





1. Culinary terminology			2. Nutrition			3. Food safety systems		
1	Al dente	How pasta should be cooked – texture should be soft with bite.	1	Eat Well Guide	Government guideline for healthy eating.	1	Food hygiene	4C's: Cross contamination, cleaning, cooking, chilling prevent food poisoning.
2	Herbs + Spices 	Herbs are generally green and spices are generally orange/brown. They are used to flavour and season food	2	Salt	Needed for nerve function. Too much can cause high blood pressure and too little can cause cramps and nausea	2	Cross contamination	When bacteria is transferred from one thing to another
3	Tender	Cooking food so it is easy to cut and chew (not tough).	3	Traffic light symbol	A grading system used on food packaging to inform you how healthy it is. Red = unhealthy. Orange = eat in moderation. Green = healthy	3	Key temperatures	Freezer -18°C Fridge 1-5°C Danger zone 3-63°C Temperature food needs to reach during cooking 75°C All bacteria killed at 121°C
4	Marinating 	To flavour and tenderise meat by leaving food to soak in a sauce, acid, spices.	4	Excess/deficiency	Excess is when too much and efficiency is when not enough is consumed.	4	Temperature probe	Used to take the internal temp of food. Clean before/after use. Insert in to the centre. Record temp after it has stabilised for 2mins.
5	Roux/all in one	Methods of making a white sauce.	5	Function	Job the nutrient fulfils within the body	5	High/low risk foods	Low risks foods: often either high in salt. Sugar, acid and low in moisture. High risk foods provide the perfect environment for bacteria to grow (moist, high in protein, warm)
6	Gelatinisation	The process of thickening a liquid using starch.	6	NSP	Also known as fibre needed for healthy digestion. Can cause constipation if deficient	6	Safe storage	It is important to store food safely to prevent it spoiling and food poisoning bacteria growing. Make sure food is sealed properly and fully cooled down before putting into the fridge or freezer.
7	Batter 	Muffin batter is different to cake batter as it should not be over mixed as it causes a tough texture	Key Vocabulary					
8	Sealing	Cooking meat at a high temperature to prevent it drying out when cooking	1	Multicultural	When people of different cultures come together to celebrate and share their different traditions			
9	Kneading 	Massage/work/squeeze dough. In bread it is to stretch gluten strands	2	Organoleptic testing	Using your senses to assess food.			
10	Proving	Leaving bread to rest to allow the yeast to ferment.	3	Ambient	Food stored at room temperature e.g. cereal			
11	Simmer	Temperature just below boiling point	4	Dormant	When food is frozen bacteria is not killed it is simply dormant (asleep)			
			5	SMEE issues	Social, moral, ethical and environmental issues. Including; red tractor, vegetarianism, GM foods.			

Red tractor
Organic
Vegetarianism
Recycling