

Glossary

Word	Definition / Describing Food
Appetising	Food that looks or smells delicious.
Artificial flavourings	Flavours that do not occur naturally and are man-made.
Bacteria	Some bacteria can cause food poisoning.
Balanced diet	Having a diet that is made up of the right quantities and proportions of foods needed to maintain health.
Beating	Mixing ingredients hard and fast to make them smooth.
Bitter	Food that tastes harsh or unpleasant.
Bland	Food that is dull and uninteresting.
Blend	Mix together, often in a blender.
Boiling	When the contents of a pan are bubbling hard.
Carbohydrates	A source of energy for the body.
Cereals	Breakfast food that is made from grain.
Cholesterol	A waxy substance made in the body. Too much cholesterol in the blood is bad for your health.
Chopping	To cut or slice food with a sharp knife.
Creamy	Food that tastes rich, thick and milk based.
Dairy	Food that is made from milk.
Delicious	Food that is very enjoyable or tasty.
Dry	Lacking moisture.
Fat	Fat is an important source of energy for the body.
Fish slice	For lifting or turning food over.
Flavour	What a food tastes like.
Flavoursome	Full of flavour.
Folding in	Combining two mixtures very carefully or gently.
Fruit	An important food group to maintain a healthy body. For example, apples, oranges and strawberries.
Germ	Germ can make our bodies sick.
Grating	A way of preparing thinly sliced food.
Greasy	Food that is covered with grease or feels oily.
Healthy	Food that is good for you. Having good health.
Ingredients	The different food that goes into making a recipe.
Kneading	To work something, such as dough, into a smooth mixture. Used in bread making.
Long handled fork	For helping turn food over.
Measuring	To help work out the right amount of ingredients needed for a recipe.
Metal spatula	For lifting food out or turning food over.
Minerals	Essential for a healthy body.
Mouthwatering	Food that is very appetising.
Omega 3	Found in foods like oily fish, walnuts, linseeds and green leafy vegetables. Omega 3 from plants are essential for good health.



Glossary continued

Word	Definition / Describing Food
Omega 6	Found in most vegetable oils, their seeds and spreads.
Peel	To take off the skin or rind.
Polyunsaturated fat	A good fat.
Portion	The amount of food served per person.
Protein	Protein is needed by the body for growth and repair.
Recipe	List of food and instructions on how to cook a dish.
Rich	Foods that contain lots of fat or sugar. Creamy taste. Foods that are high in something such as vitamins, minerals or calories.
Rubbing in	Rubbing fat and flour together with fingertips. Usually for making pastry.
Salt	Used for seasoning or preserving food.
Salty	Food that is high in salt.
Saturated fat	A bad fat.
Savoury	Salty or spicy food. To have an attractive smell or taste.
Seeds	A source of Omega 3 and / or Omega 6.
Sharp	A taste that is bitter or sour.
Sieving	To remove lumps from dry ingredients.
Simmering	To cook food gently just below boiling point.
Slicing	To cut a thin piece or a wedge from something. For example, a tomato.
Smooth	A mixture that has no lumps.
Sour	Having a sharp taste, for example lemon.
Spicy	Food that is strongly flavoured with spices.
Spread	To apply a layer. For example to spread healthy spread on toast.
Sticky	Food that is gooey. For example, honey.
Stirring	To mix ingredients with a spoon.
Succulent	Food that is juicy and delicious.
Sugary	Food that is high in sugar.
Sweet	Food that tastes of sugar or like sugar.
Taste	One of the five senses that makes out flavours.
Tasteless	Food that has little flavour.
Tasty	Food that is very flavoursome.
Trans fats	A bad fat.
Unhealthy	Food that if consumed in excess can be bad for your health.
Unsweetened	Foods that do not contain sugar or artificial sweeteners.
Vegetables	An important food group to maintain a healthy body. For example, potatoes, carrots and peas.
Vitamins	Essential for a healthy body.
Weighing	To carefully measure the right amount of dry ingredients needed for a recipe.
Whisking	To beat with a whisk or fork until frothy or stiff.
Wire whisk	For smoothing lumps from sauces or beating.

