



KS4 Year 10 Key Word Bank - Food Preparation and Nutrition



Term	Topic/s	Key Words (with definitions if applicable)	Practical words
Autumn Term 1	Food choice Sensory analysis	<ul style="list-style-type: none"> Coeliac - Cannot absorb the protein gluten. Can result in Coeliac disease: a chronic intestinal disorder caused by sensitivity to the protein gliadin contained in the gluten of cereals. Diet - The food and drink that we eat. Discrimination tests - Test used to find out whether or not people can tell the difference between similar samples of food. Hedonic rating test - People give their opinion of one or more food products by filling out a table that uses a preference scale. Lactose intolerant - A condition which means you cannot digest disaccharide sugar lactose. Paired preference - People given two similar samples of food and they have to say which one they prefer. Ranking - People asked to rank order samples of food according to a criteria. Rating - People asked to rate a food sample for a specific characteristic. Sensory descriptors - Words that describe taste, smell, texture and flavour. Vegetarian - A lacto-vegetarian diet includes dairy products and plants, and a lacto-ovo vegetarian diet includes eggs, dairy products and nuts. 	<ul style="list-style-type: none"> Infuse - To flavour liquid with aromatic ingredients by slowly heating to a boiling point and then allowing it to cool. Julienne - Cutting vegetables into matchstick strips. Knead - To manipulate dough by pushing it across a work surface and pulling it back. This is essential to develop the gluten. Knock back - To knead out the carbon dioxide in risen dough to remove large air pockets to ensure an even texture. Marinade - To soak foods such as fish, meat, poultry and vegetables in a liquid to help develop the flavour, tenderise and in some instances colour the food before it is cooked. The liquid can be acidic or a salty solution. Protein is denatured by marinating. Poaching - A method of cooking where food is cooked in a liquid that is just below boiling point. Conduction-convection. Proving - The last rising of the bread dough in its final shape.
Autumn Term 2	Nutrition and Healthy Eating	<ul style="list-style-type: none"> Balanced diet - A diet which provides all the necessary nutrients in the correct amount/proportions to meet the body's needs. Deficiencies - A state of lacking or incompleteness. For example, deficiencies in the consumption of certain vitamins can cause health issues. Dietary guidelines - Advice on diet, use of the 'eat well guide'. Fortification - Adding vitamins and minerals to foods during its manufacture. Macronutrient A type of food (eg fat, protein, carbohydrate) required in large amounts in the diet. Micronutrients - Nutrients required in small quantities to facilitate a range of physiological functions. Nutrients - The properties found in food and drinks that give nourishment – vital for growth and the maintenance of life. The main nutrients needed by the human body are carbohydrates, proteins, fats, vitamins and minerals. Obesity - Diet-related disease where the body contains too much stored fat. Protein alternatives - Manufactured protein food products consumed in place of meat or fish. Protein complementation - Eating a combination of low biological value foods together to provide all the essential amino acids that the body requires. 	



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<p>Spring Term 1</p>	<p>Practice NEA task</p>	<ul style="list-style-type: none"> • Dovetail - When making two or more dishes by splitting the tasks within the recipes to make the best use of your time. For example, if making a cake and soup, the sponge mix for the cake could be made while the vegetables for the soup are sautéing. • Portion - A portion for one is the amount of food that satisfies the need for one person. • Quality control - The steps in the process of making a product to make sure that it meets the standards; faulty products are removed. 	<p>before it is baked.</p> <ul style="list-style-type: none"> • Reduction-The process of simmering a liquid over heat until it thickens. It is also the name of the concentrated liquid that forms during this process. • Shallow frying-A quick method of cooking where a small amount of fat is used to cook food in a frying pan.
<p>Spring Term 2</p>	<p>Energy Heat transfer Functions of ingredients – protein denaturation / Gluten formation / function of carbohydrates</p>	<ul style="list-style-type: none"> • Aeration - Incorporating air into a mixture. • Baking - Convection-conduction, cooking foods in a hot oven. • Biological raising agent - Using yeast to produce CO₂ gas. • Caramelisation - Breaking up of sucrose molecules (sugar) when they are heated. This changes the colour, flavour and texture of the sugar as it turns brown into caramel. • Emulsification - Refers to the tiny drops of one liquid spread evenly through a second liquid. An emulsifier (such as egg yolk) is used to stabilise an insoluble mixture. • Enzymes - Biological/natural substances (catalysts) which speed up biochemical reactions without being used up themselves. • Foam formation - Foams are formed when gases (mainly air) are trapped inside a liquid, for example meringue, whisked sponge. • Gelatinisation - When starch granules swell when cooked with liquid, then burst open and release the starch, causing the liquid to thicken. • Gliadin and glutenin - The core proteins of the gluten part of wheat seeds. • Pasteurisation - The process of heating a food to a specific temperature for a specific period of time in order to kill microorganisms that could cause disease, spoilage or undesired fermentation. • Plasticity - The ability of fat to soften over a range of temperatures to hold its shape, or be shaped and spread. 	<ul style="list-style-type: none"> • Tagine-A glazed earthenware pot with a distinctive lid. It is also used to describe the food cooked in it. • Al dente -‘Firm to the bite’, a description of the texture of correctly cooked pasta.



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<p>Summer Term 1</p>	<p>Pastry Food hygiene</p>	<ul style="list-style-type: none"> • Allergies -An immune system reaction that occurs soon after eating a certain food and can cause severe symptoms. • Ambient temperature - Normal room temperature. 20 - 25°C • Antibacterial - Working against or prohibiting the growth of bacteria. • Bacteria - Small microscopic organisms found all about us. They multiply by splitting in two every 20 mins. (Binary fission) • Cross contamination - The transfer of harmful bacteria from one area to another. • Danger zone - Range of temperatures between 5°C to 63°C at which bacteria begin to multiply rapidly. • Food intolerance - A long-term condition, which after some time may cause the consumer to feel unwell and have a range of symptoms. • Food poisoning - Illness caused by pathogenic bacteria/toxins, for example e-coli: salmonella, listeria, staphylococcus aureus. • Hazard - Anything that can cause harm to the consumer. • High risk foods - Those most likely to encourage bacterial growth e.g. cooked meat, cooked poultry, fish, dairy foods. • Shelf life -How long a food product can be kept, making sure it is safe to eat and good quality. 	
<p>Summer Term 2</p>	<p>Practice Investigation Food and the environment Sustainable foods food security food labelling</p>	<ul style="list-style-type: none"> • Environmental issues - The impact of human activities on the natural environment. • Food provenance - The place where food originates (where is it grown, raised or reared). • Global warming - The heating up of the earth creating a greenhouse effect. • Mandatory information - Must be done, or is demanded, by law on a food label. • Organic farming - Farming that produces food using natural methods without the use of chemicals, fertilisers and pesticides. • Preservatives - Used to prevent food from spoilage by microorganisms; increases the shelf life of commodities. • Seasonal foods - Foods that are at the stage of their natural life cycle when they are ready for harvest or to be caught. • Sustainability Human activity that is not harmful to the environment and does not deplete natural resources, thereby supporting long-term ecological balance. For example, sustainable fishing. • Traceability - Tracing a fault back to the point at which it occurred in order to remedy the fault and avoid it happening again. 	