

Year 9 Food

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

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