

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 (CO₂) 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 1st 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.