

## **Adventures in Food and Nutrition! © 2012**

### **Chapter 12: Smart Shopping—Glossary**

**color additives.** Additives that make foods look more appealing.

**comparison shopping.** Comparing prices of different brands, forms, and sizes of the same item.

**convenience store.** A type of store often located near or in residential areas that are usually open longer than most other food stores.

**discount food stores.** A type of food store that offers food at lower prices because the store buys large amounts of food and offers few services.

**expiration date.** The last date a food should be eaten.

**farmers' market.** A marketplace where people can buy fresh fruits, vegetables, and eggs directly from the farm at lower prices.

**flavor additives.** Additives that make foods taste more appealing.

**food additive.** Any substance added to foods.

**Food and Drug Administration (FDA).** Federal organization that sets the standards for food labels for all foods except for meat and poultry.

**food cooperative.** A discount food store that is formed when a group of people get together and buy large amounts of food.

**freshness date.** The date that indicates how long a food will be fresh and tasty.

**generic products.** Products that have plain labels and are not advertised. They are often the least expensive.

**impulse buying.** Making an unplanned purchase.

**name brands.** Brands that cost the most because they have fancy packages and are advertised.

**neighborhood grocery store.** Small food store often owned and run by one family.

**nutrient additives.** Vitamins and minerals added to foods to make them more nutritious.

**open dating.** A system of putting dates on foods to help you to decide which package to buy and which to use first at home.

**organic foods.** Crops grown on farmland that have not been treated with human-made pesticides or weed killers or fertilized with sewage sludge. Organic meats are from farm animals that received no drugs or hormones to speed their growth rate.

**perishable foods.** Foods that spoil in a few days, such as fresh milk and meat.

**preservative.** An additive that helps keep foods fresh longer by preventing the growth of mold or bacteria.

**pull date.** The last day a food should be sold.

**sell date.** The last day a food should be sold.

**shopping plan.** A plan that helps you save time, energy, and money. It also helps you reach your food shopping goal of getting what you need at the best price.

**specialty shop.** A store that features one type of food.

**staple foods.** Foods that stay fresh for a long time, such as flour and sugar.

**store brands.** Brands sold by the supermarket chain.

**supermarket.** A type of large food store that offers special services and also sells nonfood items.

**texture food additives.** Additives that help ingredients blend well or improve the texture of foods.

**United States Department of Agriculture (USDA).** Federal organization that sets the standards for meat and poultry labels.

**unit price.** The cost per unit of an item.

**universal product code (UPC).** A series of black lines, bars, and numbers printed on food labels to identify the product and its manufacturer, size, and style or form for a computer programmed to reflect the current price of that item.