

# **Food preparation and nutrition.**

## **Key terminology for core learning at KS3 and KS4**

**Here is a list of key words and definitions you will use throughout your food lessons at school.**

**You should try to use them in your homework and coursework as much as possible to ensure you become *fluent* in their use.**

**Try to write a sentence using each of the words so you know how to use them in conversation.**

Try to think of a sentence that includes each of these words, in turn.

For example, 'I checked the *use by dates* of the *high risk* products in my fridge at home and disposed of any that had passed.

Highlight all the words you are familiar with.

Underline all those words that are new to you.

Can you think of any words that you are familiar with that look like the new word that has a similar meaning? E.g. 'traffic light systems' are used both for road safety and also in food safety!

Sometimes, it helps to be able to 'see' the word.

Try doing an internet search for some words so see what they look like e.g. 'au gratin' or 'pulses'.

**Abdominal pain** pain in the stomach area.

**Accommodation services** the housekeeping side of an establishment

**Accompaniments** items offered separately to main dish.

**Acidic** A solution or mixture with a pH between 1 and 6 (strongest acid being 1)

**Additives** substances added to foods in small amounts to perform a function such as to preserve colour or flavour a product.

**Aerate** To incorporate air into a mixture

**A la carte** separately priced menu, from which items are prepared and cooked to order.

**Al dente** firm to the bite.

**Alkaline** A solution or mixture with a pH between 8 and 14.

**Allergies** Unpleasant reactions to some foods experienced by some people.

**Allergy advice** Allergic reactions are caused by substances in the environment known as allergens which are listed on food labels.

**Allergic reaction** way in which the body responds to some foods (for example, a rash, swelling or anaphylactic shock).

**Ambient shelf stable products** products which will remain unchanged when kept under normal conditions in a retail outlet. They do not require freezing or chilling

**Ambient temperature** Room temperature.

**Antioxidants** Chemicals that prevent rancidity in fats – either by preventing the chemical changes which cause rancidity or by absorbing oxygen.

**Appearance** the way you look to customers. It is important to look clean and smart.

**Au gratin** sprinkled with cheese or breadcrumbs and browned.

**Aroma** the smell of a product.

**Arrum** a chicken substitute made from extruded pea protein, high in protein and fibre.

**Aseptic packaging** Packing a sterilised product in a sterile container, sealed in a sterile environment.

**Attitude** the way in which you approach customers.

**Attitude rating scale** A scale used to determine what action an individual would take in relation to a particular product (eg 'I would eat this frequently', I would hardly ever eat this').

**Attribute analysis** Finding out about the method of production, the composition and characteristics of a product or piece of equipment. Sometimes called disassembly.

**Audit** A detailed examination of the composition of a product – often for a particular purpose, eg to find out how much fat a product contains.

**Azo dyes** Artificial colours, some of which have been linked to allergic reactions in some people. Tartrazine is an example

**Bacteria** A group of micro-organisms, some of which can cause disease. Bacteria usually multiply by splitting

into two, each resulting bacterium also being able to split in two.

**Bain-marie** container of water to keep foods hot without fear of burning.

**Balanced diet** Eating foods which provide a range of nutrients to meet daily needs. The 'eatwell plate' helps to explain a balanced diet.

**Barker cards** Large cards placed throughout a retail store, which advertise special offers.

**Basic recipe** a recipe which has been tested to show that it works – used for cakes, bread, scones, pastry.

**Batch production** to produce a quantity of the same item at the same time

**BHA** British Hospitality Association.

**BI** British Institute of Inn-Keeping

**Binary fission** how bacteria multiply by dividing in two.

**Biodegradable** A product that breaks down by biological activity and returns to the environment.

**Blind tasting** to taste something without seeing it.

**Body language** the way in which your body reflects your mood.

**Bouquet garni** small bundle of herbs.

**Brand Name** a product name with a logo such as Heinz baked beans.

**Brulee** burned cream

**BSE** Bovine Spongiform Encephalopathy.

**Buffers** Substances used to stabilize and control the pH of food. Examples include citric acid and tartaric acid.

**Bulk sweeteners** These have approximately the same sweetness as sugar (sucrose) and are used in similar amounts. Sorbitol (E420) is an example.

**CAD/CAM** Computer Aided Design/Computer Aided Manufacture

**Calorie (Kcal)** A unit of energy

**Canning** Preserving food in a tin can by heating and sealing under vacuum.

**Carbon footprint** the total amount of carbon dioxide (CO<sub>2</sub>) and other greenhouse gases emitted over the full life cycle of a product or service.

**Caramelisation** The production of caramel by heating sugars above their melting point. Produces browning,

**Casein** One of the proteins in milk.

**Cereals** Plant seeds

**Chefs** staff who are responsible for preparing and cooking food safely and hygienically.

**Cholesterol** A fatty substance produced by the body and found in some foods.

**Chorleywood bread process** The addition of improvers (usually ascorbic acid) and vigorous mixing techniques to speed up fermentation in bread production

**CIEH** Chartered Institute of Environmental Health

**Closed loop** A system where actions within that system provide information which enables the rest of the system (or part of it) to work efficiently. The information is called feedback.

**Coeliac disease** Where people cannot tolerate gluten, the protein found in oats, rye, barley and wheat.

**Complaint** expression of dissatisfaction.

**Complementary action of protein** When a protein is low in an indispensable amino acid (i.e. has a low biological value) it is said to be limited by that amino acid. If another food which contains the limiting, amino acid is eaten at the same meal, the biological value is raised. This is known as the complementary action of proteins.

**Complaint** expression of dissatisfaction.

**Contamination** The accidental or deliberate infection or pollution of a food.

**Contaminated** containing an additional substance that should not be there.

**Commodity** Good or produce to be bought or sold

**Concentration** The amount of a solute dissolved in a specified amount of a solvent or a solution.

**Concept screening** a way of deciding which products should be chosen for development.

**Consistent product** A product that is the same quality, shape, size, texture regardless of the number made.

**Contract caterers** people who prepare the food for functions such as weddings, banquets, garden parties and parties in private houses. They may prepare and cook the food in advance and deliver it to the venue, or they may cook it on site. They may also provide staff to serve the food if required.

**Cook-chill** A method of food preservation where food is prepared, cooked, rapidly chilled and kept in a chilled cabinet for reheating at a later stage.

**Core temperature** temperature in the middle of the food

**Corporate group or chain of businesses.** Can be shared, as in uniform or identity.

**Coulis** Sauce made of fruit or vegetable puree.

**Covers** number of customers

**Criteria** the standards and limits judged to be right.

**Critical Control Point (CCP)** a step in the process of making a product that must be controlled to avoid the risk of food poisoning.

**Cross-contamination** the transfer of a substance from one area to another such as bacteria.

**Croutons** cubes of bread that are fried or grilled.

**Customer** a person who buys or uses the products and services.

**Customer care** how well you look after the paying guest.

**Danger zone** the temperature range in which bacteria thrive (5°C to 63°C)

**Database** a set of data held on a computer – e.g. nutrition information

**Date codes** Use-by and best-before dates on foods to show when they should be used

**Date-mark** shows the shelf life of the product.

**Decision tree** A sequence of questions to decide whether a disease-causing micro-organism is potentially hazardous within a food handling or processing system

**Décor** how the room is set up and decorated.

**Dehydrate** To remove water, to make dry, a method of preserving food.

**Denaturation** The breaking or uncoiling of protein chains, caused by heat or by a change in pH.

**Designated Tolerances or Parameters** The values which are above and below a target level but which are still acceptable.

**Dextrinisation** The breakdown (or changing) of starch to dextrin. Examples include the browning that occurs when bread is toasted.

**Diet food** eaten during the day.

**Dietary Reference Values (DRVs)** Estimates of the nutrient requirements of different groups of people. The values are guidelines for groups of people, not individuals.

**Diarrhoea** 'the runs'

**Disaccharides** Sugars such as sucrose and maltose, formed by the combination of two monosaccharides.

**Disassemble** To take a product apart to get design information.

**Duo-trio tests** These involve three samples, one of which is a control. Testers are asked to identify which of the remaining two samples differs from the control.

**E the big e** beside the weight of a product means that the average quantity must be accurate.

**Eatwell Plate** Food Standards Agency diagram to show the groups of foods people need, and the correct proportions for a balanced diet.

**EHO** Environmental Health Officer

**E numbers** Additives that have been approved as safe by the European Union (e.g. E412).

**Emulsion** A mixture of an oil and water

**Emulsifying agents** Substances that enable stable emulsions to be produced. Examples include glyceryl monostearate (GMS) and lecithin.

**En croute** in pastry

**Energy** the energy supplied by food enables us to move and function.

**Enrobing** To coat or cover eg. A biscuit covered with chocolate

**Entrée** main course

**Enzymic browning** This occurs on the cut surfaces of some fruits. Oxygen in the air reacts with enzymes in the fruits and causes browning on the cut surface.

**Estimated Average Requirements (EARs)** Values that have been calculated for energy (or nutrient) requirements for groups of people. These values represent the needs of most people in a particular group. The EARs for energy are based on the current activity levels of different groups within the UK.

**EU** European Union.

**Evaluation** the assessment of performance

**Facial hedonic scale** Sometimes called the 'smiley' questionnaire. It consists of 5, 7 or 9 faces depicting varying degrees of pleasure and displeasure. Used in the sensory evaluation of food products.

**Fair trade** Giving a fair deal to people who work in some of the poorest countries of the world

**FAIRTRADE** Mark the 'seal of approval' which appears on products meeting fair trade standards.

**Fair Testing** Used in sensory evaluation to make sure you are comparing like with like. All conditions are the same e.g. Size, temperature, equipment

**Feedback** Used by control systems to see if the output is correct.

**Fermentation** The process when yeasts convert sugars to give off carbon dioxide gas.

**Fertilisers** Products which are used to enrich the soil – often chemicals.

**Fever** a raised temperature.

**Fibre** Indigestible parts of food, which are important for a healthy gut

**Five a day** Campaign to encourage people to eat at least five portions of fruit and vegetables a day

**Fixed costs** Those production costs that do not change when the quantity produced changes

**Flambé** cook with flame by burning away the alcohol

**Flavour** mixture of taste and smell.

**Flavour enhancers** Substances which make other flavours stronger, for example MSG (monosodium glutamate).

**Foam** A mass of small bubbles in a liquid

**Food and drink service** Servicing area in a restaurant, café or bar

**Food Hygiene** keeping food clean

**Food Intolerance** condition obliging someone to avoid a certain food because of the effect on their body (e.g. a person with lactose intolerance must avoid milk products).

**Food Miles** The distance our food travels from farm to plate.

**Food poisoning** an illness caught from eating contaminated food.

**Food probe** used to measure the temperature of food

**Food Spoilage** The breaking down of food by microbes making it inedible

**Food technology** the process of converting raw materials into edible food products including meals.

**Formulation** the ratio, type and mix of ingredients which form a recipe.

**Fortification** Adding vitamins and minerals to foods to increase their nutritional value.

**Functional characteristics** Those properties of food that can be used to produce particular types of mixtures and food products

**Free range** allowing hens and other farm animals outside to roam

**Freedom food** RSPCA label that shows farming methods reach certain standards.

**Front of house** reception area of an establishment.

**Garnish** trimming served with the main item.

**GDAs** Guideline Daily Amounts, recommended amounts that are shown on food labels. (Now often called 'Recommended intake, or RI)

**Gel A** Jelly like substance

**Ghee** Clarified butter

**Gliaden and glutenin** Flour proteins which make gluten when hydrated.

**Gluten** The substance that gives flour mixtures elasticity, especially when strong flours are used.

**GM (genetically modified)** Plants or animals are changed by altering their DNA to make them more resistant to drought, or to improve their growth

**Greeting and seating** how the customers are met and shown to their table.

**HACCP** hazard analysis and critical control point.

**Halal** Food that is prepared according to Islamic principles.

**Hazard** Anything that can cause harm or danger.

**Hazard Analysis Critical Control Points (HACCP)**  
The identification of risks and hazards at all stages in product development and processing and the formulation of control activities to eliminate or minimize the threat to food safety.

**HCIMA** Hotel and Catering International Management Association (now known as the Institute of Hospitality).

**Healthy eating pyramid** A pyramid diagram used to show diet planning

**High Risk Area** The area in the processing of a product where the food is most likely to become contaminated with bacteria.

**High Risk Foods** High protein foods which encourage bacterial growth.

**Homogenised milk** Milk that has been through the homogenisation process, which breaks down the fat globules.

**Hospitality and catering industry** businesses that provide food, drink and/or accommodation.

**Hot-holding** The time during which foods are kept hot – specific temperature – after cooking and before consumption.

**Humectant** A substance that keeps products moist.

**Hydration** Adding liquid

**Hygiene** The practice of maintaining health through cleanliness

**Identify** recognise, discover

**In season** At the season when something grows locally – English apples are ready in the autumn.

**Image board** a display of pictures and drawings to give ideas about a range of products

**Imperial** measures the old system of measuring food in ounces, pounds and pints

**Industry** business or trade

**IT** information technology – using computers

**Infected** Contaminated with micro-organisms

**In-house** on the premises.

**Intense sweeteners** Several times sweeter than sugar (sucrose) and therefore used in small amounts. Examples include aspartame E951, saccharin E954.

**Inversion (of sucrose)** The splitting of sucrose into the monosaccharides glucose and fructose.

**Julienne** strips of vegetables cut to matchstick size

**Key words** important words which may relate to the design brief

**Kosher** Food that meets Jewish dietary laws.

**Lactose** Found only in milk, a disaccharide with about 16% of the sweetness of sucrose.

**Lactose intolerance** condition obliging someone to avoid milk, cheese, butter, yoghurt and processed foods that contain milk products.

**Lacto-ovo-vegetarians** People who will eat dairy products and eggs but not meat and fish

**Lacto-vegetarians** People who will eat dairy products but not eggs, meat and fish.

**Lead-in time** The time between generating the initial concept for a product or range and the sample stage or the actual production of the finished products/s.

**Lecithin** The emulsifier in egg. Commercially produced from soya beans

**Legislation** laws made and enforced to protect customers.

**Life-cycles** the period of time during which a product or product range remains popular and in demand.

**Logo** the symbol of a company used on products.

**Long-life** a product is able to be kept for a long time due to heat processing and the method of packaging.

**Macronutrients** the main nutrients found in food – carbohydrates, protein and fats

**Management** people who are in charge of specific areas

**Manner** the way you speak to customers

**MAP** Modified atmosphere packaging – the gases in the packaging have been changed to increase the shelf life of the food

**Marinade** richly spiced liquid used to give flavour and assist in tenderising meat and fish.

**Meat analogues** Ingredients used to replace meat in the manufacture of products eg. Quorn, TVP

**Metric measures** measuring in grams, kilos, litres and millilitres.

**Micronutrients** Nutrients found in small quantities in food, such as vitamins and minerals.

**Milton Keynes system** The production of pre-formed yeast-raised baked foods which are stable at ambient

temperatures and which can be subsequently baked to produce oven-fresh products.

**Mise en place** basic preparation prior to assembling products.

**Modelling** to experiment with an idea without actually carrying it out – you can model the nutritional value of a food product.

**Moulding** To shape by pouring a liquid into a prepared form and left to set.

**Mycoprotein** A food made by fermenting fungus

**Nausea** feeling of sickness

**New materials** Traditional ingredients that have been adapted to provide different properties and characteristics, not previously available.

**Non-enzymic browning** a) the Maillard reaction between protein and sugars, sometimes referred to as carbonyl-amine browning, b) caramelisation (the browning of sugar).

**Non-starch polysaccharide (NSP)** non Starch Polysaccharide – another name for dietary fibre and cellulose

**Nutrients** substances found in foods that help us grow and resist infection.

**Nutrition messages** Information about nutrient needs and sources of nutrients and dietary guidelines for good health.

**Organic food** Food that meets strict standards for use of pesticides, additives, animal welfare and sustainability.

**Organoleptic** Affecting the sensory organs that is: smell, taste, touch, sight and sound.

**Overheads** items a business must pay for before it makes a profit, including materials, workforce, transport and energy.

**Palate** Part of the mouth. The sense of taste.

**Paneer** Cheese which comes from northern India

**Parnut foods** Foods for particular nutritional used. For example, foods for people with coeliac disease.

**Pasta Durum** wheat and water made into a paste which becomes pasta.

**Pasteurised** A process of heating to kill harmful micro-organisms such as bacteria, yeasts and moulds.

**Patent** a legal document which shows that a particular process or invention may only be used by the company or person who was granted the patent. It prevents competitors copying the process or invention. Patents are registered at national patent offices.

**Pathogenic** Harmful or causing disease

**People 1<sup>st</sup> Sector skills council** for hospitality, leisure and travel and tourism

**People and price points** The pricing of a product at a level that the consumer finds reasonable for that particular product.

**Perishable** does not keep well

**Personal hygiene** good personal hygiene ensures that germs found in or on the body do not transfer to food

**Pesticides** Chemicals used to kill pests, especially insects.

**pH** A measure of acidity or alkalinity on a scale of 1-14 (1 = very acidic, 14 = very alkaline).

**Piping hot food** food that is heated to 70°C for 2 minutes.

**Planning** preparations or arrangements done beforehand.

**Plasticity** Capacity of a fat to spread.

**Point of sale** Where the product is sold (ie where the consumer pays for the product).

**Policies** course of action in place that determines rules (eg to enable a safe working environment)

**Polyamide** a type of nylon often used as a laminate which bonds onto another material to prevent the entry of oxygen into a container.

**Polystyrene** A type of plastic which can be made into trays and containers. It can be expanded and pressed into shapes to hold cartons etc. It is a poor conductor of heat and can be used for insulated containers.

**Portion** a portion for one is the amount of food that satisfies the needs of one person.

**Portion control** method used to limit the amount of food a customer is given to the same each time.

**Premium ingredient** An expensive ingredient.

**Preservation** Ways to help food keep longer.

**Primary processing** the first stage of a food before it is made into something else. E.g. milling wheat to become flour

**Promotion** advertising a business to get more trade

**Protective shielding**, making safe

**Prion** The agent that causes BSE (Bovine Spongiform Encephelopathy).

**Process** A method or series of operations used in the manufacturing of goods.

**Profile** Information about the purpose, target market, position on the market and personality of a product.

**Prototype** A sample product to be used for trialling and market research.

**Pulses** Type of food that includes beans, lentils and peas.

**Puree** to blend to a smooth mixture.

**Quality** a measure of the level of excellence or standard of a product or service.

**Quality Assurance** The procedures set up by an organisation to set-up, monitor and ensure standards across all aspects of its operation, including management, personnel, accounting etc.

**Quality Control** A system where products are checked at each stage of the manufacturing process to ensure standards are met. At the end of the process the finished products are checked to ensure they meet the required specifications.

**Quorn** myco-protein which can be used as a meat substitute

**Raising agents** Products that make food rise – such as yeast in bread



**Raw materials** the basic ingredients that are made into food products. For example, apples are the raw materials used for apple pies.

**Ranking tests** Placing samples in increasing or decreasing order then judging specified characteristics, for example texture.

**Recipe** sometimes called formulation in industry, it is the ratio and combination of ingredients required to make a successful product.

**Recycled packaging** such as glass, metal and paper that is reused or made into other products.

**Reduce** concentrate a liquid by boiling.

**Red tractor** Food symbol to show standards of farming and production have been met

**Reference Nutrient Intakes (RNIs)** The amount of the nutrient which will meet the needs of almost everyone in a specified group of people. RNIs have been calculated for protein, nine vitamins and eleven minerals. This amount of a nutrient will satisfy the needs of 97.5% of the population.

**Regulations** legal requirements

**Retrogradation (of starch)** When water is 'squeezed' out from a starch gel. The reverse of gelatinisation.

**Research** looking at existing products

**Response** how you react verbally and in your body language

**Review** look back on something and see how it was dealt with.

**RI** recommended intake (see GDA)

**RIPH** Royal Institute of Public Health

**Risk Assessment** Methods used to ensure that food operations are designed to be safe and potential hazards are identified.

**Roux** thickening of cooked flour and fat.

**RSPH** Royal Society for the Promotion of Health

**Salmonella** bacteria which cause food poisoning.

**Sauce** a liquid that has been thickened

**Saute** tossed in fat

**Scaling up** Increasing a recipe formulation for bulk or mass production, keeping the ratio and proportions the same as the prototype or sample.

**Scoring tests** Used to evaluate food quality.

**Seating plan** plan of who will be sitting where, on what table.

**Secondary processing** foods which are made from others – milk made into cheese, flour into bread.

**Sensory analysis** Methods to describe a food product including appearance, colour, texture, taste and aroma

**Sensory descriptors** words which describe taste, smell, texture and flavour.

**Sensory properties of food** properties related to taste, smell, texture and flavour.

**Sell by date** The last day the manufacturer recommends the product is sold.

**Shelf life** how long a food product can be kept, making sure it is safe to eat and good quality.

**Simulation** an activity which models a process to see if it works properly.

**Skill** the ability to carry out something

**Solution** A solute dissolved in a solvent.

**Specification** A set of criteria that a product has to meet during designing (the design specification) and manufacture (the product specification)

**SSC** Sector Skills Council

**Standard component** A pre-manufactured ingredient which will ensure a consistent outcome because it is of standard size, weight, shape, form or intensity of flavour.

**Staple foods** Foods which make up the main part of the traditional diet, particularly of poor areas. Staple foods include potatoes, yams and cassava

**Star profile** Method to show how a product looks and tastes.

**Starchy foods** Foods that provide carbohydrate, such as bread, potatoes and cereals

**Stock rotation** A system in which the oldest food is sold first, and new stock is placed at the back of the shelves or stores.

**Suspension** A solid mixed into a liquid

**Syneresis** liquid being 'squeezed'

**System** made up of input, process, output and feedback.

**Table d'hote** menu with fixed courses and limited choice

**Tainting** the transfer of odours from one food to another.

**Taste threshold tests** Discrimination tests, to determine the lowest concentration of a substance that can be detected.

**Time-plan** a logical and ordered plan for a product or event, from start to finish.

**Tofu** Soya bean curd, which can be used in stir fried meals and stews.

**Tolerance levels** the levels within which a process is said to be working effectively, safely, efficiently

**Traceability** The method by which a fault can be traced back to the point at which it occurred, in order to remedy the fault and avoid it happening again.

**Traffic light systems** System of red, amber and green symbols to show whether food is high, medium or low in some nutrient

**TVP** Textured vegetable protein made from soya bean flour and used to substitute meat.

**Use-by-date** A date found on the label of highly perishable foods by which it should be eaten.

**Unsaturated fatty acid** A fatty acid chain with one or more double bond. For example, when the chain has only one double bond it is called a mono-unsaturated fatty acid, when there is more than one double bond it is called a poly-unsaturated fatty acid

**Variable costs** Those production costs that change when the quantity produced changes.

**Vegan** a vegetarian who does not eat any kind of food made from animals.

**Vegetarian** a vegetarian eats no meat, poultry or fish and avoids products made from slaughtered animals.

**Venue** place where an event is held

**Viscosity** the thickness of a liquid or a mixture, such as a sauce.

**Vomiting** being sick.

**Wait Staff** waiters and waitresses

**Wholegrain** using the whole of the grain of wheat

**Yeast** Micro-organism used in bread making.