

Project glossary

bake

To cook food in the dry heat of an oven.

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barbecue

To cook food over hot coals, which adds extra flavour to meat and vegetables.

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boil

To cook something in very hot water where large bubbles quickly rise to the surface of the water.

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calcium

An important mineral for healthy bones and teeth.

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carbohydrate

An important nutrient in our diet that consists of sugar, starch and fibre.

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design criteria

The goals that a project must achieve to be successful.

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Eatwell Guide

A guide from Public Health England in 2016 that shows the balance of foods we should eat for a healthy, balanced diet.

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fry

To cook food in a shallow frying pan with a little hot oil.

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grill

To cook food under a grill where the heat comes from above, and the fat can drain away.

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microwave

To cook food in a microwave oven, which is faster than in an oven.

mineral

A chemical substance found in food that your body needs in small amounts to stay healthy, such as calcium and iron.

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nutrient

Any substance that your body needs to live and grow, such as vitamins, minerals, proteins and carbohydrates.

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protein

An essential nutrient to build muscle and help growth and repair.

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ratatouille

A vegetarian dish made from onions, aubergines, courgettes, peppers and tomatoes.

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roast

To cook food in a little hot oil in an oven.

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simmer

To cook something in water at a temperature slightly below boiling.

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slow cooking

To cook food very slowly at a low temperature inside a slow cooker.

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steam

To cook food in the steam from boiling water using a steamer.

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taco

A Mexican street food made from a wheat tortilla filled with a meat or vegetarian filling and topped with salsa, lettuce and cheese.

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vitamin

A natural substance found in some foods that is needed in tiny amounts for the growth and good health of the body, such as vitamin C and B vitamins.