

Preparing for Life and Career © 2013
Chapter 18: Buying and Storing Foods

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
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-
-
-

Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
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-
-
-

cruciferous vegetables

Strong-flavored vegetables that include Brussels sprouts, cauliflower, turnips, onions, broccoli, and cabbage.

- FOLD -

01 of 20 E-Flash Cards



Daily Values

References used on food labels to show consumers how food products fit into an overall diet.

- FOLD -

02 of 20 E-Flash Cards



evaporated milk

Form of canned milk made from whole milk, from which 60 percent of the water has been removed.

- FOLD -

03 of 20 E-Flash Cards



food additive

Any substance added to a food to improve the final product.

- FOLD -

04 of 20 E-Flash Cards

freezer burn

A white or gray-colored spot where food has dried out because of exposure to air in the freezer.

- FOLD -

05 of 20 E-Flash Cards



generic products

Products that have no brand names and usually cost less than both national and store brands.

- FOLD -

06 of 20 E-Flash Cards



gluten

A protein found in many grains that provides structure for baked goods.

- FOLD -

07 of 20 E-Flash Cards



in season

Foods that during their time of harvest are most plentiful and at a peak flavor.

- FOLD -

08 of 20 E-Flash Cards

legumes

The edible seeds of plants.

- FOLD -

09 of 20 E-Flash Cards



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marbling

The fat that is mixed in with the muscle part of the meat.

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10 of 20 E-Flash Cards



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open dating

A method used to help store employees and consumers know when a food product is fresh.

- FOLD -

11 of 20 E-Flash Cards



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organic foods

Foods raised without the use of pesticides, fertilizers, and drugs that are commonly used for crops and livestock.

- FOLD -

12 of 20 E-Flash Cards

pasta

Products made by rolling out and shaping flour dough.

- FOLD -

13 of 20 E-Flash Cards



pasteurization

A process in which products are heated to destroy much of the harmful bacteria they contain.

- FOLD -

14 of 20 E-Flash Cards



produce

Fresh fruits and vegetables.

- FOLD -

15 of 20 E-Flash Cards



stabilizers

Additives that maintain an ice cream's smooth, creamy texture.

- FOLD -

16 of 20 E-Flash Cards

sweetened condensed milk

Type of milk made from whole milk and sugar that has about 60 percent of its water removed.

- FOLD -

17 of 20 E-Flash Cards



ultra high temperature (UHT) milk

Milk sterilized by heating it to a very high temperature for a few seconds.

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18 of 20 E-Flash Cards



unit price

The cost for each measure of a product.

- FOLD -

19 of 20 E-Flash Cards



universal product code (UPC)

The group of bars and numbers that appears on product packaging.

- FOLD -

20 of 20 E-Flash Cards