Chapter 14: Selecting Foods

Tools:
- Printer
- 8.5” x 11” paper
- Scissors

Directions:
1. Print
2. Fold paper in half vertically
3. Cut along dashed lines
aseptic packaging

A packaging technique in which foods and containers are sterilized separately before food is packed in the container in a sterilized chamber.

cereal

A starchy grain used as food, such as wheat, corn, rice, and oats.

convenience food

A food product that has some preparation steps finished.

expiration date

A date stamped on food products such as yeast and baby formula indicating the last day the product should be used or eaten.
Fish that have fins and backbones.

A substance added to a food for a specific purpose.

Storing the freshest food at the back of the shelf in order that the oldest foods, stored at the front of the shelf, will be used first.

A date stamped on food products such as baked goods that indicates the end of a product's quality peak.

finfish

food additive

food rotation

freshness date
Subjected to a process by which milkfat is broken up into tiny particles that remain suspended throughout milk.

Seeds that grow in the pods of some vegetable plants.

Using resources of skills, money, and time to put together nutritious meals.

The edible portion of animals, including muscles and organs.
meat analog

A plant-based protein product made to resemble various kinds of meat.

natural cheese

Cheese made from milk, whey, or cream.

open dating

A dating process that gives information about the freshness of foods.

pack date

A date stamped on food products such as canned goods that tells when the food was processed.
pasta

Grain products such as spaghetti, macaroni, and noodles.

pasteurization

A heating process that destroys harmful bacteria in dairy products.

poultry

Any domesticated bird used for meat and/or eggs.

process cheese

Cheese made by blending and melting two or more natural cheeses.
Fresh fruits and vegetables.

A date stamped on food products such as dairy products and cold cuts that shows the last day a store should sell the product.

A shelf-stable food packaging method in which foods are sealed in a foil pouch and then sterilized.

Fish that have shells instead of backbones.

produce

pull date

retort packaging

shellfish
unit pricing

A consumer aid that shows the cost per standard unit of weight or measure for a product.

universal product code (UPC)

A group of bars and numbers appearing on a product that contains price and product information.