

Year 9 Food

1	<b>Eatwell Guide</b>	Government healthy eating guidelines in the form of a pie chart that shows how much/ how little of each food group your diet should contain.	11		Frying, steaming, baking, roasting etc
2	<b>Nutrients</b>	A substance that provides nourishment essential for the maintenance of life and for growth	12		The action of cooking foods on a high heat using a small amount of oil and constantly stirring the food..
3	<b>A balanced diet</b>	To eat a range of foods from each food group.	13		The action of bringing a liquid to the temperature at which it bubbles and turns to vapour.
4	<b>Malnutrition</b>	Malnutrition is a serious condition that happens when your diet does not contain the right amount of nutrients.	14		(Of water or food that is being heated) stay just below boiling point while bubbling gently
5	<b>Starvation</b>	The suffering or death caused by hunger	15		To remove the outer layer of a food e.g. onion, carrot.
6	<b>Cancer</b>	Cancer occurs when abnormal cells in the body develop and increase rapidly. The abnormal cells can also spread to other parts of the body and multiply.	16	<b>Grating</b>	to reduce to small particles by rubbing on something rough - a grater to grate cheese.
7	<b>CHD</b>	Coronary Heart Disease is caused by the narrowing of the blood vessels to the heart which reduces the flow of blood to the heart.	17	<b>Layer</b>	To make a layer of/ to form or arrange in layers.
8	<b>BMI</b>	Body Mass Index is a calculation that is sometimes used in healthcare settings as an indirect method to determine a person's body weight category.	18	<b>'Matchstick'</b>	Something likened to a match in being long and thin e.g to prepare vegetables into matchstick sized pieces.
9	<b>Obesity</b>	A condition where the body accumulates too much fat.	19	<b>Savoury</b>	Belonging to the category that is salty or spicy rather than sweet.
10	<b>Osteoporosis</b>	Is a disease where bones become weak, brittle and can break easily. It is caused by severe loss of Calcium.	20	<b>Knife skills</b>	To prepare foods safely with a knife using either the bridge hold or the claw hold.
21	<b>Anemia</b>	Iron is needed to make red blood cells, iron from the diet forms haemoglobin which carries oxygen in the blood.	28	<b>Accurate</b>	Information, measurements etc that are correct in all details; exact.
22	<b>Religion</b>	The belief in and worship of a superhuman power or powers, especially a God or gods.	29	<b>Hygiene</b>	Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.
23	<b>Food Choice</b>	Is the selection of foods people choose to eat.	30	<b>Improvement</b>	a thing that makes something better or is better than something else.

<b>24</b>	<b>Culture</b>	The customary beliefs, social forms, and material traits of a racial, religious, or social group.	<b>31</b>	<b>Develop</b>	to go through a process of natural growth, or evolve by changes.
<b>25</b>	<b>Lifestyle</b>	The way in which a person or group lives.	<b>32</b>	<b>Modified</b>	make partial or minor changes to (something), typically so as to improve it or to make it less extreme.
<b>26</b>	<b>Influence</b>	The act or power of producing an effect without apparent exertion of force or direct exercise of command.	<b>33</b>	<b>Sensory Analysis</b>	Is the collection, modelling and analysis of data that originates with human perception and senses . It is typically used to develop and test food products.
<b>27</b>	<b>Religious beliefs</b>	Human beings' relation to that which they regard as holy, sacred, absolute, spiritual, divine, or worthy of especial reverence.	<b>34</b>	<b>Evaluate</b>	To judge or calculate the quality, importance, amount, or value of something.