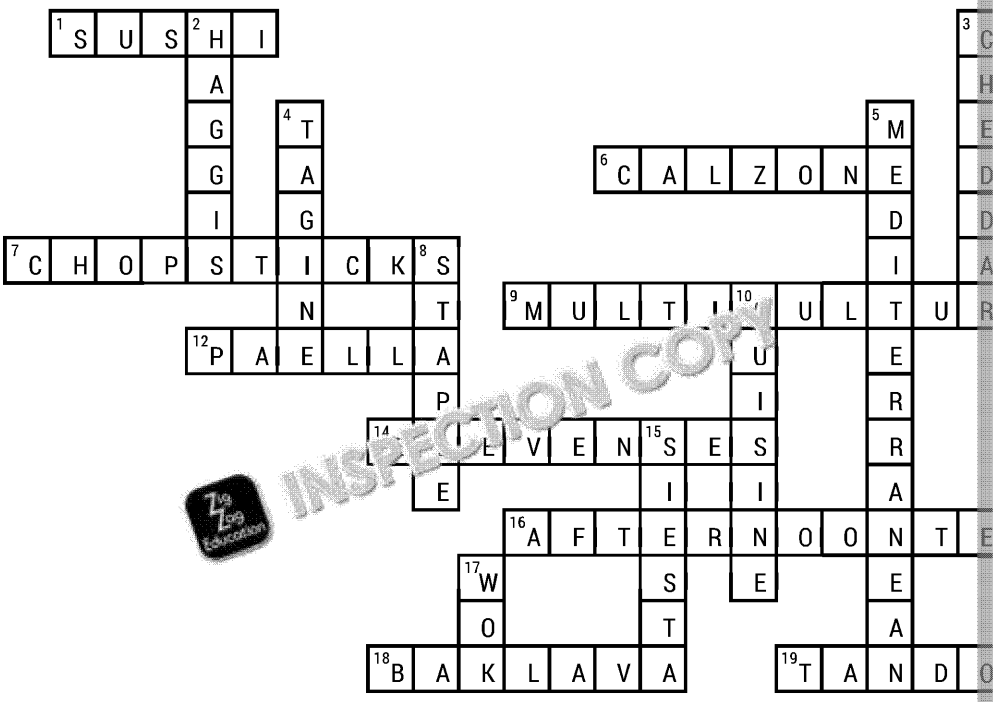
Food security part 2



Technological developments to support better health and food

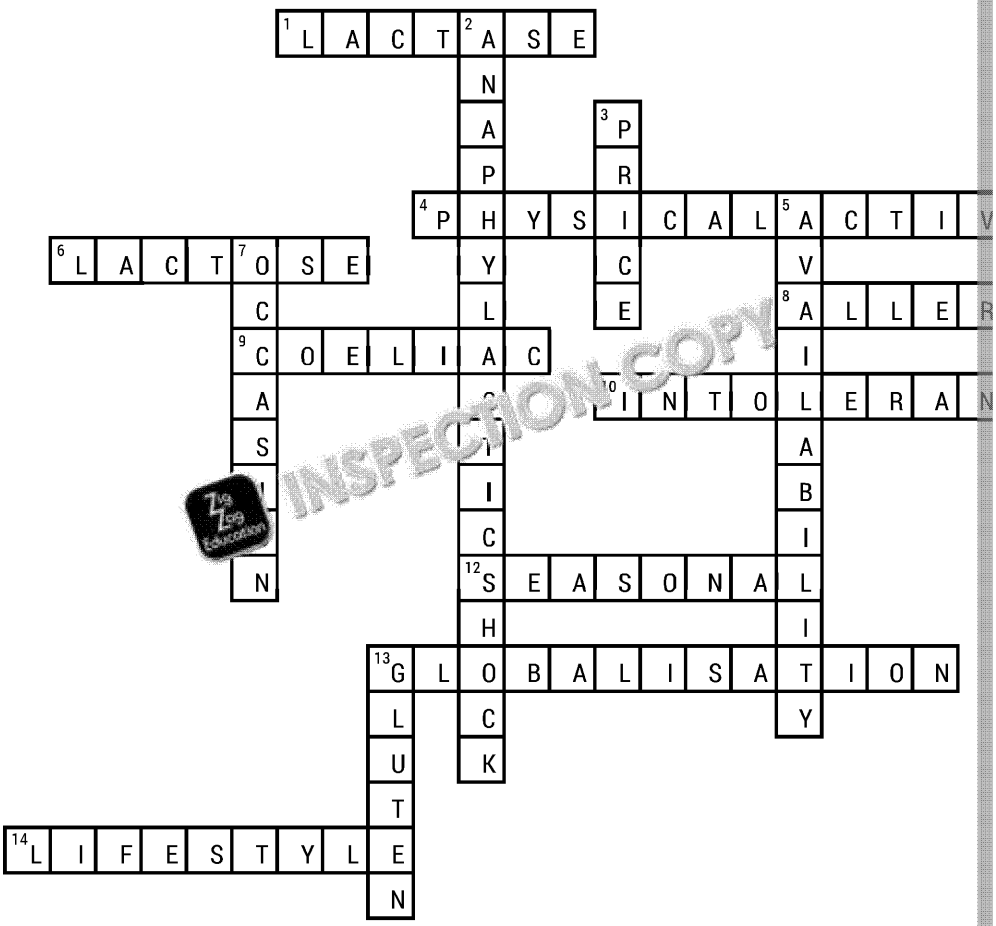


Development of culinary traditions

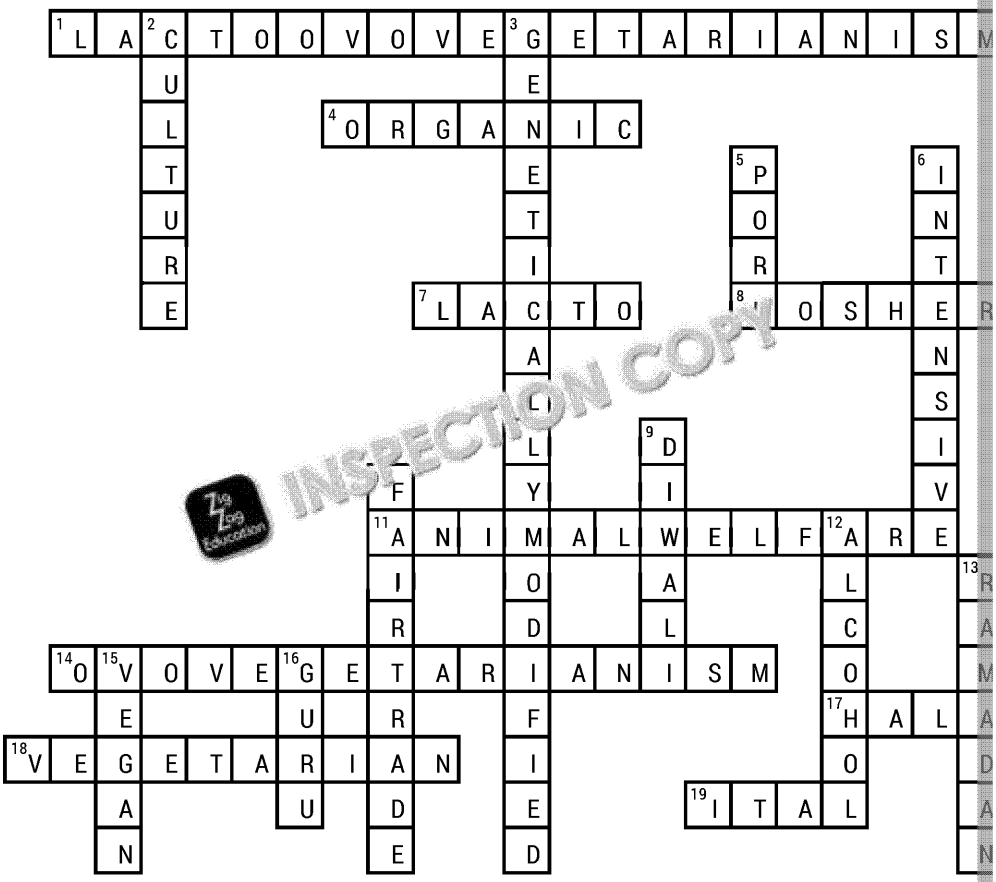


Zig Zag Education

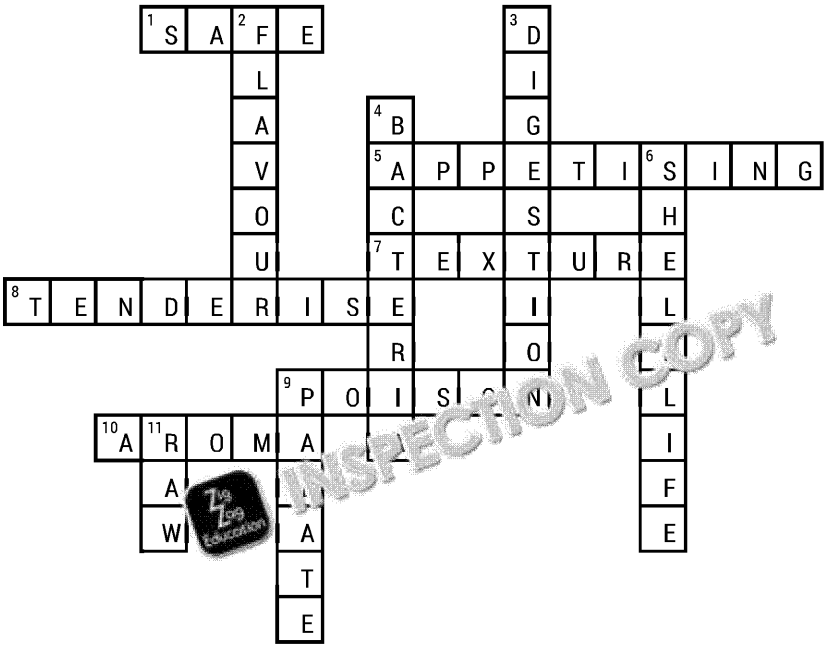
Personal, social, economical and medical reasons



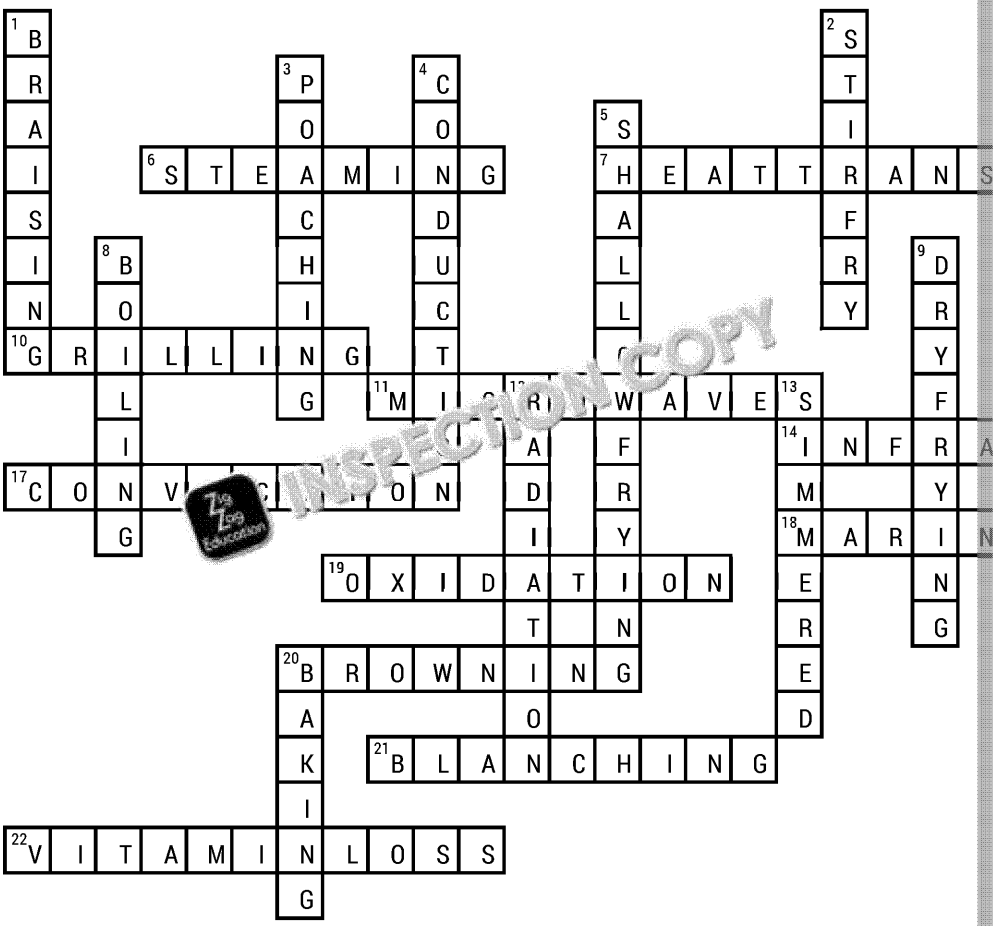
Religious, cultural, ethical and moral beliefs



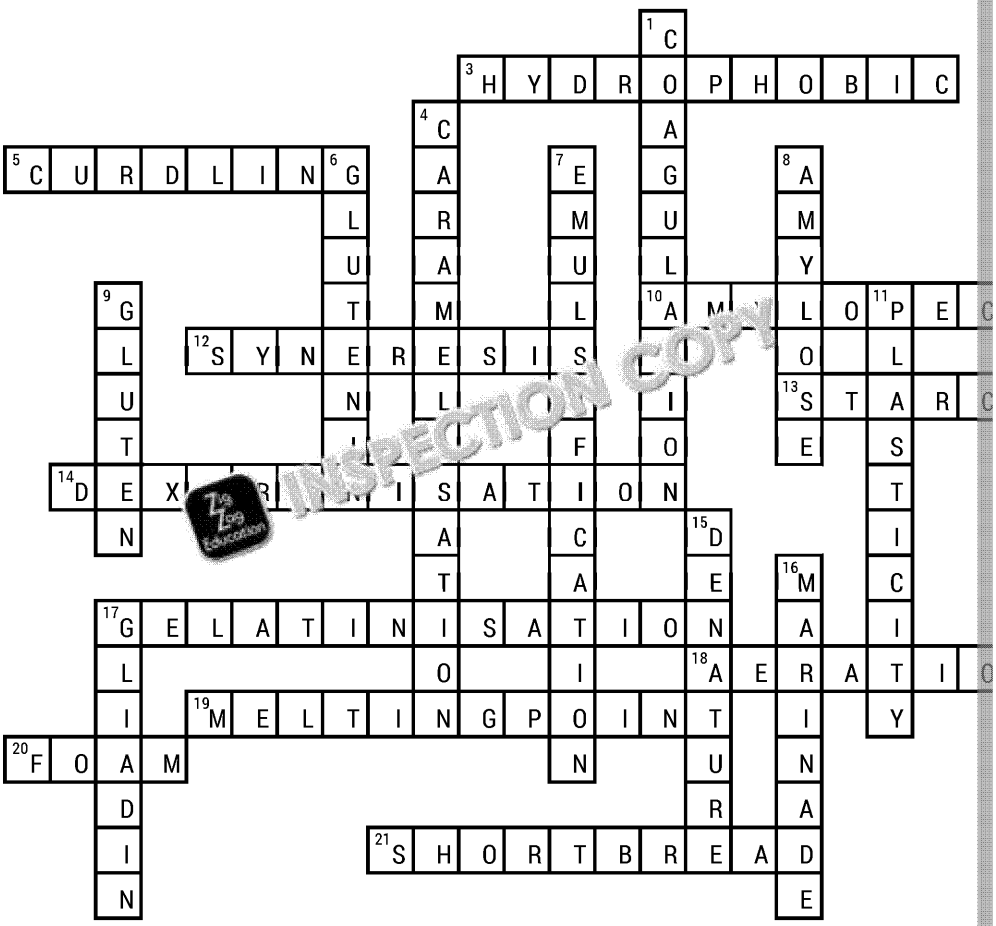
Reasons why food is cooked



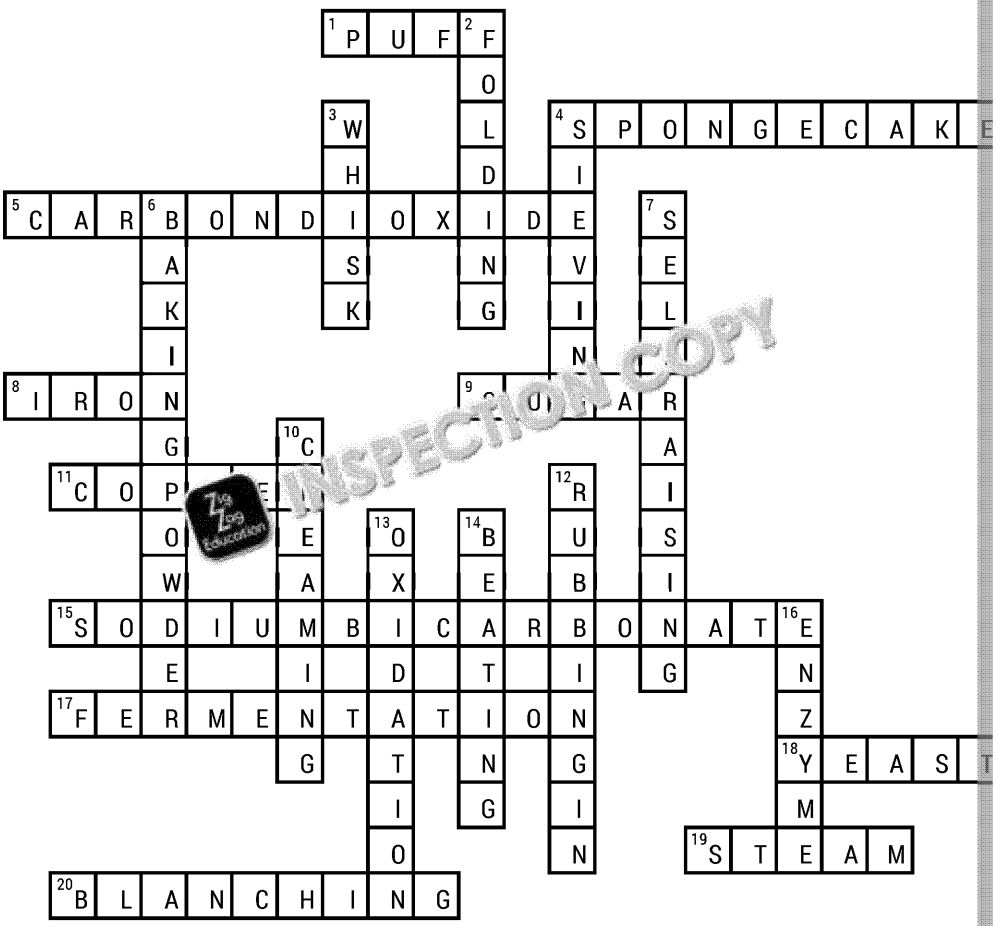
Heat transfer and cooking methods



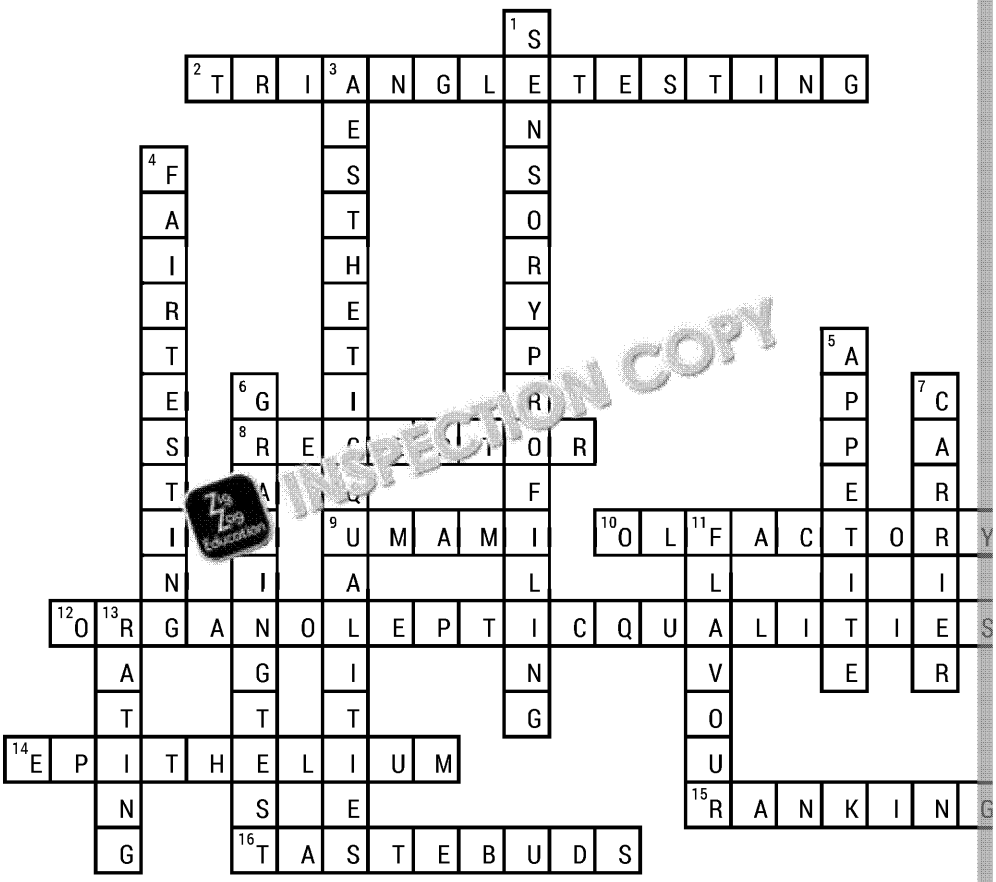
Functional and chemical properties of proteins, fats and carbo



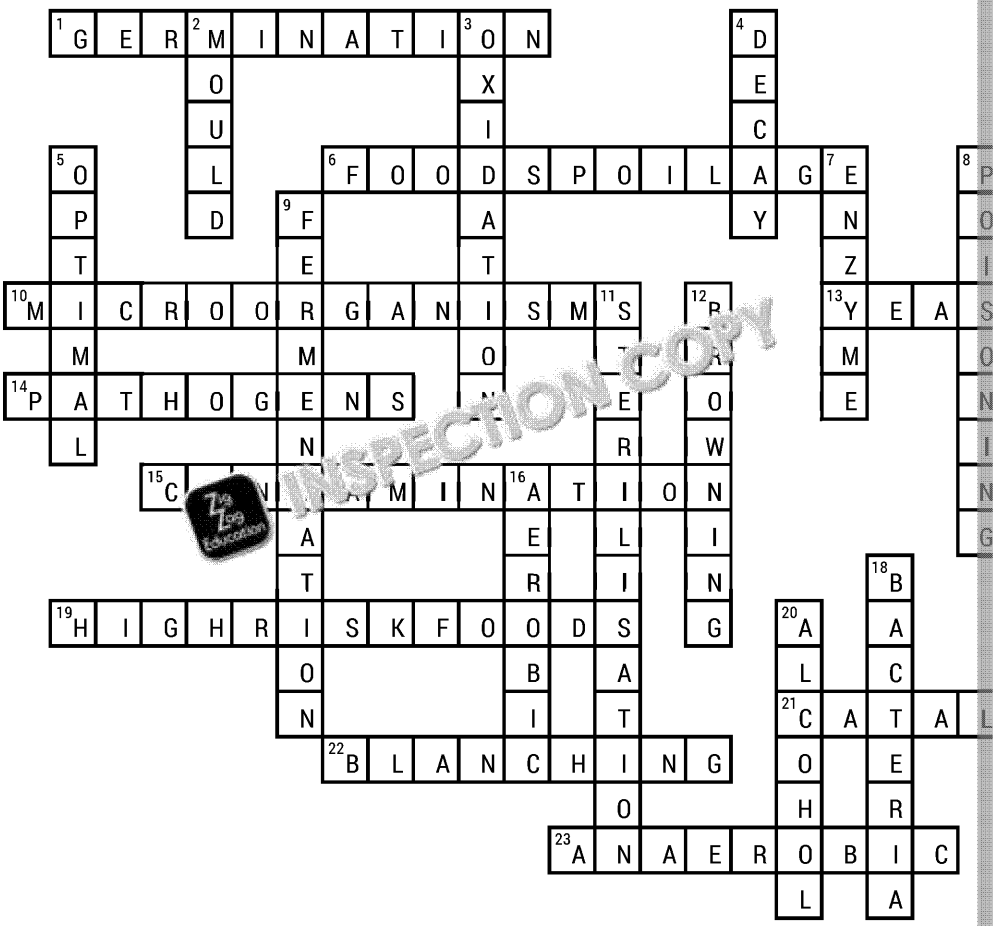
Functional and chemical properties of fruit, vegetables and ra



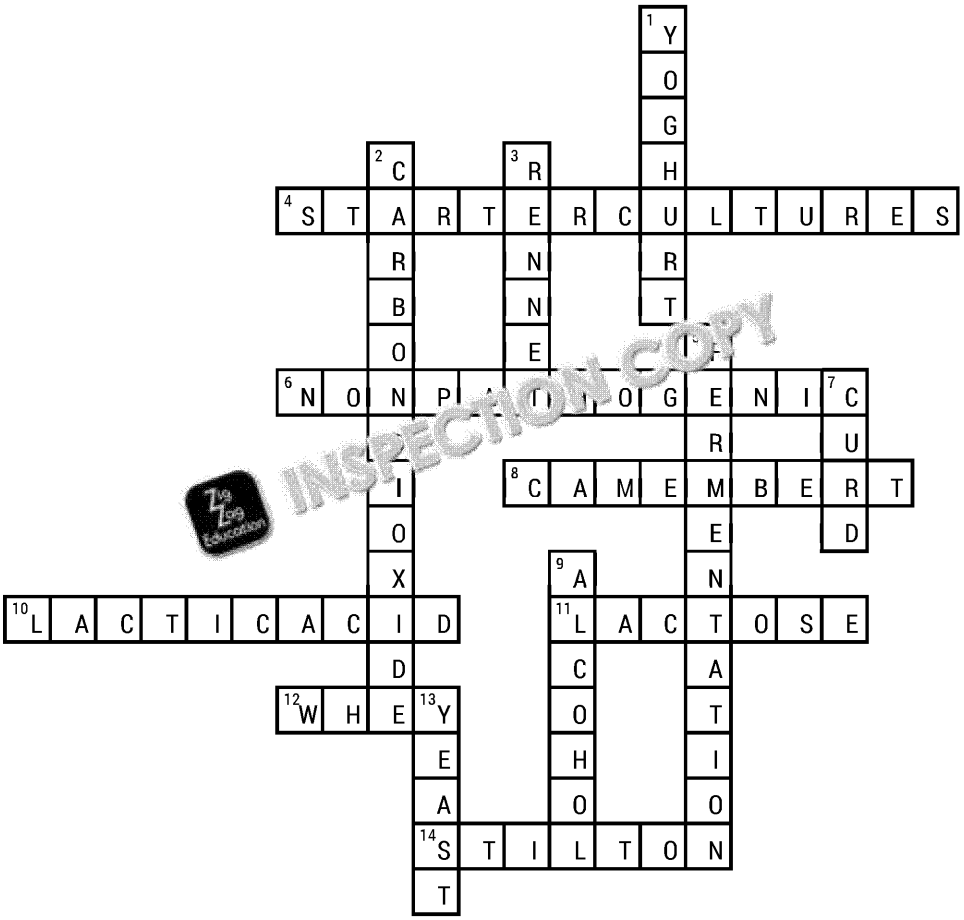
Sensory properties



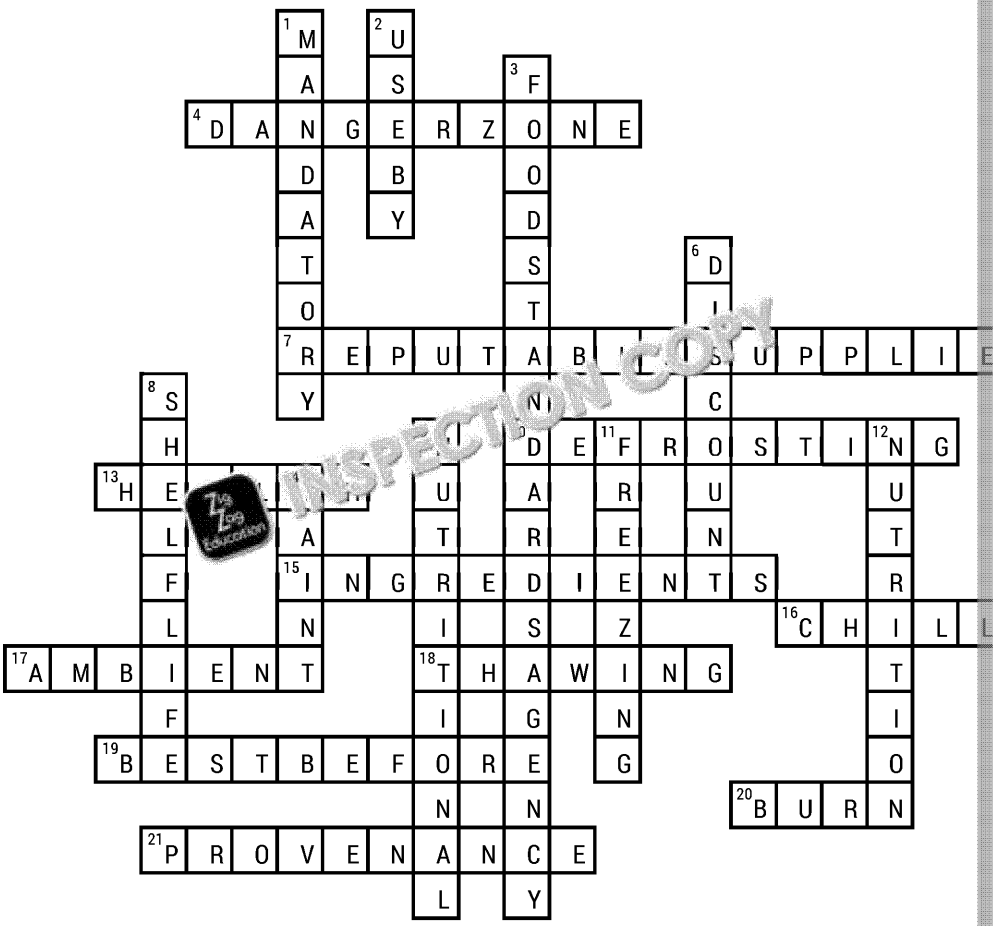
Conditions for bacteria, mould and yeast growth, and signs of



Microorganisms in food production



Buying and storing food



Preparing and cooking food