

# Glossary

## Chapter 1: Measurement

**Dry Ingredients** (dry in·gre·di·ents): dry foods or spices used in cooking and baking

**Packed:** the ingredient is pushed or pressed into a measuring cup

**Level Off** (lev·el off): to make flat by scraping extra ingredients off the top of a measuring cup or spoon

**Liquid Ingredients** (liq·uid in·gre·di·ents): water, juices, milk and other liquid foods and flavorings used in cooking and baking

## Chapter 2: Food Safety

**Bacteria** (bac·te·ri·a): tiny microorganisms, some are good for you and others can make you sick

**Foodborne Illness** (food·borne ill·ness): a sickness caused by eating foods containing harmful microorganisms

**Microorganism** (mi·cro·or·gan·ism): a tiny living thing that can only be seen with a microscope

**Temperature Danger Zone** (tem·per·a·ture dan·ger zone): between 41 degrees Fahrenheit and 135 degrees Fahrenheit

## Chapter 3: Vegetables

**Acid** (ac·id): a chemical compound that tastes sour

**Base:** a chemical compound that tastes bitter

**Chemical Reaction** (chem·i·cal re·ac·tion): when two materials mix and react to make something new (sometimes good, sometimes bad)

**Pigment** (pig·ment): the material inside a plant that makes it colorful

**Root:** a plant part that grows underground and can be eaten

**Vitamins** (vi·ta·mins) and **Minerals** (min·er·als): the substances in food that our bodies need to be healthy and to use energy

#### **Chapter 4: Fruits**

**Chemical Reaction** (chem·i·cal re·ac·tion): when two materials mix and react to make something new (sometimes good, sometimes bad)

**Drupes:** fruits that have a single pit

**Nutrients** (nu·tri·ents): substances needed to keep the body healthy like vitamins and minerals

**Pomes:** fruits that have a paper-like core with seeds

#### **Chapter 5: Milk and Cheese**

**Acid** (ac·id): a chemical compound that tastes sour

**Age:** store for a period of time to develop flavor

**Calcium** (cal·ci·um): a mineral that helps build strong bones

**Curds:** Solid clumps that form when milk is curdled (curds are used to make cheese)

**Enzyme** (en·zyme): a protein that speeds up a chemical reaction

**Nutrients** (nu·tri·ents): substances needed to keep the body healthy like vitamins and minerals

**Pasteurize** (pas·teur·ize): to heat a food in order to kill bacteria

**Whey:** a thin liquid that is leftover after milk curdles

#### **Chapter 6: Meat, Poultry and Fish**

**Casing** (ca·sing): outer covering of a hotdog

**Exoskeleton** (ex·o·skel·e·ton): hard covering on the outside of a living thing that supports and protects it

**Finfish** (fin·fish): fish with bony skeletons. Examples: catfish, flounder and salmon

**Lean:** meat without any fat

**Shellfish** (shell·fish): fish with soft bodies inside a shell or exoskeleton. Examples: Clams and crabs

**Omega-3 Fatty Acids** (o·me·ga three fat·ty ac·ids): heart-healthy fats found in fish

**Waste:** part of the meat that is not used/eaten, such as grease

## Chapter 7: Eggs

**Chalazae** (cha·la·za): the white strings on each side of the yolk that hold it in the center of the egg

**Membrane** (mem·brane): a very thin skin or covering

**Porous** (po·rous): having tiny pores or holes

**Soft Peaks:** egg white foams that stand up at first and then fall over

**Stiff Peaks:** egg white foams that stand up with only the tips falling over

**Vitelline Membrane** (vit·ell·ine mem·brane): the skin around the yolk

## Chapter 8: Fats

**Emulsifier** (e·mul·si·fi·er): a substance that keeps two immiscible liquids from separating

**Immiscible** (im·mis·ci·ble): two liquids that won't mix (they naturally separate)

**Interface** (in·ter·face): the line between two layers of liquids that don't mix

**Mouth Feel:** the way food feels in your mouth due to temperature, creaminess, dryness or moisture

**Saturated Fats** (sat·u·rat·ed fats): less healthy fats

**Trans Fats:** man-made solid unhealthy fats

**Unsaturated Fats** (un·sat·u·rat·ed fats): healthier fats such as monounsaturated and polyunsaturated fats

## Chapter 9: Grains

**Farfalle** (far·fal·le): pasta shaped like a bow tie

**Fiber** (fi·ber): a structure in plant foods that keeps your digestive system healthy (in plants, fiber supports leaves, stems and seeds)

**Rotelle** (ro·tel·le): pasta shaped like a wagon wheel

**Staple Food** (sta·ple food): a food that supplies most of the energy and nutrients for a group of people and usually is eaten daily

**Whole Grains:** grains with all three parts (bran, endosperm and germ)

## **Chapter 10: Meal Management**

**Menu** (men·u): a list of foods for a single meal

**MyPyramid for Kids** (my·pyr·a·mid for kids): a guide for healthy eating  
([www.mypyramid.gov/kids](http://www.mypyramid.gov/kids))

**Recipe** (rec·i·pe): instructions and a list of ingredients for making a food dish