

Project glossary

additive

A substance that is added to food in order to improve its taste or appearance or to keep it fresh and stop it from decaying.

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flavouring

Something added to food to enhance its taste, such as herbs and spices.

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knead

To press dough firmly and repeatedly using your hands to make it ready to use.

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minimally-processed food

Food that has been changed slightly, such as a packaged apple.

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organic food

Food grown without the use of human-made fertilisers, pesticides or additives.

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pasteurise

To heat something, especially milk, at a controlled temperature for a fixed period of time in order to kill bacteria.

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preservative

Something added to food to make it last longer.

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processed food

Food that has been changed during its preparation.

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prove

To leave bread dough to rise.

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shelf life

The length of time a food product can be kept and remain usable.

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ultra-processed food

Food with artificial ingredients added that is usually ready to eat and is low in nutrients, such as sweets.

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unprocessed food

Food that has not been changed before it is eaten, such as an apple.

whole food

Food that has not been changed from its natural form or only minimally changed.

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yeast

A simple organism used to make bread rise.