

Year 10 Food

1	Wesak	Buddah's birthday, and one of the most important Buddhist festival, it reminds Buddhists of the importance of the life of Buddha.	11	Profit	The amount of money remaining when costs have been deducted
2	Lent	The 40 days and 40 nights before Easter when certain food and drinks are given up	12	Gap in the market	An unmet consumer demand
3	Kosher	Food that is permitted under Jewish dietary laws	13	Loyalty scheme	A scheme set up by a retailer to monitor buying habits and to retain customers by giving incentives (for example money- off vouchers
4	Halal	Something that is permitted under Islamic law, for example particular foods and methods of preparing them	14	Budgeting skills	Managing money by prioritising essential spending before optional spending
5	Ramadan	A month in the year when Muslims fast from dawn to sunset	15	Confectionary	Sweets and chocolate
6	Pulses	The collective term for peas, beans and lentils	16	Components of dishes	Ingredients already combined together; they can be purchased like this (for example ready-made pastry) or to be partly prepared by the chef (for example washed and drained salad ready for use)
7	Lacto-vegetarians	Vegetarians who eat no fish, meat, meat products or eggs, but eat dairy products such as cheese and milk	17	Greenhouse gases	The gases that trap heat and raise the Earth's temperature (for example carbon dioxide, methane, nitrous oxide)
8	Lacto- ovo vegetarians	Vegetarians who eat no fish, meat or meat products, but eat eggs, fish and dairy foods	18	Food miles	The distance that food is transported as it travels from producer to consumer
9	Pescatarians	People who eat no meat or meat products, but eat eggs, fish and dairy foods	19	Organoleptic	Involving the use of the sense organs, for example to assess the qualities of food
10	Vegans	Vegans eat a completely plant based diet, containing no food of animal origin or products containing ingredients derived from animals, so no meat, fish or eggs, and no dairy products	20	Appetising	Appealing to the senses
21	Commodity	A food ingredient from a plant or animal	28	Grating	Producing a coarse or fine threads by repeatedly rubbing a food one one of the sides of a grater

22	Contingency	A backup plan you can put into place if things go wrong	29	Hydrating	Adding water to an ingredient, which is then absorbed by the ingredient
23	Sequencing	Preparing and cooking dishes in a suitable order so they are ready to serve on time	30	Juicing	Extracting the juice from fruits or vegetables
24	Dovetailing	Preparing part of one dish and then part of another dish before the first dish is finished	31	Marinating	Soaking a food in a marinade to help develop its flavour, tenderise it and in some instances, colour it before its cooked
25	Mise en place	The preparation of dishes and ingredients before starting to cook	32	Mashing	Reducing a food to a soft mass using a masher or ricer
26	Blending	Mixing two or more ingredients together	33	Melting	Using heat to change a solid ingredient into a liquid
27	Beating	Combining ingredients together thoroughly	34	Proving	Leaving a dough, such as bread, to rise before baking