

1	5 a day	The Government recommends that everyone should eat at least five portions of different fruits or vegetables every day to promote good health.	16	braising	Slow-cooking food in a covered pot that also contains liquids, herbs and vegetables.
2	additive	Something that's added to a food product to improve its properties.	17	Calorie	A measure of the amount of energy in food.
3	aeration	When air is added to a mixture to help make it lighter, e.g. when making cakes.	18	Caramelisation	The browning of sugar and the change in its flavor when its heated above a certain temperature.
4	allergy	An immune system response to a certain substance (an allergen), e.g. in fish, nuts and eggs.	19	Carbon footprint	A measure of the impact something has on the environment, based on the harmful greenhouse gases produced.
5	alternative protein	A form of protein other than protein from meat which is suitable for vegetarians (e.g. Tofu, TVP).	20	Climate change	A gradual change on climate patterns, e.g. due to global warming.
6	Ambient food	A food that can be safely stored at room temperature.	21	Coagulation	When denatured proteins join together, changing the appearance and texture of food, e.g. when egg white turns solid.
W	Amino acids	'Building blocks' of the body that make up proteins. Our bodies can make non-essential amino acids, but we have to get essential amino acids from foods.	22	Coeliac disease	Where the digestive system is sensitive to gluten and cant digest it.
8	Anaemia	A condition where you have a reduced number of reds blood cells, e.g. from iron deficiency.	23	Conduction	The transfer of heat energy through solids by the vibration of particles.
9	Antioxidant	A substance that protects our bodies from free radicals. Vitamins A,C and E are examples of anti-oxidants.	24	Convection	The transfer of heat energy through gases or liquids by circulating currents.
10	Basal metabolic rate (BMR)	The minimum amount of energy needed to keep you alive each day.	25	Coronary heart disease (CHD)	A disease caused by the build-up of fatty deposits in coronary arteries.
11	Basting	Putting the fat that has melted out of food back on top of the food while it is cooking.	26	Cross-contamination	Transferring potentially harmful bacteria (or other microorganisms) from one thing to another, e.g. from raw food to ready-to-eat food via work surfaces, equipment or your hands.
12	'best before' date	A date mark on the package of lower risk food (e.g. dried pasta) that tells you when the food is expected to deteriorate in quality.	27	Cuisine	A style of cooking representative of a certain country or region.
13	Biological value	A measure of the amount of essential amino acids a protein-based food contains.	28	Danger zone	The range of temperatures (5 C to 63 C) in which bacteria multiply very quickly.
14	Blanching	A cooking process that involves plunging a food, e.g. fruit or vegetables, into boiling water before cooling them in cold/iced water (often used before freezing fruit or vegetables).	29	Denaturation	When the chemical bonds holding proteins together break down, causing the protein to unravel.
15	Blended sauce	A sauce made from liquid and a paste of cornflower and water/milk.	30	Dextrinisation	When starch molecules break down into dextrans after being exposed to dry heat.

## Gastronomy

1	Diabetes	A disorder where blood glucose levels stay too high because the pancreas either can't produce enough insulin or the body resists it.	16	Free-range	Produced by a farming technique where reared animals have ore space to move and live naturally.
2	Dietary reference values	Estimates of the amounts of nutrients people need in their diet.	17	Garnish	A small addition to a dish that adds extra colour or flavor, e.g. a slice of lemon.
3	Dry frying	Cooking food in a pan without added fat or oil, sometimes called dry roasting.	18	Gelatinisation	When starch particles swell and burst, thickening a liquid.
4	Eatwell Guide	Government healthy eating guidelines in the form of a pie chart that shows how much or how little of each food group your diet should contain.	19	Gelation	The process where foods, e.g. custard, are set by chilling or freezing.
5	Emulsifier	Something that's added to food to hold together ingredients that don't usually stay mixed, e.g. oil and water.	20	Gluten	A protein found in wheat flours, that makes dough elastic (stretchy).
6	Emulsion	A mixture of oily and watery liquids, e.g. mayonnaise.	21	Glycaemic index	A number used to indicate the effect of a food on blood sugar levels.
7	Enzymes	Biological catalysts that speed up chemical reactions.	22	Genetically modified (GM) food	Food that's had it's genes altered to give it useful characteristics, e.g. GM tomatoes that have a longer shelf life than normal.
8	Factory-farmed	Produced by an intensive farming technique where reared animals have little room to move.	23	Halal	Slaughtered or prepared using a method that follows Islamic dietary laws.
9	Fairtrade Foundation	A charity that partners with food suppliers to try and improve their working conditions and income.	24	Heat transference	When heat energy moves from one place to another.
10	Fat-soluble vitamins	Vitamins A, D, E and K, found in fatty foods, that the body can store in fat tissue for future use.	25	High risk food	A ready-to-eat food that, if not stored correctly, could grow harmful microorganisms.
11	Fertiliser	Organic matter of chemicals that make soil fertile by supplying it with nutrients.	26	Infused oil	An oil that has absorbed the flavour of herbs left to soak in it.
12	Food miles	The distance a food product travels from where it is produced or grown to where it is sold.	27	Intensive farming	A farming method that produces high yields (production is often large scale).
13	Food security	Having access at all times to enough nutritious food to stay healthy and active.	28	Intolerance	An inability to eat a type of food without negative effects on the body.
14	Fortification	When extra nutrients are added to a food, e.g. in breakfast cereal.	29	Julienne strips	Small, thin strips of vegetable.
15	Free radicals	Dangerous chemicals that can cause cancer or heart disease.	30	jus	A thin sauce made from the juices from cooked meat.

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1	Kosher	Prepared food that follows the requirements of Jewish dietary laws.	16	osteoporosis	A bone disease where bones weaken and become brittle.
2	Lacto vegetarian	Someone who doesn't eat meat, fish or eggs, but consumes milk and other dairy products.	17	Pasteurisation	A process of heat treating food to destroy pathogenic bacteria. E.g. milk is pasteurized by heating it to around 72 C for 125 seconds.
3	Lacto-ovo vegetarian	Someone who doesn't eat any meat or fish, but consumes milk, eggs and other dairy products.	18	Pathogenic	Able to produce disease, e.g. some bacteria are pathogenic.
4	Lactose intolerance	A digestive problem where the body cant digest lactose (milk sugars).	19	Pesticide	A substance used to kill pests such as insects, weeds and fungi.
5	Lecithin	A natural emulsifier found in egg yolks and soya beans.	20	Physical activity level (PAL)	A measure of how active you are/ how much exercise you get.
6	Macronutrient	A nutrient needed by our bodies in large amounts, e.g. fat, protein and carbohydrate.	21	plasticity	A property of fats that allows us to spread and manipulate them.
7	Marinate	To soak something in a mixture of things such as oil, wine, vinegar, and herbs before cooking (to give it more flavour).	22	Poaching	Cooking food in a pan of liquid below boiling point, e.g. poaching in a tasty sauce.
8	Microfiltration	A process where milk passes through a fine membrane to separate the milk from souring bacteria.	23	Preservative	Something that's added to food to slow down the growth of bacteria and other microorganisms so that food lasts longer.
9	Micronutrient	A nutrient needed by our bodies in relatively small amounts, e.g. vitamins and minerals.	24	Primary food processing	Changing raw foods to make them ready.
10	Microorganism	A tiny living thing that includes moulds, bacteria and yeasts.	25	Protein complementation	Combining low biological value proteins to give enough of all the essential amino acids we need.
11	Mineral	A chemical element that our bodies need in small amounts.	26	Radiation	The transfer of energy through waves of radiation (there's no direct light contact).
12	Mould	A microorganism that can spoil food such as bread, cheese and fruit.	27	Raising agent	Something that releases bubbles of gas that expand when heated. Raising agents are used to make cake and dough mixtures rise.
13	Nutritional analysis	Working out the nutritional content of a food or recipe.	28	Ramadan	A month in the Muslim Year in which most Muslims are expected to fast from sunrise to sunset.
14	Obesity	A condition where the body accumulates too much fat.	29	Ready meal	A pre-cooked meal that's frozen or chilled- you just need to heat it up.
15	Organic farming	A more natural method of farming, e.g. growing crops without artificial pesticides and fertilisers.	30	Reduction	A process that thickens and makes flavours of liquids more intense by evaporating water.

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1	Rickets	A condition in children where bones are soft and weak.	16	'use by' date	A date mark on the packaging of food that is a safety warning about when the food is likely to be unsafe to eat, e.g. high risk foods.
2	Roux	A sauce base made from plain flour and melted butter.	17	Vegan	Someone who doesn't eat any products derived from animals, e.g. meat, eggs and cheese.
3	Saturated fats	A group of fats that come mainly from animal sources and are solid or semi-solid at room temperatures.	18	Vegetarian	Someone who chooses to not eat any meat.
4	Seasonal foods	Foods that are only available at certain times of the year, e.g. British grown asparagus is only available in May and June.	19	Vitamins	Organic compounds that are needed by the body in small quantities to keep us alive and healthy.
5	Secondary food processing	Changing primary processed foods into other food products, e.g. flour into bread.	20	Water-soluble vitamins	Vitamins that aren't stored in the body and are needed daily. (B vitamins and vitamin C).
6	Shelf life	The length of time food can last without spoiling or losing its quality.	21	yeast	A microorganism that can spoil food (e.g. berries). Also, used as a raising agent in bread making.
7	Shortening	The effect of adding fat to a floury mixture, giving it a crumbly texture. Also the name of a fat with 100% fat content.	22		
8	Stabiliser	Something that's added to food to stop mixed ingredients from separating.	23		
9	Sterilisation	A heat treatment where raw milk is passed through a steam chamber at 110 C for 10-30 minutes, killing all bacteria that are present.	24		
10	Sustainable	A sustainable process or material is one that can be used without causing permanent damage to the environment or using up finite resources.	25		
11	Temperature control	Controlling the temperature of food during preparation cooking and storage, to slow the growth of microorganisms or kill them off.	26		
12	Temperature probe	A device used to control the internal temperature of a food and check it is cooked all the way through.	27		
13	Trace element	A mineral, but one that is needed by the body in even smaller amounts.	28		
14	Ultra heat treatment (UHT)	A heat treatment where milk is heated to around 135 C for 1-4 seconds and packed into sterile containers. Also called ultra-high temperature processing.	29		
15	Unsaturated fats	A group of fats that come mainly from vegetable sources and are usually liquid at room temperature.	30		