

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

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

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

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

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

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

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

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

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

legumes. The edible seeds of plants.

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

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

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

pasta. Products made by rolling out and shaping flour dough.

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

produce. Fresh fruits and vegetables.

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

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

ultra high temperature (UHT) milk. Milk sterilized by heating it to a very high temperature for a few seconds.

unit price. The cost for each measure of a product.

universal product code (UPC). The group of bars and numbers that appears on product packaging.