



KS4 Year 11 Key Word Bank - Food Preparation and Nutrition



| Term | Topic/s | Key Words (with definitions if applicable) |
|----------------------|------------------------------|--|
| Autumn Term 1 | NEA Task 1 Investigation | <p>Task 1</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. • Discrimination tests - Test used to find out whether or not people can tell the difference between similar samples of food. • 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. • Hedonic rating test - People give their opinion of one or more food products by filling out a table that uses a preference scale. • Paired preference - People given two similar samples of food and they have to say which one they prefer. • 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. • Properties of foods – physical and chemical changes which occur in food • 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. |
| Autumn Term 2 | NEA Task 1 & 2 Investigation | <p>Task 1 skills – above</p> <p>Task 2 – Active Adults –</p> |



KS4 Year 11 Key Word Bank - Food Preparation and Nutrition



| | | |
|----------------------|--------------------------|---|
| | | <ul style="list-style-type: none"> • Accuracy – correct or precise • Analysis - detailed examination of something • Balanced diet - A diet which provides all the necessary nutrients in the correct amount/proportions to meet the body's needs. • Complex skills – difficult skills which give more marks • 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. • Portion – to divide the food into parts for each person • 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. • Sensory analysis – to taste food to decide if there is a preference or difference • Suitability – is it correct for a particular purpose |
| Spring Term 1 | NEA Task 2 Investigation | <ul style="list-style-type: none"> • As above • 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. • Evaluation – to make a judgement about how good or bad a product is. • 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. |
| Spring Term 2 | NEA Task 2 Investigation | <ul style="list-style-type: none"> • As above |
| Summer Term 1 | Revision | <ul style="list-style-type: none"> • Aeration - Incorporating air into a mixture. • 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) |



KS4 Year 11 Key Word Bank - Food Preparation and Nutrition



- Baking - Convection-conduction, cooking foods in a hot oven.
- Balanced diet - A diet which provides all the necessary nutrients in the correct amount/proportions to meet the body's needs.
- 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.
- 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.
- 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.
- 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'.
- Discrimination tests - Test used to find out whether or not people can tell the difference between similar samples of food.
- 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.
- Environmental issues - The impact of human activities on the natural environment.
- 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.
- 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.
- Food provenance - The place where food originates (where it is grown, raised or reared).
- Fortification - Adding vitamins and minerals to foods during its manufacture.
- 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.
- Global warming - The heating up of the earth creating a greenhouse effect.
- Hazard - Anything that can cause harm to the consumer.
- Hedonic rating test - People give their opinion of one or more food products by filling out a table that uses a preference scale.
- High risk foods - Those most likely to encourage bacterial growth e.g. cooked meat, cooked poultry, fish, dairy foods.
- Lactose intolerant - A condition which means you cannot digest disaccharide sugar lactose.
- Macronutrient A type of food (eg fat, protein, carbohydrate) required in large amounts in the diet.
- Mandatory information - Must be done, or is demanded, by law on a food label.



KS4 Year 11 Key Word Bank - Food Preparation and Nutrition



| | | |
|---------------------------------|--|--|
| | | <ul style="list-style-type: none"> • 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. • Organic farming - Farming that produces food using natural methods without the use of chemicals, fertilisers and pesticides. • Paired preference - People given two similar samples of food and they have to say which one they prefer. • 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. • Preservatives - Used to prevent food from spoilage by microorganisms; increases the shelf life of commodities. • 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. • 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. • Seasonal foods - Foods that are at the stage of their natural life cycle when they are ready for harvest or to be caught. • Sensory descriptors - Words that describe taste, smell, texture and flavour. • Shelf life -How long a food product can be kept, making sure it is safe to eat and good quality. • 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. • Vegetarian - A lacto-vegetarian diet includes dairy products and plants, and a lacto-ovo vegetarian diet includes eggs, dairy products and nuts. |
| <p>Summer Term 2</p> | | <p>Exam</p> |