

Year 9 Food

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

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