

Key Terms Year 9	Definition
Healthy Eating	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
Eatwell Guide	A visual representation of how different foods and drinks can help us to follow a balanced diet. The Eatwell Guide is based on the 5 food groups and shows you how much of what foods should come from each group
Nutrients	A substance that provides nourishment that is essential for the maintenance of life and growth. These are broken down into 2 groups – Macronutrients and Micronutrients
Cross-Contamination	The transfer of bacteria from one food source/object to another
Food Sustainability	Sustainable food is food that is healthy and is produced in a humane and ecologically and socially responsible way. Examples are grass-fed beef or lamb, organic chicken and eggs from local farms, grass-fed cows producing milk/cheese, and organic vegetables.
Cuts of Meat	The different parts/cuts of the animal that are used to create different dishes/recipes. For example:- chicken breasts, thighs or wings
Seasonal foods	Foods that are only available at certain times of the year
Food provenance	Knowing where food is grown, reared and caught and how it is produced and transported
Intensive farming	A method of farming aimed at increasing the amount of food produced
Free range farming	A method of farming where animals have access to outdoor space
Sustainable	Meets the needs of the present, without making it difficult for future generations to meet their own needs
Macro and Micro-nutrients	Nutrients are divided into two categories: Macro and Micronutrients. Macronutrients are the nutrients that the body needs in large amounts from proteins, carbohydrates and fats. Micronutrients are the nutrients that the body needs in smaller amounts and are found in vitamins and minerals.
Amino acid	The building blocks of protein
Essential amino acids	Amino acids your body needs as it can't make them itself
Non-essential amino acids	Amino acids that your body can make by itself
High biological value	Protein foods which contain all of the essential amino acid
Low biological value	Protein foods which are missing one or more essential amino acid
Gelatine	Protein made by boiling animal bones, used for setting food
Protein complementation	When two LBV protein foods are combined to form HBV protein

Cereals	Cultivated grasses. The grains are used as a food source
Fortified	Vitamins and minerals have been added to foods (e.g. flour)
Primary Processing	The process of converting raw food materials into food that can be eaten
Milling	The process of grinding down the wheat grain
Extraction rate	The percentage of the wheat grain found in the flour
Fibre	Nutrients found in the cells walls of cereal grains. It is needed for the digestive system to remain healthy and function properly.
Rolled oats	Oats are rolled into flakes after being partly cooked by steam. This makes the oats easier to cook
Oatmeal	Oats are ground into either coarse, medium or fine grades of oatmeal
Polishing	The process when milling white rice: the outer husk is removed and then the bran and germ
Pasteurised milk	Milk is heated to 72°C for 15 seconds
Sterilised milk	Milk is heated to 110-130°C for 10 to 30 minutes
Ultra-heat treatment (UHT) milk	Milk is heated to 135°C for 1 second
Micro-filtered milk	Milk is filtered and then heated to 72°C for 15 seconds
Secondary processing	Changing primary food products into other types of products
Starter culture	Harmless bacteria used to thicken cheese and yoghurt
Lactose	the name of sugar in milk
Lactic acid	Lactose in milk is converted into this by bacteria in the starter culture
Rennet	This contains an enzyme that breaks down the milk into curds and whey
Coagulate	When protein sets
Curds and Whey	the solid and liquid produced from milk during cheese-making
Conduction	Heat transfers through solid and liquid materials
Convection	Heat travels through air or water
Convection currents	The movement of heat in air or water as heat rises to the surface and cooler air/water falls to the bottom
Radiation	Heat rays directly heat food
Microwave oven	A type of cooking using electromagnetic waves which cause water molecules in the food to vibrate and heat up

Shortening	When fats give biscuits and pastry a crumbly texture
Aeration	Air is trapped in a mixture to make it lighter
Stable foam	A lasting foam: the air stays trapped in the creamed mixture until it is baked
Denature	Protein changes shape
Gas-in-liquid foam	Liquid forms a thin film around each air bubble
Caramelize	The process of sugar melting and changing colour when heated
Boiling	Cooking in liquid at boiling point (100°C)
Simmering	Cooking just below boiling point
Poaching	Cooking very gently in hot water
Steaming	Cooking in the steam coming from boiling water
Deep fat frying	Cooking by covering food in very hot oil
Stir-frying	Cooking small pieces of food quickly in a small amount of oil over a hot heat
Roasting	Cooking in the oven in hot fat
Baking	Placing food in dry heat in a hot oven, which cooks the food through
Grilling	Food cooked under a direct heat
Yeast	A single-celled plant fungus and a biological raising agent which needs time, food, warmth and liquid to grow and ferment
Fermentation	The process in which yeast produces the gas carbon dioxide
Mechanical raising agent	Air or steam that makes mixture rises
Whisking	Eggs or egg whites are whisked with sugar to trap bubbles in the egg white
Beating	Liquids are beaten and air bubbles are trapped in the liquid
Folding	Using a spatula or spoon to fold a light ingredient (such as egg whites) into a heavier ingredient
Sieving	Putting flour through a sieve to trap air between the flour particles
Creaming	The process of beating fat and sugar together, which traps tiny air bubbles into the mixture
Rubbing in	A technique in which fat is rubbed into flour and traps air in the mixture
Stiff peak stage	This is when egg whites are whisked and will stand in a peak with a sharp tip, and not collapse

Sauce	A well-flavoured liquid which has been thickened
Roux	A mixture of melted fat and flour, which is used as the base of a sauce
Reduction	Simmering a liquid overheat until it thickens
Gelation	When a mixture is thickened by starch, and then sets when it is chilled
Gelatinisation	The name of the process for when starch granules are mixed with a liquid and heated; they swell and break open, causing the liquid to thicken
Food miles	The distance food travels from farm to fork
Food Seasonality	Refers to the time of the year when a certain type of food is at its peak either in terms of harvest or flavour. It is the time when it is sold at its cheapest and freshest
Carbohydrates	Sugars, starches and fibres found in fruits, grains, vegetables and milk products. There are simple carbohydrates which are made up of no more than 2 molecules 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. Complex carbohydrates are made of 2 or more molecules 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.
Proteins	A nutrient found in a food that is made up of amino acids 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.
Biological Bacteria Contamination	Microscopic living organisms 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
Physical Contamination	This refers to food that has been contaminated by a foreign object at some stage during cooking/production. They can cause harm when ingested. Examples are: plasters, small parts of machinery, fingernails and rodent droppings
Chemical Contamination	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
Allergenic Contamination	This refers to when foods are 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.
Food Spoilage	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'

Tier 2 Words	Definition
Range	A variety of/a number of
Describe	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.
Explain	To make it clear by describing it in more detail and revealing any relevant facts
State	A short factual answer
Compare	To identify the similarities and differences
Skills/techniques	Low/medium/high level skills which are used in the process of making a product. Specific to Food Preparation and Nutrition