

Project glossary

best before date

The date printed on food packaging by manufacturers to show the date the food should be eaten by to have the best flavour and texture.

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canning

A method of food preservation that involves sealing food in cans, then heating the cans to kill the microorganisms in the food.

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chop

To cut into small pieces with a knife.

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cling film

Thin, transparent plastic wrap used to cover foods and keep them fresh.

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decay

The process in which food or other substances stop being good enough to eat or use.

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design criteria

The goals that a project must achieve to be successful.

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drying

A method of food preservation that removes moisture and stops microorganisms from growing.

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food poisoning

An illness caused by eating food that contains harmful bacteria.

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freezing

A method of food preservation that involves cooling foods to very low temperatures, which slows the growth of microorganisms.

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grate

To shred using a grater.

healthy snack

A snack that contains less sugar and fats than convenience snacks, such as hummus and vegetable sticks or fruit skewers.

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mash

To crush and soften with a masher.

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microorganism

A living thing that is too small to be seen without a microscope, such as bacteria and fungi.

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net

A 2-D shape that can be cut out and folded to make a 3-D shape.

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packaging

A method of food preservation that provides a barrier to protect foods from microorganisms, moisture and air.

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pasteurising

A method of food preservation that involves briefly heating a food to a high temperature to kill microorganisms before being quickly cooled.

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peel

To remove the skin using a peeler.

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pickling

A method of food preservation where the food is placed in a liquid, such as vinegar, which stops oxygen from reaching the food and reduces the growth of microorganisms.

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preservation

A practice that prevents the growth of microorganisms on food.

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refrigerating

A method of food preservation that involves cooling foods to low temperatures, which slows the growth of microorganisms.

salting

A method of food preservation where the food is covered with salt, which draws out moisture so that microorganisms cannot grow.

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slice

To cut into thin, flat pieces with a knife.

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tear

To pull apart using hands.

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Tetra Pak

Cardboard cartons used to protect and store liquids.

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Tupperware

Airtight, plastic boxes used to keep food fresh.

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use by date

The date printed on food packaging by manufacturers to show when the food must be eaten by before it starts to decay and possibly cause illness.