




<p style="text-align: center;">absorb</p> <p style="text-align: center;">ab / sorb</p>	<p>To take up</p> <p>Dry ingredients soak in or absorb liquids</p> 
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<p style="text-align: center;">after-taste</p>	<p>Flavour</p> <p>That stays in your mouth after some foods/drinks are swallowed</p> 
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<p style="text-align: center;">al dente</p> <p style="text-align: center;">al den / te</p>	<p>Describes rice pasta and vegetables which:</p> <p>Are cooked until firm to the bite but not soft.</p> <p>‘Means ‘to the tooth’</p>
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<p style="text-align: center;">appetising</p> <p style="text-align: center;">ap / pe / ti / sing</p>	<p>Causing</p> <p>A desire or want for food.</p> 
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artifact

ar / ti / fact

Anything made by a human.

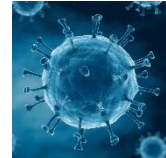


bacteria

bac / te / ri / a

Microscopic single celled organisms

Some can cause disease such as food poisoning.



baker's dozen

ba / kers doz / en

Extra bun or pastry (12 +1)

Given by the shop keeper to ensure the customer returned to the shop.



beat

To trap air into a mixture or liquid by:

Stirring quickly with a spoon, whisk, electric mixer/blender to make a smooth light mixture.



blend	Mix Two or more ingredients together so they are evenly combined
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bind	Stick or hold together A mixture using cream, eggs, gelatine or water
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boiling point boil / ing point	Temperature at which A liquid boils and bubbles ferociously
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calorie cal / o / rie	Amount of heat energy Necessary to raise temperature of 1 gram of pure water, one degree Celsius. The joule (J) has now replaced the calorie
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<p>cholesterol</p> <p>chol / est / er / ol</p>	<p>Substance</p> <p>Found in most cells in body, from which some fats and body controlling substances are made.</p> <p>High levels linked with heart disease</p>
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<p>compound</p> <p>com / pound</p>	<p>Combination</p> <p>Of two or more parts.</p>
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<p>concentrate</p> <p>con / cen / trate</p>	<p>Increase strength</p> <p>Of a liquid by reducing its volume, and in doing so improving the flavour.</p>
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<p>consistency</p> <p>con / sist / en / cy</p>	<p>Appearance or feel</p> <p>Of a mixture in terms of its:</p> <ul style="list-style-type: none">• elasticity• plasticity• stiffness• viscosity
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<p style="text-align: center;">consumption</p> <p style="text-align: center;">con / sump / tion</p>	<p>Eating or drinking</p> <p>Or</p>  <p>The amount eaten or drunk</p>
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<p style="text-align: center;">critical control points</p> <p style="text-align: center;">crit / i / cal con/ trol</p>	<p>Key points in manufacturing process</p> <p>Where decisions crucial to outcome are made.</p> <p>In food manufacturing could relate to: storage, weights/measures, preparation or cooking.</p>
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<p style="text-align: center;">dessert</p> <p style="text-align: center;">des / sert</p>	<p>Last course, formal meal.</p> <p>Today refers to a sweet or pudding course.</p> 
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<p style="text-align: center;">emulsion</p> <p style="text-align: center;">e / mul / sion</p>	<p>Mixture that results when:</p> <p>One liquid is added to another and is mixed with it, but does not dissolve into it.</p> <p>Ingredients should be at the same temperature and mixed/beaten quickly to avoid separation of ingredients.</p> <p>Example: Mayonnaise – oil suspended by egg yolk.</p>
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<p>enzyme</p> <p>en /zyme</p>	<p>Soluble proteins Made by living things.</p> <p>Most are destroyed by heat/strong acids/alkalis.</p> <p>Are catalysts, almost every reaction in living tissue is increased by an enzyme</p> <p>means 'in yeast'</p>
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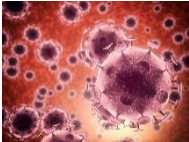
<p>environment</p> <p>en / vi / ron / ment</p>	<p>Surroundings in which:</p> <p>People live, the air, water and land.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>
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<p>extract</p> <p>ex / tract</p>	<p>Obtaining:</p> <p>Juices, essential oils or flavouring substances from an ingredient</p> 
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<p>flavouring essences</p> <p>flav / our / ing es / sen / ces</p>	<p>Extracted and bottled flavours</p> <ul style="list-style-type: none"> • very concentrated • give genuine flavour to food when added <p>Only fruits such as lemon, orange, vanilla and almond are used to flavour food on a mass production basis.</p>
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<p>fold in</p>	<p>Method of combining ingredients such as flour, egg white or cream.</p> <p>Using a metal spoon and light touch, with an under and over movement or figure eight.</p> 
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<p>food allergy</p> <p>food al / ler / gy</p>	<p>Condition or illness</p> <p>Caused by eating a particular food.</p>
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<p>food poisoning</p> <p>food pois / on / ing</p>	<p>Illness</p> <p>Caused by eating food infected by harmful bacteria</p> 
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<p>grate</p>	<p>Action of</p> <p>Rubbing food on a grater until it is reduced to small pieces.</p>
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<p>HACCP Hazard analysis and critical control points</p>	<p>Assessing risk of contamination</p> <p>Caused by eating a particular food</p>
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<p>hygienic</p> <p>hy / gien / ic</p>	<p>Study and practice</p> <p>Of cleanliness.</p>
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<p>identify</p> <p>i / den / ti / fy</p>	<p>Individual items of</p> <p>Food that goes into a recipe or food product.</p>
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<p>ingredients</p> <p>in / gre / di / ents</p>	<p>Individual items of</p> <p>Food in a recipe or food product.</p> 
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input	<p>All the resources</p> <p>Needed to make the food product including:</p> <p>equipment ingredients people energy <input type="text" value="(input of a food manufacturing system)"/></p>
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joule (j)	<p>Standard unit of measurement for energy and work</p> <p>Very small, commonly used unit is kilojoules (kj)</p> <p><input type="text" value="4186 = 1 kilocalorie (Kcal) = 1000 calories"/></p>
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knead	<p>Working dough</p> <p>With hands and fists, stretching and folding into a soft pliable texture.</p> <p><input type="text" value="Used in bread making"/></p> 
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liquidise li / qui / dise	<p>To turn a mixture</p> <p>From solid to liquid.</p>
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<p>measures</p> <p>meas / ures</p>	<p>Items used such as</p> <p>A cup, jug, or set of spoons to measure the exact size or amount.</p>
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<p>metric</p> <p>met / ric</p>	<p>Decimal system</p> <p>Of weights and measures.</p>
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<p>molecule</p> <p>mol / e / cule</p>	<p>Smallest part of any substance</p> <p>That can be separated without losing their chemical properties.</p>
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<p>nutrients</p> <p>nu / tri / ents</p>	<p>Chemical components of food</p> <p>Which when eaten and digested are absorbed by the body to help us:</p> <ul style="list-style-type: none">• grow• repair tissue• provide energy• regulate body processes
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<p>nutrition</p> <p>nu / tri / tion</p>	<p>Study of</p> <p>Various nutrients and their effect on the human body.</p>
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<p>obesity</p> <p>o / be / si / ty</p>	<p>A condition</p> <p>Where someone has excessive body fat.</p>
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<p>organic</p> <p>or / gan / ic</p>	<p>Food grown naturally</p> <p>Without the use of pesticides and herbicides.</p>
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<p>output</p>	<p>The product of a system</p> <p>For example: finished food product in food manufacturing.</p>
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packet foods	Food wrapped in materials to: <ul style="list-style-type: none">• Retain the food value, flavour and appearance.• Length of time food can be stored.
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process pro / cess	Action or series of actions Performed to provide an output. For example, in food manufacturing : Process that turns the ingredients into the food product (output).
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recipe rec / i / pe	List of instructions A formula for preparing food.
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refrigerate re / frig / er / ate	To reduce the temperature Between 00°C and 8° 
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rub in

Using fingertips

To gently rub margarine, butter or lard into flour to create a breadcrumb texture.

saccharine

sac / cha / rine

Crystalline substance

- Is soluble in water
- 550 times sweeter than sugar
- Leaves slightly bitter after-taste.
- No food or calorific value.
- Used by diabetics and in weight reduction diets.

salmonella

sal / mo / nel / la

Food poisoning bacterium

Sometimes found in raw chicken and eggs

seasoning

sea / son / ing

Used to enhance

Flavour of a meal, such as herbs and spices.



simmering

sim / mer / ing

To cook

Gently in liquid just below boiling heat.

versatile

ver / sa / tile

Having many kinds of

Skills and abilities and able to change from one activity to another.