**FOOD STUDIES 8 – WORD(S) OF THE DAY**

**1. Hygiene:** Practice of keeping yourself clean to prevent illness and disease. Examples: washing hands; tie back long hair.

**2. Sanitation:** The process of keeping work areas clean and germ free. Examples: washing dishes in HOT soapy water; cleaning counter tops.

**3. Dish cloth:** A square cotton cloth used for washing dishes, pans, cutlery, etc. Also used to wipe/clean work surfaces. Smaller than a tea towel.

**4. Tea Towel:** A rectangular cotton cloth used for drying clean dishes after they are washed. Also used to wipe dry sinks and taps after labs.

1. **Ingredient:** An edible substance used in a recipe. Examples: flour, seasonings,

 **(food)** sugar, milk, cheese, eggs, etc.

**6. Calorie:** The amount of energy needed to raise the temperature of 1 kilogram of water 1 degree Celsius. Often used to measure the energy value of foods; also known as a Kilocalorie.

**7. Nutrients:** Found in food, these substances are required by your body for optimal health. Examples: water, protein, carbohydrates, vitamins, and minerals.

**8. Mix/Stir:** To combine two or more ingredients together until they are equally distributed in the mixture. Examples: flour with sugar/spices.

**9. Beat:** To thoroughly and vigorously combine ingredients together using a fork, whisk, or electric mixer. Examples: eggs, cream, butter or margarine.

**10. Saucepan:** A deep metal cooking pot, usually with a long handle and a lid.

**11. Drop Batter:** A mixture of flour and liquid in a 2:1 ratio which is thick enough to be dropped from a spoon and hold its shape. Examples: muffins and cakes.

**12. Tunnels:** Long, narrow air passages in baked products caused by over-mixing the batter or dough which results in the over development of the gluten in the baked product.

**13. Pasta:**  Is an all-inclusive term for cereal products made from wheat, flour, water, and eggs.

**14. Al dente:** Pasta cooked until tender, but firm to the bite, tooth, or fork.

**15. Cream:** To beat a solid fat (butter, margarine, shortening) either alone or with sugar, until it has a light, fluffy consistency.

**FOOD STUDIES 8 – WORD(S) OF THE DAY (page 2)**

**16. Leavening** A substance such as baking powder, baking soda, or yeast that **Agent:** produces carbon dioxide gas to make products rise during baking.

**17. Dough:** A soft mass of moistened flour thick enough to knead or roll.

**18. Knead:** To work dough into a smooth, pliable mass by pressing and folding the dough by hand or machine.

**19.** **Sauté:** To cook food quickly in a small amount of hot fat (oil, butter, margarine, shortening), until softened but not browned.

**20. Skillet:** A shallow pan used for frying foods. AKA – a frying pan.