

Key Terms Year 8	Definition
<b>Eat Well Guide</b>	A visual representation of how different foods and drinks can help us to follow a balanced diet. The Eatwell Guide is based on the <b>5</b> food groups and shows you how much of what foods should come from each group
<b>Healthy Eating</b>	Eating a variety of foods that will give you the correct nutrients to maintain your health, feel good and have energy. They will include Protein, Fats and Carbohydrates
<b>Nutrients</b>	A substance that provides nourishment that is essential for the maintenance of life and growth. These are broken down into 2 groups – <b>Macronutrients and Micronutrients</b>
<b>Cross-contamination</b>	The transfer of bacteria from one food source/object to another
<b>Vitamins</b>	<b>Micronutrients</b> are organic compounds that are needed in small amounts for normal body growth. They are found naturally in foods from plants and animals.
<b>Amino acid</b>	The building blocks of proteins
<b>Essential amino acids</b>	Amino acids your body needs as it can't make them itself
<b>Non-essential amino acids</b>	Amino acids that your body can make by itself
<b>Minerals</b>	Minerals are essential for health and growth, some of them are <b>calcium, sodium, iron and magnesium</b>
<b>High biological value</b>	Protein foods which contain all of the essential amino acid
<b>Low biological value</b>	Protein foods which contain all of the essential amino acid
<b>Gelatine</b>	Protein made by boiling animal bones, used for setting food
<b>Unsaturated Fats</b>	Fat containing a high proportion of fatty acid molecules with <b>at least one double bond</b> . They are liquid at room temperature and found in plant sources such as olive oil and sunflower oil. <b>Healthier than saturated fats.</b>
<b>Saturated Fats</b>	Fat containing a high proportion of fatty acid molecules <b>without double bonds</b> . They are solid at room temperature and found in protein-rich foods such as fatty lamb, fatty beef, pork, chicken with skin but also in butter and cheese.
<b>Protein complementation</b>	When two LBV protein foods are combined to form HBV protein
<b>Fat-soluble vitamins</b>	These are vitamins A, D, E and K
<b>Saturated fats</b>	Usually from animal sources; can be harmful to health
<b>Unsaturated fats</b>	Usually from plant sources; can be good for health
<b>Cholesterol</b>	A fatty substance which is needed for the normal functioning of the body
<b>Type 2 diabetes</b>	A condition where the body sugar levels cannot be controlled properly
<b>Heart disease</b>	A build up of fatty deposits in the coronary arteries
<b>Sugar</b>	Simple sugars (e.g. glucose) and double sugars (e.g. sucrose)
<b>Starch</b>	A complex sugar (e.g. potatoes, rice and bread are high in starch)
<b>Dietary fibre</b>	A complex sugar found in the cell walls of plants
<b>Free sugar (added sugar)</b>	Sugars added to food (e.g. sugar, syrup and honey)
<b>Fruit sugar</b>	Natural sugars contained in the cell walls of plant foods (e.g. sugar in the banana)
<b>Obesity</b>	Being very overweigh, carrying more body fat than is healthy
<b>Digestive system</b>	Parts of the body where food is broken down to provide nutrients
<b>Constipation</b>	When stools are dry and hard to pass
<b>Basal metabolic rate (BMR)</b>	The rate at which a person uses energy when resting
<b>Kilocalories (kcal)</b>	A unit of measurement for energy in food

<b>Fibre</b>	Nutrients found in the cell walls of cereal grains. It is needed for the digestive system to remain healthy and function properly.
<b>High-risk foods</b>	Ready to eat moist foods, usually high in protein
<b>Bacteria</b>	Microscopic living organism, which are single- celled and can be found everywhere
<b>Reproduce</b>	When animals and plants make more of their kind
<b>Binary fission</b>	How each bacterium reproduces by splitting in two
<b>Temperature danger zone</b>	Temperatures between 5°C and 63°C where most bacteria can multiply
<b>Dormant</b>	When bacteria are inactive and cannot grow at all
<b>Temperature probe</b>	A device with a metal spike which takes the temperature of food
<b>Pests</b>	Insects or animals which may be contaminated food
<b>Nausea</b>	Feeling sick
<b>Vomiting</b>	Being sick
<b>Diarrhoea</b>	Passing looser or more frequent stools than is normal for you
<b>Mandatory</b>	Required by law
<b>Use-by-date</b>	A date on perishable foods (they can go off quickly), telling you which date the food should be used by
<b>Best before date</b>	A date on foods that keep for a longer time, such as biscuits or canned foods
<b>Macro and Micro nutrients</b>	Nutrients are divided into two categories: Macro and Micro nutrients. <b>Macronutrients</b> are the nutrients that the body needs in large amounts from proteins, carbohydrates and fats. <b>Micronutrients</b> are the nutrients that the body needs in smaller amounts and are found in vitamins and minerals.
<b>Carbohydrates</b>	Sugars, starches and fibres found in fruits, grains, vegetables and milk products. There are <b>simple carbohydrates</b> which are made up of no more than <b>2 molecules</b> which the body can break down fast and provide the body with fast release energy. These are foods such as cakes, pizza, bread, sugary drinks and white rice/pasta. <b>Complex carbohydrates</b> are made of <b>2 or more molecules</b> held together by bonds in long complex chains which takes the body longer to break down and keep us fuller/sustained for longer. These are foods such as wholegrains, vegetables, peas and beans.
<b>Proteins</b>	A nutrient found in a food that is made up of <b>amino acids</b> joined together. They are a necessary part of our diets and are important for cell structure and growth. Found in foods such as: meat, beans, nuts, lentils and pulses, eggs and cheese.
<b>Biological Bacteria Contamination</b>	<b>Microscopic living organisms</b> that are usually one celled which can multiply very quickly and can be found everywhere. They are dangerous as can cause infection. They can be found/produced by:- viruses, rodents, humans or pests. It is the most common cause of food poisoning worldwide
<b>Physical Contamination</b>	This refers to food that has been contaminated by a <b>foreign object</b> at some stage during cooking/production. They can cause harm when ingested. Examples are: plasters, small parts of machinery, finger nails and rodent droppings
<b>Chemical Contamination</b>	This refers to foods that have been contaminated by some type of chemical during the food production/growth and in preparation/cooking process. Examples are:- cleaning fluids, pesticides and natural toxins found in some foods

<b>Allergenic Contamination</b>	This refers to foods not properly stored or prepared correctly and may come into contact with foods that contain allergens that some people are allergic to. Examples are: nuts, eggs, fish and food containing gluten.
<b>Food Spoilage</b>	The process where a food product becomes unsuitable to eat when it becomes contaminated with bacteria, mould, yeast, moisture, light and heat that cause the food to 'go off'
<b>Food Poisoning</b>	An illness caused from consuming contaminated foods/drinks. Symptoms are nausea, vomiting, fever and diarrhoea
<b>Command words</b>	
<b>Range</b>	A variety of/a number of
<b>Describe</b>	Identify distinctive features and give description, factual details. Unless the word states 'describe and explain', no explanations are needed for just 'describe'. Look at it as painting a picture with words.
<b>Explain</b>	To make it clear by describing it in more detail and revealing any relevant facts
<b>State</b>	A short factual answer
<b>Compare</b>	To identify the similarities and differences