

Key Terms Year 7	Definition
Claw technique	Place the flat side of the item you want to cut down on the chopping board. Shape the fingers of one hand into a claw shape, tucking the thumb inside the fingers.
Bridge technique	Place a flat surface on a chopping board. Form a bridge with the thumb and index finger of one hand and hold the item on the chopping board.
Pathogen	Harmful bacteria
Food spoilage	Food with visible signs that can't be eaten
High risk foods	Foods with more risk of becoming contaminated with bacteria if they are not stored properly
Perishable foods	Foods that spoil very quickly
Use by	Date by which a food has to be eaten
Best before	Date of optimum quality of a food but can be eaten after this date
Danger Zone	Range of temperature where bacteria grow the most (5-63C)
Cross-contamination	The transfer of bacteria from one food source/object to another
4C's	Cooking, cleaning, chilling, cross contamination
Stir frying	Stir frying is a cooking technique in which ingredients are fried in a small amount of very hot oil while being stirred or tossed in a wok
To simmer	Cook at a very low heat over long period of time
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
Traffic light food label	A colour-coded food label which helps you to choose healthy foods
Energy needs	The average amount of food energy needed by individuals, usually measured in kilocalories (kcal)
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
Macronutrients	Nutrients needed by the body in large amounts. Carbohydrates, Proteins, Fats
Carbohydrate	One of the five nutrients
Simple carbohydrate / sugar	Provide fast release of energy and high Glycaemic Index (GI) Example: sugar, honey
Complex carbohydrate / starch	Provide slow release of energy and low Glycaemic Index (GI)
Glycaemic Index (GI)	Sugar level in blood
Free sugar (added sugar)	Sugars not naturally occurring and added to food to make it taste better
Dietary fibre	Complex sugar found in the cell walls of plants
Starch	Complex carbohydrate. Example: potatoes, rice, bread
Micronutrients	Nutrients needed by the body in small amounts. Vitamins and Minerals
Amino acids	The building blocks of a protein
Essential amino acids	Amino acids your body needs as it can't make them by itself
High Biological Value (HBV) protein	Protein foods which contain all essential amino acids
Low Biological Value (LBV) protein	Protein foods which are missing one or more essential amino acids
Protein complementation	When two LBV protein foods are combined to form HBV protein

Fat soluble vitamins	Vitamins A, D, E, K. Can be stored in the body
Water soluble vitamins	Vitamins B, C. Need to be replenished daily
Calcium	Mineral needed for strong bones and teeth
Iron	Mineral needed to prevent anaemia
Sodium	Salt. Need to be consumed lightly to prevent high blood pressure
Osteoporosis	Lack of bone mass
RNI	Reference Nutrient Intake
Dehydration	Less water in the body than healthy
Hydration	Action of maintaining healthy levels of water in your body
Type 2 Diabetes	A condition where the body's sugar levels cannot be controlled properly
Obesity	Being overweight/excessive fat accumulation that causes a risk to your health and internal organs
Digestive system	Parts of the body where food is broken down to provide nutrients
High Blood Pressure	Caused by the narrowing of the arteries, causes the heart to pump blood higher against the artery walls. Usually provoked by diets high in salt.
Heart Disease	A condition of the heart that impairs its function/stops it from working effectively
Unsaturated Fats	Fat containing a high proportion of fatty acid molecules with bends . They are liquid at room temperature. Found in plant sources such as olive oil, sunflower oil, oily fish. Healthier than saturated fats.
Saturated Fats	Fat containing a high proportion of fatty acid molecules without any bends . They come from animal sources. Solid at room temperature. Found in protein-rich foods such as fatty lamb, fatty beef, pork, chicken with skin but also in butter and cheese.
Low Sugar Diets/Recipes	Weight loss diets or eating plans that focus on reducing or eliminating the amount of sugar that a person consumes. Artificial sweeteners are often added to food to add sweetness but not calories.
Command words	
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 no 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