

Year 9 Food

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.

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.