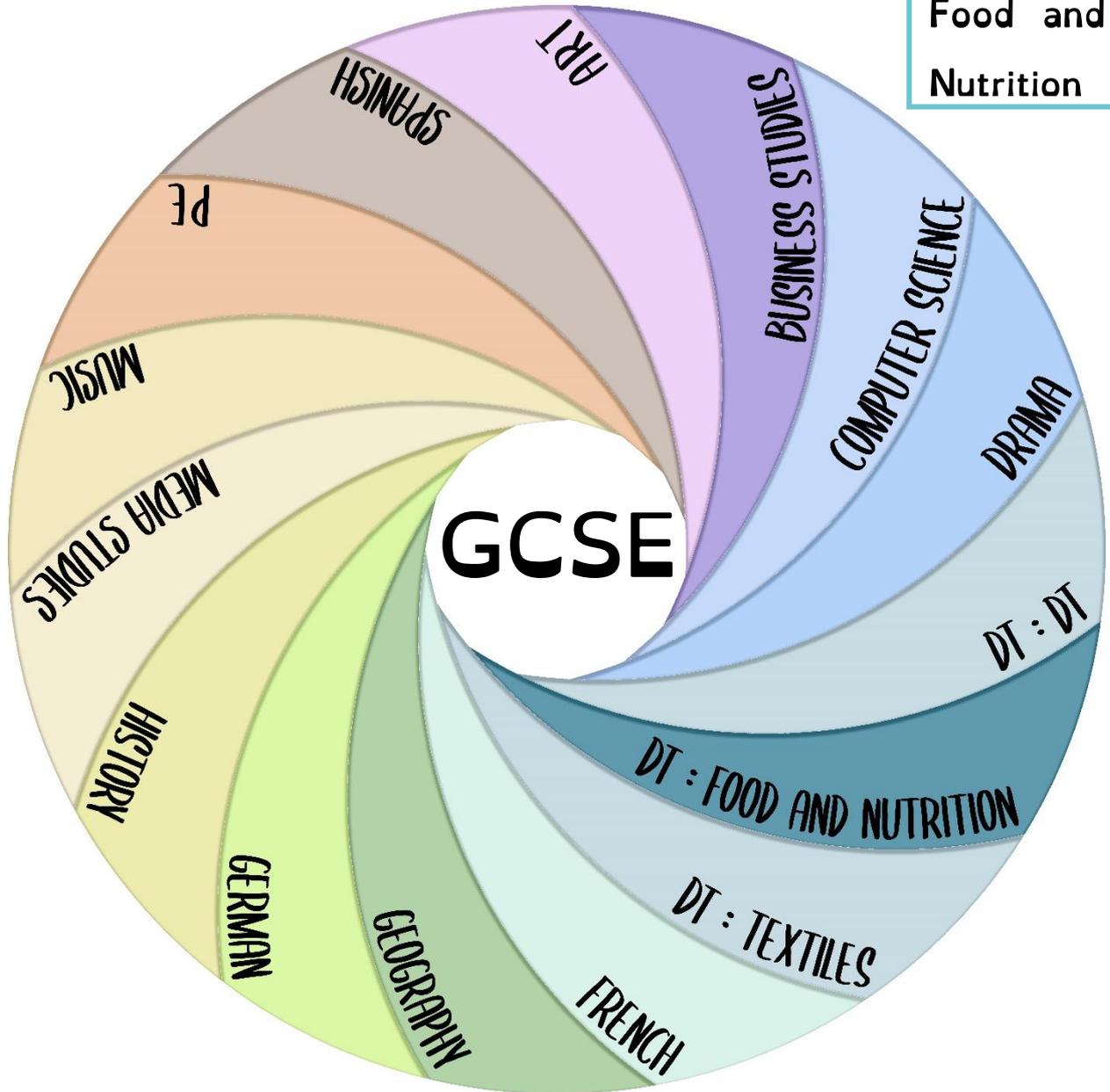


Name: \_\_\_\_\_

Tutor: \_\_\_\_\_

Tutor Group: \_\_\_\_\_

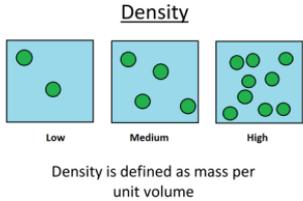
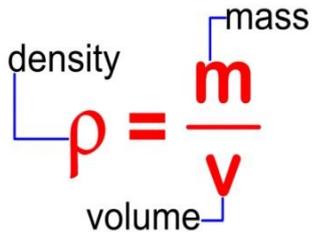
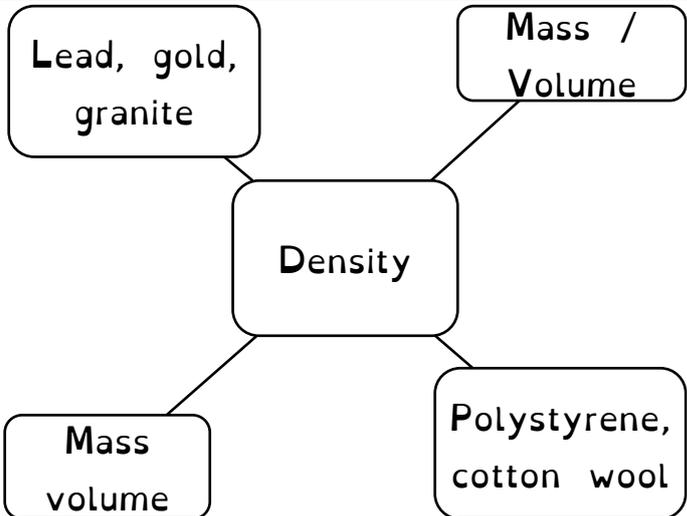
Food and  
Nutrition





# VOCABULARY ACTIVITIES

## "Density"

Define	Draw	In a sentence	Symbol
Density - the mass of matter per unit volume	 <p>Density is defined as mass per unit volume</p>	Iron has a higher density than wood.	
Antonyms	Synonyms	Etymology	Simile
Dispersion Lightness	Concentration Compactness Tightness	From the Latin word 'densus' meaning 'thick' or 'dense'	As dense as marble
Play:	Draw a Word Map	Gesture	
Ideas include: Pictionary Taboo Charades 20 questions			

# DT: FOOD & NUTRITION

Keyword	Definition
Additives	Substances added to food in small amounts to preserve or improve it. Normally identified as 'E' numbers.
Aerate	This is to add air or gas into a substance such as whisking egg whites for meringues.
Appliance	A piece of electrical equipment.
Attribute	An attribute is a quality, characteristic and/or feature of an object or product
Bacteria	Bacteria are single cell organisms that usually measure a few micrometers in length and exist together in communities of millions.
Best Before Date	The latest date by which food should be used for it to be in its best condition.
Braising	A cooking technique in which food is fried quickly and then cooked slowly with a small amount of liquid in a closed container.
Caramelisation	Caramelisation is the browning of sugar, a process used extensively in cooking for the resulting sweet, nutty flavour and brown colour.
Coagulation	Coagulation is defined as the transformation of proteins from a liquid state to a solid form. Once proteins are coagulated, they cannot be returned to their liquid state.
Coeliac	Coeliac disease is an illness where the body's immune system attacks its own tissues when you eat gluten. This damages the lining of the gut and you can't properly absorb nutrients.

## DT: FOOD & NUTRITION

Keyword	Definition
Consistency	This is the way in which a substance holds together; thickness or viscosity.
Cook-Chill	This is an advanced food preparation system. The technique involves the full cooking of food, followed by rapid chilling and storage at controlled temperatures for up to 5 days.
Coulis	A coulis is a form of thick sauce made from pureed and strained fruit or vegetables.
Cross Contamination	Cross contamination in food is how bacteria can spread. It occurs when juices from raw meats or germs from unclean objects touch cooked or ready to eat foods.
Danger Zone	The 'danger zone' is the temperature range in which bacteria grow most quickly. Above or below these temperatures limit the bacteria from multiplying.
Dehydration	The process of removing water from food and is used as a method of preservation.
Dextrinisation	Dextrinisation is the process involving the browning of starch foods when subjected to dry heat.
Dietary Reference Values (DRV's)	Dietary Reference Values (DRV) is the name of the nutritional requirements systems used by the UK Department of Health and the EU European Food Safety Authority.
Eatwell Guide	The Eatwell Guide is a visual representation based on 5 food groups and shows the proportion that each food group should contribute to a healthy, balanced diet.

## DT: FOOD & NUTRITION

Keyword	Definition
Emulsify	When liquids that do not readily mix together, such as oil and water, are combined they emulsify.
Environmental Health Officer (EHO)	The Environmental Health Officer (EHO) from your local authority will come to inspect your premises. Their purpose is to ensure the food your business produces is safe to eat.
Enzymic Browning	Enzymic browning is a reaction in fruit and vegetables which results in negative effects on colour, taste and nutritional value.
Fair Trade	Fair Trade changes the way trade works through better prices, decent working conditions and a fairer deal for farmers and workers in developing countries.
Farm Assurance	Product certification for agricultural products. Red Tractor is a UK quality assurance program for animal products and crops. Freedom Food, animal welfare assurance from the RSPCA.
Fermentation	Fermentation in food is the process of converting carbohydrates to alcohol or organic acids using microorganisms (yeast or bacteria).
Food Miles	Food miles is the distance food is transported from the time of its production until it reaches the consumer (also known as farm to fork).
Gelatinisation	Gelatinisation is when starch granules swell when heated in the presence of water. Prolonged heating and stirring is necessary to completely dissolve the starch granules.

## DT: FOOD & NUTRITION

Keyword	Definition
Genetically Modified (GM)	Genetically modified food (or GM food) is food produced from plants or animals whose DNA has been altered through genetic engineering.
Gluten	Gluten is a general name for the proteins found in wheat, oats, rye and barley. Gluten helps food maintain their shape, acting as a glue that holds food together.
H.A.C.C.P	Hazard Analysis and Critical Control Point – this is an internationally recognised system which requires potential hazards are identified and controlled at specific points in a process.
Hazard	There are 4 categories of food hazards: biological (contamination by microorganisms), chemical (natural or intentionally added), physical (foreign objects) and allergenic (reactions).
Hermetically Sealed	A hermetic seal is any type of sealing that makes a given object airtight. The term can describe the result of some food preservations such as vacuum packing and canning.
High Risk Foods	Foods that are ready to eat, that don't require further cooking and that provide a place for bacteria to live, are described as high-risk foods.
Hygiene	Hygiene refers to conditions and practices that help to maintain and prevent the spread of diseases. Personal hygiene refers to maintaining the body's cleanliness (washing hands etc).

## DT: FOOD & NUTRITION

Keyword	Definition
Lactose Intolerant	Lactose intolerance is a common digestive problem where the body is unable to digest lactose, a type of sugar mainly found in milk and dairy products.
Logo	A logo is the symbol of a company which is used on products.
Microorganism	A microorganism is an organism which is so small it cannot be seen with the naked eye. Bacteria, virus or fungus are types of microorganism.
Net Weight	This is the weight of product without the packaging.
Non-Starch Polysaccharide (NSP)	These are complex carbohydrates which are not digested by the body and which play a major part in dietary fibre.
Nutrients	Nutrients are compounds in foods essential to life and health, providing us with energy, the building blocks for repair and growth and substances to regulate chemical processes.
Organic	Food from plants and animals that are grown without chemicals or drugs.
Pasteurisation	Sterilisation of foods at temperatures that destroy harmful microorganisms without significant changes to the appearance or taste of the food.
Portion	A portion is how much food you choose to eat at one time. A serving or serving size is the amount of food listed on a product's nutritional information.
Preservatives	Something added to food to prolong its shelf life.
Raising Agent	Raising agents are powders that are added to baking mixtures which react chemically to release carbon dioxide (CO <sub>2</sub> ).

## DT: FOOD & NUTRITION

Keyword	Definition
Recycling	Recycling is the process of converting waste materials into new materials and objects.
Reference Intake	These are means of communicating maximum recommended nutrient intake to the public. Reference Intakes replaced Recommended Daily Amounts (RDAs).
Saturated Fat	This fat is found in butter, lard, ghee, fatty meats and cheese. Eating a diet high in saturated fats is linked to increased risk of heart disease.
Shortening	Shortening is any fat that is a solid at room temperature and is used to make crumbly pastry and other food products.
Traceability	This means the ability to track any food, feed, food producing animal or substance that will be used for consumption through all stages of production, processing and distribution.
Ultra-Heat Treatment (UHT)	This involves heating the food to 135 degrees and maintaining the temperature for a few seconds before rapidly cooling. This is to kill microorganisms.
Unsaturated Fat	This fat comes from plants. They tend to be liquid at room temperature and can improve your health by lowering cholesterol.

