

Glossary

A

- abbreviation.** A shortened form of a word. (10)
- abdominal thrust.** A technique that can help save a choking victim. (8)
- acesulfamek.** A type of sugar substitute sold in the United States. (3)
- advertising.** A type of food marketing that involves telling people about food products. (1)
- aged cheese.** Cheese stored for a time before it is sold. (20)
- al dente.** Pasta that is cooked until it is tender but firm. (18)
- all-purpose flour.** The most common type of flour, which can be used in nearly all recipes. (18)
- amino acids.** The building blocks of proteins. (2)
- anorexia nervosa.** An eating disorder that causes people to starve themselves. (4)
- antidote.** A substance that works against a poison. (8)
- antioxidants.** Substances that protect the cells from damage that can be caused by oxygen. (2)
- appetite.** The desire to eat certain foods and reject others. (1)
- aquaculture.** Raising fish like crops. (22)
- aromatic seeds.** Seeds that are tasty or scented. (16)
- aspartame.** A type of sugar substitute sold in the United States. (3)

B

- bacteria.** Tiny organisms that are found everywhere. A few types can cause foodborne illness. (9)
- bake.** To cook in hot air in an oven. (10)
- bar cookies.** Cookies made by spreading soft cookie dough in a pan. After baking, the cooled cookies are cut into bars. (24)
- barbecue.** To roast slowly over hot coals or in an oven and baste with a spicy sauce. (10)
- baste.** To moisten foods during baking or roasting with fat, juice, or sauce. Basting adds flavor and keeps the food moist. (10)
- batter.** A mixture containing flour and water that can be poured. (19)
- beat.** To stir quickly with a spoon, wire whisk, beater, or mixer until ingredients are smooth. (10)
- beef.** The meat from cattle that is over a year old. (21)
- berries.** Small, juicy fruits that contain many tiny seeds. (15)
- binge eating.** An eating disorder that involves the rapid eating (or chewing and spitting out) of thousands of calories in a short time. (4)
- biotechnology.** Using biological processes to create plants and animals with new traits. (16)
- blanch.** To put a food in boiling water for a very short time to precook it. (10)
- blend.** To mix ingredients until they are very smooth. (10)
- blue plate style.** A type of meal service in which the foods are placed on each person's plate in the kitchen and taken to the table. (13)
- boil.** To cook in hot liquid that has bubbles that rise and break on the surface of the liquid. (10)
- botulism.** A deadly foodborne illness. (9)
- braise.** To cook large pieces of meat or poultry slowly in a liquid. (10)
- bran.** The tough, outer coat of a kernel of grain. (18)
- bread flour.** A type of coarse flour used to make hearty, firm breads. (18)
- broil.** To cook directly under a very hot heating unit in an oven. (10)
- brown.** To make the surface of a food brown by baking, broiling, or toasting it. (10)
- brown rice.** The whole rice kernel. It contains more nutrients and fiber than other types of rice. (18)
- browning pan.** A pan made of materials that absorb microwave energy. This causes them to get so hot that foods become brown and crisp. (6)
- buffet style.** A type of meal service in which the serving dishes are placed together on a serving table. Diners pick up the tableware they need, then walk around the serving table to serve themselves. (13)
- built-in dishwasher.** A type of dishwasher built into a cabinet with a permanent connection to hot water, a drain, and electricity. (5)
- bulb.** A short, rounded bud that has a very short stem covered with overlapping leaves. (16)
- bulimia nervosa.** An eating disorder that causes people to binge and purge themselves. (4)

butter. The fat found in milk. (20)

buttermilk. A cultured milk product made by adding bacteria to whole, low-fat, or fat-free milk. (20)

C

cake flour. A smooth, silky flour used to make cakes that have a light and delicate texture. (18)

calcium. A nutrient needed to build bones and teeth, transmit nerve signals, and contract muscles. (2)

calorie. A measure of the energy value of food. (2)

calorie balance. Eating the same number of calories as you burn. (4)

campylobacter. Bacteria that are the most common cause of foodborne illness. (9)

candling. Shining a very bright light on eggs in order to judge their quality. (23)

carbohydrate. A nutrient that provides energy. It is found in every food of plant origin. Sugars, starch, and fiber are types of carbohydrates. (2)

carbon monoxide. A colorless, odorless deadly gas. (8)

cardiopulmonary resuscitation (CPR). A lifesaving technique that helps save a victim who isn't breathing and whose heart has stopped. (8)

career. The work in a certain field that a person does for a long period of time. (25)

career ladder. A series of jobs in the same field to which a person can advance. (25)

career wellness. Having a good attitude about school and work and feeling good about what you achieve. (1)

carryover cooking. Occurs when meat is removed from the heat and the temperature inside the meat continues to rise. (21)

casings. A thin skin shaped like a tube; holds ground meats such as sausage. (21)

chalazae. Two white stringlike structures that hold the yolk in the middle of an egg. (23)

chest freezer. A freezer with the door on top. (5)

chiffon pies. Light, airy pies that contain gelatin and beaten eggs. (24)

chill. To put food in the refrigerator to make it cold. (10)

cholesterol. A fatlike substance that occurs naturally in the body. (2)

chop. To cut into small, uneven pieces. (10)

citrus fruit. A type of fruit that has a leathery skin, many segments filled with juicy pellets, and grows on trees. (15)

clostridium botulinum. Bacteria that cause botulism. (9)

clostridium perfringens. Bacteria that grow quickly at danger zone temperatures. (9)

cold pack cheese. A blend of cheeses. (20)

color additives. Additives that make foods look more appealing. (12)

combination oven. An oven with two or more oven types all in one. (5)

comparison shopping. Comparing prices of different brands, forms, and sizes of the same item. (12)

complete protein. Food of animal origin that contains all the amino acids needed by the body. (2)

connective tissue. Long, thin tissue that holds muscles together. (21)

continuous cleaning oven. A type of oven with special coating on the inside walls. This coating causes spatters and spills to burn away during cooking. (5)

convection oven. A type of oven that cooks food with circulating hot air. (5)

convenience food. Food that has been partially or totally prepared when you buy it. (11)

convenience store. A type of store often located near or in residential areas that are usually open longer than most other food stores. (12)

conventional method. Mixing method used for shortened cakes in which fat and sugar are creamed together, the eggs added, and sifted dry ingredients are added alternately with the liquid ingredients. (24)

conventional oven. A type of oven that uses the hot air inside to cook food. (5)

converted rice. Rice made by steaming whole rice kernels. Steaming draws some of the nutrients from the bran and germ into the endosperm where they are trapped. After the kernels dry, the bran and germ are removed. (18)

cooked dressing. A dressing made with vinegar or fruit juice and flour, cornstarch, or egg yolks. Cooked dressings do not contain fat or oil. (17)

cooking and serving center. The space in a kitchen where food is cooked and placed in serving dishes; it can include a range, microwave oven, and convection oven. (5)

cooktop. Part of a range that cooks food in pots through heat produced by surface units. (5)

cool. To let heated food come to room temperature. (10)

corn oil. Oil made by squeezing the germ of corn kernels. (18)

- corn syrup.** Syrup made by changing the starch of the endosperm of the corn kernel into sugar. (18)
- cornmeal.** Meal ground from the whole corn kernel or just the endosperm. (18)
- cornstarch.** A fine, white powder made from the starch of corn endosperm. (18)
- cover.** The space needed on a table for one place setting. (13)
- cream.** To beat sugar and a solid fat, such as butter, together until they are smooth, light, and fluffy. (10)
- cream pies.** Pies that have a baked crust filled with pudding and topped with meringue or whipped cream. (24)
- cross-contamination.** Spreading bacteria to work surfaces, utensils, hands, or food. (9)
- cube.** To cut food into cubes about 1/2-inch in size. (10)
- culture.** The knowledge, beliefs, religion, and traditions shared by a group of people. (1)
- cultured milk products.** Dairy products produced by adding certain helpful bacteria to milk. (20)
- curds.** The solid pieces in milk that can stick together to form lumps. (20)
- custard pies.** Pies that contain eggs and milk. (24)
- custom.** A practice a group of people do often; the usual way of doing things. (1)
- customer service.** Career area that involves working with customers. (25)
- cut in.** To combine solid fat, such as shortening, with a flour mixture by cutting the fat into tiny pieces with knives or a pastry blender. (10)
- cuts.** Animal carcasses cut into smaller portions. (21)

D

- danger zone.** Temperatures at which bacteria grow fastest (40° to 140°F or 5° to 60°C). (9)
- deep-fry.** To cook food by completely immersing it in hot fat. This is also called French frying. (10)
- diet.** All the foods a person eats. (1)
- Dietary Guidelines for Americans.** A set of recommendations that can help you choose a nutritious diet. (3)
- Dietary Reference Intakes (DRIs).** A set of guidelines for the amounts of many nutrients needed each day. (2)
- dietitian.** A nutrition expert. (2)
- 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. (12)

- discretionary calories.** The calories left after meeting your nutrient needs with nutrient-dense foods. (3)
- dough.** A mixture containing flour and water that is thick and stiff enough to be handled or kneaded. (19)
- dovetail.** To do two or more tasks at the same time. (13)
- drain.** To remove liquid from a food by pouring off the liquid or drying the food with paper towels. (10)
- drawn fish.** A whole fish with only its inner organs removed. (22)
- dressed fish.** A drawn fish with its scales, head, tail, and fins removed. (22)
- drop cookies.** Cookies made by dropping spoonfuls of dough onto a cookie sheet. (24)
- drop-in range.** A range designed to fit between two counters. (5)
- drupes.** A type of fruit that has one large pit or seed and grows on trees. (15)
- dual fuel range.** A range that uses both gas and electricity. (5)

E

- E. coli 0157:H7.** One of the most dangerous types of bacteria, found in undercooked meat. (9)
- eating center.** Space in a kitchen where people can sit to eat a meal or snack. (5)
- egg white.** Part of the egg that is almost pure protein and is fat-free. (23)
- egg yolk.** Part of the egg where most of the nutrients, fat, and cholesterol are found. (23)
- electric range.** A type of range that produces heat when electricity flows through coils of wire. (5)
- emotional wellness.** Feeling good about yourself, keeping friendships, and having a positive outlook in both good and bad times. (1)
- empty-calorie foods.** Foods that provide small amounts of vitamins and minerals per calorie. (3)
- emulsifier.** An ingredient that causes oil to mix with water. (17)
- emulsion.** A mixture of oil and water. (17)
- endosperm.** The largest part of a grain kernel. It contains mostly starch. (18)
- enriched.** Foods that have nutrients that were lost during processing added back to them. (18)
- environment.** A person's surroundings and experiences. (1)
- evaporated milk.** Milk product made by removing half the water from fresh milk and canning it. (20)

exhaust fan. A fan used with a cooktop that helps remove smoke, odors, steam, and grease from the air. (5)

expiration date. The last date a food should be eaten. (12)

F

fad diet. A quick weight loss diet that doesn't usually work and can be harmful to health. (4)

family style. A type of meal service in which each person serves his or her own plate, then passes the serving dish to the next person. (13)

farina. A coarsely ground flour. Most of the bran and germ are removed. It is cooked and served as a hot breakfast cereal. (18)

farmers' market. A marketplace where people can buy fresh fruits, vegetables, and eggs directly from the farm at lower prices. (12)

fat. A nutrient used to supply calories to the body. (2)

fat-free milk. Milk that has the fat skimmed off before it is homogenized. (20)

fat-soluble vitamin. Vitamin that dissolves in fat. (2)

fat substitute. A product that makes foods moist and creamy without adding fat. (3)

finfish. Seafood that has a backbone and fins. (22)

first aid. Treatment given right after an accident happens that helps relieve pain and prevent further injury. (8)

fish fillets. The sides of a dressed fish. They are cut along the backbone from behind the head to the tail. (22)

fish steaks. Crosswise slices of a dressed fish. (22)

fish sticks. Strips cut from fillets. Most fish sticks are breaded and sold frozen. (22)

flavor additives. Additives that make foods taste more appealing. (12)

flour. A fine powder ground from wheat kernels. (18)

foam cakes. Cakes that contain no fat; sometimes called unshortened cakes. (23)

fold. To combine ingredients by sliding a spatula down through a mixture, gently lifting and turning the ingredients until the mixture is blended. (10)

folic acid. Sometimes called *folate*, this B-vitamin is used to build strong, healthy blood and is needed to fight infections. This vitamin also helps prevent brain and spine birth defects. (2)

food additive. Any substance added to foods. (12)

Food and Drug Administration (FDA). Federal organization that sets the standards for food labels for all foods except for meat and poultry. (12)

foodborne illness. Disease caused by a pathogen in food. (9)

food cooperative. A discount food store that is formed when a group of people get together and buy large amounts of food. (12)

food marketing. Any type of action that a company takes to get you to buy their food. (1)

food poisoning. Another name for foodborne illness. (9)

food preparation. A career area that involves preparing food to be sold. (25)

food science. The study of how foods change chemically through natural processes or when they are prepared or stored. (1)

foodborne illness. Disease caused by a pathogen in food. (9)

formal style. A type of meal service in which the kitchen staff serves one course at a time. After you eat the course, the tableware you have used is removed. Clean tableware is brought to the table with the next course. This process continues until the whole meal is served. (13)

free radicals. A form of oxygen created when the body burns calories. (2)

freestanding range. A type of range that has surface units on the top and an oven below. (5)

freeze. To lower the temperature of a food to its freezing point or below. (10)

freezer burn. Pale, dry, tough patches appearing on food that has been in the freezer too long. (21)

French dressing. A dressing made with salad oil, vinegar or lemon juice, mustard, and paprika. (17)

fresh cheese. Cheese that is ready to eat as soon as it is made. (20)

fresh cream. Milk product that contains much more fat than milk. (20)

fresh juice. The liquid from squeezed fresh fruit. (15)

freshness date. The date that indicates how long a food will be fresh and tasty. (12)

frozen juice concentrate. Fresh juice with most of its water removed. Sometimes sugar is added. (15)

frozen milk concentrate. Milk product made by removing most of the water and fat from milk. (20)

fruit ade. A drink that contains water and sugar. Some contain juice; others only fruit flavoring. (15)

fruit drink. A drink that has natural juice flavor, but may not contain any real fruit juice. (15)

fruit juice drink. A drink made by adding water and sugar to small amounts of juice. (15)

fruit nectar. Fruit juice and pureed fruit. (15)

fruit pies. Pies made with fresh, frozen, or canned fruit blended with sugar and cornstarch or flour. (24)

full warranty. A warranty that covers an entire appliance. (5)

functional foods. Foods rich in phytochemicals. (2)

G

garnish. A decoration you can eat that adds color to meals. (11)

gas range. A type of range that produces heat when gas combines with oxygen in the air and burns. (5)

gelati. Ice cream. (18)

gelatin. A powdered protein substance that, when mixed with liquid, forms a firm, jellylike consistency. (17)

gelatinization. This process occurs when starch granules absorb water, swell, and cause a liquid to become thicker. (18)

generic products. Products that have plain labels and are not advertised. They are often the least expensive. (12)

germ. The smallest part of a grain kernel. It contains most of the kernel's nutrients. A new plant sprouts from the germ. (18)

gluten. A sticky, elastic protein that forms when flour is mixed with liquid. (19)

goals. Aims you want to achieve. (25)

gram. A measure of weight. (2)

granules. Tiny pieces of starch inside the endosperm of a grain seed. (18)

grate. To cut food into small pieces using the small holes of a grater. (10)

gratuity. A sum of money given to restaurant staff to show thanks for good service; also called a tip. (14)

grease. To rub lightly with fat or oil. (10)

grind. To crush food into very tiny bits by putting it through a food grinder. (10)

grits. Coarsely ground hominy. Grits are served as a hot breakfast cereal. (18)

H

half-and-half. A mixture of milk and cream. It has the least fat of all creams. (20)

healthy weight. The weight that is right for a person's age and height. (4)

heat susceptor. A cooking tray or cover that works like a browning pan. (6)

hepatitis. Foodborne illness caused by a virus found in water contaminated with sewage. (9)

herbs. Leaves from certain shrubs used to add flavor to foods. (16)

hominy. Large, dried pieces of corn endosperm that are boiled and served as a side dish. (18)

homogenized. Milk or cream in which the fat has been broken into tiny pieces by a special process. This process keeps the fat and watery liquid in milk or cream from separating. (20)

hunger. The physical need for food. (1)

hydrogenation. The process that turns an unsaturated fat into a saturated one. (2)

I

impingement oven. An oven that cooks food with blasts of high-speed heated air. (5)

impulse buying. Making an unplanned purchase. (12)

incomplete protein. Food of plant origin that contains most, but not all, of the amino acids needed by the body. (2)

instant flour. A special form of all-purpose flour. It is processed in a way that allows it to mix easily in cold liquids. (18)

intellectual wellness. Keeping your mind active and learning new knowledge and skills. (1)

interview. A planned meeting between a job applicant and an employer. (25)

iron. A nutrient found in red blood cells. Its job is to carry oxygen to body cells and remove carbon dioxide. (2)

iron deficiency anemia. A common disease caused by a low intake of iron. (2)

J

juice made from concentrate. Juice made by adding water to juice concentrate. The added water replaces the water that was removed to make the concentrate. (15)

julienne. To cut food into long, thin strips the size of matchsticks. (10)

K

knead. To press and fold a ball of dough with the heels of your hands until the dough is smooth and elastic. (10)

L

lamb. The meat from a sheep that is less than one year old. (21)

landfill. Large hole in the ground where trash is stored. (11)

leavened bread. Bread that contains baking soda, baking powder, or yeast, which causes it to rise. (19)

leavening agent. Ingredient added to baked goods that produces gas bubbles, which cause the baked goods to rise. (19)

legumes. High-protein seeds, such as dry peas, dry beans, lentils, and peanuts, that grow in a pod. (23)

lifestyle. The type of life a person leads based on energy and time use. (1)

light cream. Cream that has less fat than whipping cream. (20)

limited warranty. A warranty that states conditions under which an appliance will be serviced, repaired, or replaced. (5)

listeria. Bacteria that are found mostly in raw milk. (9)

long grain rice. A type of rice that is light and fluffy when it is cooked. (18)

low-fat milk. Milk that has some of the fat skimmed off. (20)

M

magnetron. A device that converts electricity into microwaves. (6)

malt. A sticky, sugary substance produced when barley sprouts. (18)

management. A career area that involves working with both customers and employees. (25)

marbling. Streaks of fat running through lean meat. (21)

mayonnaise. A type of dressing made with oil, egg yolks, and vinegar or lemon juice. (17)

medium grain rice. A type of rice that sticks together when cooked. (18)

melons. Large, moist fruits that grow on vines and contain seeds. They have a thick skin that may be smooth or rough. (15)

microwaveable foods. Foods specially packaged for microwave cooking. (6)

microwaves. A type of electromagnetic energy. (6)

mince. To cut food into very small pieces. (10)

mineral. Inorganic substance that is needed for function, growth, and repair of the body. (2)

mix. To combine ingredients by stirring or beating them. (10)

mold. Bacterial colonies that look like fuzzy growths on the surface of foods. (9)

molded cookies. Cookies shaped with the hands. (24)

Mr. Yuk symbol. A symbol that lets people, especially children, know that a product is poisonous. (8)

mutton. Meat from an older sheep. (21)

MyPlate. A tool that displays key parts of a nutritious diet. (3)

N

name brands. Brands that cost the most because they have fancy packages and are advertised. (12)

natural toxins. Poisons found in certain plants and animals. (9)

neighborhood grocery store. Small food store often owned and run by one family. (12)

neural tube defects. Brain and spine birth defects. (2)

nonfat dry milk. Milk product made by removing all the fat and water from whole milk. (20)

noodles. A type of pasta with egg added to the dough. (18)

nutrient additives. Vitamins and minerals added to foods to make them more nutritious. (12)

nutrient-dense foods. Foods that provide a large amount of vitamins and minerals compared to the calories. (3)

nutrient supplement. Product used to add nutrients to the diets of people who are sick, injured, or known to have a nutrient deficiency. (2)

nutrients. The materials found in foods that are needed to build and repair body tissues and provide energy. (1)

nutrition. The study of nutrients and how the body uses them. (1)

nutritious diet. A diet that includes energy and all the nutrients in the amounts needed. (1)

O

obese. Having an excessive amount of body fat. (4)

omega-3 fats. A type of unsaturated fat that provides many important health benefits. (2)

one-dish meal. A meal prepared in one dish or pan that includes foods from several food groups. (14)

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. (12)

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. (12)

osteoporosis. A disease resulting from a lack of calcium in the diet that causes bones to wear away, become brittle, and break easily. (2)

oven. Part of a range that uses hot air to cook food in pans on shelves. (5)

P

pan-broil. To cook meat in its own fat. (10)

parasite. An organism that lives inside or on a host. (9)

parboil. To boil until partly cooked. (10)

pare. To cut off outer skin with a knife or vegetable peeler. (10)

partially prepared food. Food that needs some preparation. Most need to be blended with other ingredients. (11)

pasta. A shaped dough made with wheat flour and water. (18)

pasteurized. Milk or cream that has been heated to a high temperature for a few seconds to kill harmful bacteria. (20)

pasteurized process cheese. A blend of two or more cheeses. (20)

pathogen. An organism or substance that invades the body and damages its cells. (9)

peel. To strip or pull off the outer skin using your fingers or a knife. (10)

perishable foods. Foods that spoil in a few days, such as fresh milk and meat. (12)

permanent emulsion. A type of emulsion in which the ingredients do not separate. They stay mixed. (17)

philosophical wellness. Knowing what's important to you and finding meaning and purpose in your life. (1)

physical wellness. Not being sick, eating a healthy diet, being physically fit, and taking steps to avoid injuries. (1)

phytochemicals. Compounds that work together with vitamins, minerals, and fiber to promote good health. (2)

place setting. All the dinnerware, flatware, glassware, and table linen used by one person. (13)

planning and message center. Part of a kitchen with counter space for writing menus and making shopping lists and storage space for cookbooks. (5)

poach. To cook food gently in simmering liquid. (10)

polenta. A pudding made with cornmeal. (18)

polished rice. The endosperm of the rice kernel. It has less than half as many nutrients as brown rice. (18)

pome. A type of fruit that has a core that contains seeds and grows on trees. (15)

popcorn. A type of corn that contains a tiny drop of water inside each kernel. When it is heated, the water turns into steam. The pressure of the steam causes the kernel to explode. (18)

pork. The meat from pigs. (21)

portable dishwasher. A type of dishwasher that can be stored anywhere and is rolled to the sink to wash dishes. (5)

poultry. Any bird raised for meat. (21)

preheat. To heat an oven to the cooking temperature before putting food in the oven. (10)

preparation and storage center. The space in a kitchen where foods are prepared and stored, usually between the refrigerator and range. (5)

preservative. An additive that helps keep foods fresh longer by preventing the growth of mold or bacteria. (12)

pressed cookies. Cookies made by pushing dough through a cookie press. (24)

prime. The top grade of beef and veal. (21)

processed meat. Any meats that have been prepared in some way other than cutting or grinding. (21)

produce. Fresh fruits and vegetables. (15)

product placement. When food marketers pay TV and movie producers to put a product in their show. (1)

protein. A type of nutrient needed for growth and repair of the body. Proteins are made of amino acids. (2)

pull date. The last day a food should be sold. (12)

puree. To grind or mash food until it becomes smooth and liquid. (10)

purge. To rid the body of food by vomiting or abusing laxatives. (4)

Q

quality grade. An evaluation system for beef based on the age of the animal, amount of marbling, and the color and texture of the muscle. (21)

quick-mix method. Mixing method used for shortened cakes in which dry ingredients are sifted into a mixing bowl, the fat and liquid are added, then the eggs are added. (24)

R

R.S.V.P. An abbreviation written on invitations that means “please reply.” (13)

ready-to-eat food. Packaged food that doesn’t need any preparation. (11)

recipe. A list of ingredients and directions for preparing a food. (10)

references. People an employer can call to ask about your abilities as a worker. (25)

refined grains. Grain foods that are made with only the endosperm. (18)

refrigerator cookies. Cookies formed when dough is shaped into a roll. It is then wrapped tightly and refrigerated. Once it is well chilled, the dough is cut with a knife into thin slices and baked. (24)

resources. Ways and means, such as time and money, that are used to complete a task. (11)

roast. To bake meat, fish, or poultry uncovered in hot air in an oven or over hot coals. (10)

rolled cookies. Cookies made by rolling out the dough and cutting it into shapes. (24)

S

saccharin. A type of sugar substitute sold in the United States. (3)

salmonella. Type of bacteria found in raw poultry and eggs. (9)

salt substitute. A product that contains the mineral potassium instead of sodium; used to help people reduce their sodium intake. (3)

sanitation. The study and use of methods that create a clean, healthy environment. (9) A career area involves keeping a restaurant and its supplies clean. (25).

saturated fat. A type of fat that causes the level of cholesterol in the blood to rise higher than normal. (2)

sauté. To brown or cook lightly and quickly in a small amount of hot fat, also called panfrying. (10)

scald. To heat milk just until tiny bubbles form at the edge of the pan. (10)

scrape. To remove a very thin layer of outer skin by rubbing it with a knife or vegetable peeler. (10)

seasoners. Substances that add fragrance and flavor to foods. (16)

seasoning. A blend of two or more spices, herbs, or seeds. (16)

self-cleaning oven. A type of oven that, when set on “clean,” becomes very hot and burns food spills to ashes. (5)

self-rising flour. All-purpose flour that has salt and baking powder added to it. (18)

sell date. The last day a food should be sold. (12)

serrated. Having a sawtooth edge. (7)

shellfish. Seafood with no bones or connective tissue; most have a hard shell. (22)

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. (12)

short grain rice. A type of rice that sticks together when cooked. (18)

shortened cakes. Cakes that contain fat such as butter or shortening. (24)

shred. To cut food into long, very thin strips using a knife or the large holes of a grater. (10)

sift. To put dry ingredients through a flour sifter or fine sieve. (10)

simmer. To cook in liquid that is almost boiling, but is not hot enough to bubble. (10)

slice. To cut food into flat pieces. The pieces may be thick or thin. (10)

slide-in range. A range designed to slide in between two counters. (5)

small appliances. Electrical tools that can be moved easily from one place to another. (7)

social wellness. Building healthy relationships with family and friends and working to improve the world. (1)

sodium. A mineral that performs many vital functions, such as maintaining the body’s water balance, helping muscles relax, and helping nerves transmit messages to the brain. (2)

sodium nitrite. An ingredient added to cured meats. It gives them a pink color and helps to preserve them. (21)

sour cream. Product made by adding bacteria to light cream. (20)

specialty shop. A store that features one type of food. (12)

speed scratch cooking. Cooking that combines the speed of convenience foods with the fresh foods used in scratch cooking. (11)

spices. Bits of bark, fruits, flowers, and roots used to add flavor to foods. (16)

spina bifida. A condition in which the spine did not close normally during fetal development. (2)

standing time. The period of time that occurs right after cooking time in a microwave oven. During this time, the heat inside the food causes it to finish cooking. It also helps to evenly distribute heat inside the food. (6)

staphylococci. Bacteria that are found in protein-rich foods, cream filled pastries, and moist salads made with chopped foods (such as potato salad, macaroni salad, and ham salad). (9)

staple foods. Foods that stay fresh for a long time, such as flour and sugar. (12)

starch. A type of carbohydrate stored in plants. It must be broken down by the body before it can be used as an energy source. (2)

steam. To cook in a pan using steam that rises from boiling liquid. (10)

steam oven. An oven that cooks food by spraying superheated steam that is almost 600°F (315°C). (5)

stew. To slowly cook small pieces of food in moderate amounts of liquid. (10)

stir. To slowly move a spoon in a circle to combine ingredients. (10)

stir-fry. To cook small pieces of food by stirring quickly in a very small amount of hot fat. (10)

store brands. Brands sold by the supermarket chain. (12)

sucralose. A type of sugar substitute sold in the United States. (3)

sugar. A type of carbohydrate that furnishes calories but no other nutrient. It is used by the body as an energy source. (2)

sugar substitute. A product that sweetens foods without adding calories. (3)

supermarket. A type of large food store that offers special services and also sells nonfood items. (12)

surface unit. Part of a range that is used to cook food in pots. (5)

sweetened condensed milk. Milk product made by adding a very large amount of sugar to evaporated milk and canning it. (20)

T

tarts. Small pies. (24)

temporary emulsion. Type of emulsion in which the ingredients mix when shaken, but separate again in a few minutes. (17)

texture food additives. Additives that help ingredients blend well or improve the texture of foods. (12)

thermal oven. A type of oven that uses the hot air inside to cook food; also called a conventional oven. (5)

tip. A sum of money given to restaurant staff to show thanks for good service. (14)

toast. To brown foods using dry heat, usually in an oven or toaster. (10)

tofu. A soft, custard-like food made from soybeans. (23)

toxin. Poison. (9)

trans fat. The type of saturated fat formed by hydrogenation. (2)

trichina. Roundworms found in raw or partly cooked pork or wild game. (9)

trichinosis. A disease caused by roundworms. (9)

tropical fruit. A type of fruit that grows only in warm, sunny climates. (15)

tuber. The swollen portion of a plant's underground stem. (16)

turnovers. Pockets of pastry dough filled with any food used in a pie filling. (24)

U

United States Department of Agriculture (USDA). Federal organization that sets the standards for meat and poultry labels. (12)

UHT milk. A form of milk that is pasteurized at a higher temperature than normally used. The higher temperature preserves the milk, which stays fresh for several months when stored in a cool, dry place. (20)

underweight. A body weight that is much lower than a healthy weight. (4)

Underwriters Laboratories (UL). Association that tests electrical appliances. (5)

unit price. The cost per unit of an item. (12)

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. (12)

unleavened bread. Bread that does not contain leavening agents, so it does not rise. (19)

unsaturated fat. A type of fat that does not cause blood cholesterol levels to rise. (2)

upper limit of safety. The highest level of vitamins and minerals you can safely take. (2)

upright freezer. A type of freezer with a door that swings outward. (5)

V

values. Beliefs and ideas that are important to you. (25)

variety meats. The organs of an animal. (21)

- veal.** The meat from cattle that is a few weeks old. (21)
- vegetable spices.** Strongly flavored vegetables. (16)
- vegetarian.** Person who does not eat meat, fish, or poultry. (23)
- virus.** An agent of infectious disease. (9)
- vital functions.** Body processes that keep you alive. (4)
- vitamin.** An organic substance needed by the body for function, growth, and repair. (2)
- vitamin C.** A vitamin that helps the body heal wounds and keeps gums healthy. (2)
- volume.** The space an ingredient occupies. (10)

W

- warming drawer.** A drawer that keeps cooked foods warm or hot until mealtime. (5)
- warranty.** A seller's guarantee that a product will perform as specified and will be replaced or repaired if it fails within a certain time. (5)
- water-soluble vitamin.** Vitamin that dissolves in water. (2)
- weight.** A unit of mass. (10)
- weight control.** Keeping your body at a healthy weight. (4)
- wellness.** Being at the highest level of health. (1)
- wheat bran.** The outer covering of a kernel of grain. It is high in fiber. (18)
- wheat germ.** The germ of the wheat kernel. (18)
- whhey.** The liquid portion of milk that is left after curds form. (20)
- whip.** To beat rapidly with a wire whisk, beater, or mixer in order to make a mixture smooth and fluffy. (10)
- white flour.** A flour made by grinding only the endosperm. The bran and germ are removed. (18)
- whole fish.** Fish that is sold just as it was when it was caught. (22)
- whole grain foods.** Cereal foods that include all three parts of the kernel. (18)
- whole milk.** Milk that contains the most fat. (20)
- whole wheat flour.** A flour made by grinding the entire wheat kernel. (18)
- wild rice.** The seeds of a water plant. (18)
- work center.** Area in the kitchen where a certain type of task is done and the equipment needed for the task is stored. (5)
- work schedule.** A plan that lists the time needed to prepare a meal, eat, and clean up. (13)

Y

- yeast.** A tiny plant that is the leavening agent used in breads. (19)
- yield.** The number and size of portions a recipe will make. (10)
- yogurt.** Product made by adding bacteria to fat-free, low-fat, or whole milk. (20)

Z

- zinc.** A mineral needed for normal body growth and repair. (2)