

Project glossary

balanced diet

A diet that contains a combination of the correct types and amounts of food.

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boil

To cook food by immersing in a pan of boiling water.

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carbon footprint

The total amount of greenhouse gases released into the atmosphere by an individual or organisation.

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dice

To cut food into small cubes measuring approximately half a centimetre.

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food hygiene

The conditions necessary to ensure food is handled safely to avoid the spread of bacteria.

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grate

To rub food against a grater to create small, shredded pieces.

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import

To bring goods in from another country for sale.

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nutritional value

The amount of protein, carbohydrate, fat, minerals and vitamins in a food or a meal.

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peel

To remove the skin of a fruit or vegetable, either with your fingers or with a knife or peeler.

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sauté

To cook food in a shallow pan by frying quickly with a small amount of butter or oil.

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seasonality

The time of year when the harvest or flavour of a type of food is at its best.

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steam

To cook food by heating in the steam from boiling water.