




Year 8 Food

1	<b>Health</b>	The state of being free from illness or injury	11	<b>Carbohydrates</b>	Is needed for energy. They are found in fruit and vegetables, bread, pasta, rice and cereals
2	<b>Safety</b>	The condition of being protected from or unlikely to cause danger, risk, or injury	12	<b>Protein</b>	Is needed for growth, repair and maintenance of the body. It is found in meat, fish, dairy products, nuts, seeds and beans.
3	<b>Rules</b>	A list of instructions that must be followed.	13	<b>Fats</b>	Provide energy, nutrients and insulation to our body. It is found in processed meats e.g. sausages, butter, lard, oil, cakes etc.
4	<b>Hygiene</b>	Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness	14	<b>Vitamins</b>	Organic compounds that are needed by the body in small quantities to keep us alive and healthy.
5	<b>Eatwell Guide</b>	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.	15	<b>Minerals</b>	A chemical element that our bodies need in small amounts.
6	<b>EHO</b>	Environmental health officer which	16	<b>Dough</b>	A thick, malleable mixture of flour and liquid, used for baking into bread or pastry
7	<b>Intolerance</b>	An inability to eat a type of food without negative effects on the body.	17	<b>Kneading</b>	To work (moistened flour) into dough or paste with the hands. 
8	<b>Vegetarian</b>	Someone who chooses not to eat any meat. 	18	<b>Dice</b>	To cut small cubes of food. 
9	<b>Vegan</b>	Someone who doesn't eat any products derived from animals e.g. meat, eggs and cheese.	19	<b>High risk foods</b>	A ready to eat food that if not stored correctly could grow harmful microorganisms.
10	<b>Energy</b>	The strength and vitality required for sustained physical or mental activity	20	<b>Low risk foods</b>	They are usually low in moisture (dry foods) e.g. canned foods, jam, and crisp.
21	<b>Nutrients</b>	A substance that provides nourishment essential for the maintenance of life and for growth	28	<b>Multiplication</b>	the act or process of multiplying or the state of being multiplied.

22	<b>Obesity</b>	A condition where the body accumulates too much fat.	29	<b>Cross-Contamination</b>	Transferring potentially harmful bacteria (microorganisms) from one thing to another, e.g. from raw food to ready-to-eat food via work surfaces, equipment or your hands.
23	<b>Boiling</b>	The action of bringing a liquid to the temperature at which it bubbles and turns to vapour.	30	<b>Bacteria</b>	<p>A member of a large group of unicellular microorganisms that can cause disease.</p>
24	<b>Simmering</b>	(Of water or food that is being heated) stay just below boiling point while bubbling gently	31	<b>Transfer</b>	To move from one place to another e.g. to transfer bacteria onto ready-to-eat foods.
25	<b>Whisking</b>	To beat or stir (a substance, especially cream or eggs) with a light, rapid movement.	32	<b>Danger Zone</b>	The range of temperatures 5°C-63°C in which bacteria multiply very quickly.
26	<b>Macronutrient</b>	A nutrient needed by our bodies in large amounts e.g. fats, protein, carbohydrates.	33	<b>Symptoms</b>	A physical or mental feature which is regarded as indicating a condition of disease, particularly such a feature that is apparent to the patient
27	<b>Micronutrient</b>	A nutrient needed by our bodies in relatively small amounts e.g. vitamins and minerals.	34	<b>Fairtrade</b>	<p>A charity that partners with food suppliers to try to improve their working conditions and income.</p>