Food Key Words Year 7

Eatwell Guide

The model of healthy eating for the UK

Carbohydrate

A nutrient providing slow-release energy

Dextrinisation

The process of toasting

Coagulate

The setting of food due to heat on protein

Protein

A nutrient needed for growth and maintaining body cells

Seasonal Foods

Foods at their best at set times in the year

Food Key Words Year 8

Calories

A unit of measurement for food energy

Dietary Goals

Advice about how to achieve a healthier diet such as eat less sugar, fat, salt, eat more fibre

Energy Balance

Where the energy input from food matched the energy used and bodyweight does not change.

Fibre

A plant-based substance essential for the body for a healthy digestive system. It can be soluble or insoluble.

Food Intolerance

When a person cannot properly digest a food which causes unpleasant symptoms

Gluten

The protein found in bread flour that makes dough stretch and elastic

Food Key Words Year 9

Aerate

The process of adding air to food

Cross contaminate

The movement of bacteria to other foods

Food Provenance

Where food originates

Pathogenic bacteria

Harmful organisms that can cause food poisoning

Primary Processing

The first stages in changing food products Ready for eating or making into other products

Shortening

The process of coating flour molecules with fat to stop gluten formation

Food Key Words Year 10

Cereals

A commodity group based on cultivated grasses grown for their grains/seeds

Complementation

Eating a mix of low biological value protein to ensure all essential amino acids are consumed

Malnutrition

Insufficient, excess or unbalanced nutrition

Non-Starch Polysaccharide

An alternative name for fibre

Nutrients

The macro and micronutrients our bodies require for good health: protein, carbohydrates, fats, vitamins & minerals

Nutrition

The study of nutrients and their role in the body

Food Key Words Year 11

Control

The unchanged variable against which you compare other variables

Experimental Error

Mistakes made in an experimental that can reduce the reliability of results

Fair Test

An investigation where one variable (the independent variable) is changed, and all other conditions (controlled variables) are kept the same

Hypothesis

A prediction made based on limited evidence as a starting point for an investigation.

Non-Examined Assessment (NEA)

The 2 tasks would will carry out in year 11 that form 50% of the final grade

Variable

Something that is changed during an experiment that can be measured or assessed