

**Exploring Life and Career © 2012**  
**Chapter 8: Planning Meals—Glossary**

**à la carte.** A menu term meaning each food or course is listed and priced separately.

**allergens.** Substances that cause an allergic response in people that can be fatal.

**appetizer.** Light food or drink served before the meal.

**buffet service.** A style of meal service where people help themselves to food set out on a serving table.

**calorie information.** The number of calories in one serving of the food on the nutrition label.

**centerpiece.** A decorative object placed in the middle of the table.

**convenience stores.** Small stores offering little selection, but open long hours.

**course.** All the foods served as one part of a meal.

**cover.** The table space in front of a person's seat.

**Daily Values (DV).** Percentage figures on nutrition labels that help consumers see how food products fit into a total daily diet.

**dietary components.** A list of nutrients found in each serving of the food product on the nutrition label.

**etiquette.** Proper behavior in social settings.

**family service.** A style of meal service where people serve themselves as dishes are passed around the table.

**flatware.** Forks, knives, and spoons used for serving and eating.

**food shortage.** A condition in which there is not enough to meet the demand.

**grade labeling.** A rating of quality determined by the USDA for meats, poultry, and eggs.

**homogenization.** A process in which milk fat is broken into tiny pieces and spread throughout the milk.

**ingredients labeling.** Food products must list all ingredients, including allergens.

**manners.** Guidelines for behavior.

**meal patterns.** The number of times and types of foods you eat daily.

**menu.** A list of foods to be prepared and served.

**natural cheese.** Cheese made from milk.

**nutrition label.** A panel on a food product package with information about the nutrients the food contains.

**pasteurization.** A process in which a liquid such as milk is heated to destroy harmful bacteria.

**plate service.** A style of meal service where plates are filled in the kitchen. Then they are carried to the table and served to each person.

**process cheese.** Cheese made by melting and blending natural cheeses.

**produce.** Fresh fruits and vegetables.

**ripe.** Fully grown and developed.

**serving size.** The amount a person would normally eat; found on the nutrition label.

**servings per container.** The number of portions that are in the food package listed on the nutrition label.

**specialty food stores.** Store offering one type of food.

**supermarkets.** Chain stores offering a large selection of products.

**tableware.** Dishes, flatware, and glassware.

**universal product code (UPC).** A group of bars and numbers found on packages. This code provides pricing and other product information to a computer scanner.