

Glossary

Chapter 1: Measurement

Dry Ingredients (dry in·gre·di·ents): dry foods or spices used in cooking and baking

Packed: the ingredient is pushed or pressed into a measuring cup

Level Off (lev·el off): to make flat by scraping extra ingredients off the top of a measuring cup or spoon

Liquid Ingredients (liq·uid in·gre·di·ents): water, juices, milk and other liquid foods and flavorings used in cooking and baking

Chapter 2: Food Safety

Bacteria (bac·te·ri·a): tiny microorganisms, some are good for you and others can make you sick

Foodborne Illness (food·borne ill·ness): a sickness caused by eating foods containing harmful microorganisms

Microorganism (mi·cro·or·gan·ism): a tiny living thing that can only be seen with a microscope

Temperature Danger Zone (tem·per·a·ture dan·ger zone): between 41 degrees Fahrenheit and 135 degrees Fahrenheit

Chapter 3: Vegetables

Acid (ac·id): a chemical compound that tastes sour

Base: a chemical compound that tastes bitter

Chemical Reaction (chem·i·cal re·ac·tion): when two materials mix and react to make something new (sometimes good, sometimes bad)

Pigment (pig·ment): the material inside a plant that makes it colorful

Root: a plant part that grows underground and can be eaten

Vitamins (vi·ta·mins) and **Minerals** (min·er·als): the substances in food that our bodies need to be healthy and to use energy

Chapter 4: Fruits

Chemical Reaction (chem·i·cal re·ac·tion): when two materials mix and react to make something new (sometimes good, sometimes bad)

Drupes: fruits that have a single pit

Nutrients (nu·tri·ents): substances needed to keep the body healthy like vitamins and minerals

Pomes: fruits that have a paper-like core with seeds

Chapter 5: Milk and Cheese

Acid (ac·id): a chemical compound that tastes sour

Age: store for a period of time to develop flavor

Calcium (cal·ci·um): a mineral that helps build strong bones

Curds: Solid clumps that form when milk is curdled (curds are used to make cheese)

Enzyme (en·zyme): a protein that speeds up a chemical reaction

Nutrients (nu·tri·ents): substances needed to keep the body healthy like vitamins and minerals

Pasteurize (pas·teur·ize): to heat a food in order to kill bacteria

Whey: a thin liquid that is leftover after milk curdles

Chapter 6: Meat, Poultry and Fish

Casing (ca·sing): outer covering of a hotdog

Exoskeleton (ex·o·skel·e·ton): hard covering on the outside of a living thing that supports and protects it

Finfish (fin·fish): fish with bony skeletons. Examples: catfish, flounder and salmon

Lean: meat without any fat

Shellfish (shell·fish): fish with soft bodies inside a shell or exoskeleton. Examples: Clams and crabs

Omega-3 Fatty Acids (o·me·ga three fat·ty ac·ids): heart-healthy fats found in fish

Waste: part of the meat that is not used/eaten, such as grease

Chapter 7: Eggs

Chalazae (cha·la·za): the white strings on each side of the yolk that hold it in the center of the egg

Membrane (mem·brane): a very thin skin or covering

Porous (po·rous): having tiny pores or holes

Soft Peaks: egg white foams that stand up at first and then fall over

Stiff Peaks: egg white foams that stand up with only the tips falling over

Vitelline Membrane (vit·ell·ine mem·brane): the skin around the yolk

Chapter 8: Fats

Emulsifier (e·mul·si·fi·er): a substance that keeps two immiscible liquids from separating

Immiscible (im·mis·ci·ble): two liquids that won't mix (they naturally separate)

Interface (in·ter·face): the line between two layers of liquids that don't mix

Mouth Feel: the way food feels in your mouth due to temperature, creaminess, dryness or moisture

Saturated Fats (sat·u·rat·ed fats): less healthy fats

Trans Fats: man-made solid unhealthy fats

Unsaturated Fats (un·sat·u·rat·ed fats): healthier fats such as monounsaturated and polyunsaturated fats

Chapter 9: Grains

Farfalle (far·fal·le): pasta shaped like a bow tie

Fiber (fi·ber): a structure in plant foods that keeps your digestive system healthy (in plants, fiber supports leaves, stems and seeds)

Rotelle (ro·tel·le): pasta shaped like a wagon wheel

Staple Food (sta·ple food): a food that supplies most of the energy and nutrients for a group of people and usually is eaten daily

Whole Grains: grains with all three parts (bran, endosperm and germ)

Chapter 10: Meal Management

Menu (men·u): a list of foods for a single meal

MyPyramid for Kids (my·pyr·a·mid for kids): a guide for healthy eating
(www.mypyramid.gov/kids)

Recipe (rec·i·pe): instructions and a list of ingredients for making a food dish