




Year 8 Food

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

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