

# Project glossary

**balanced diet**

A diet that contains a combination of the correct types and amounts of food.

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**boil**

To cook food by immersing in a pan of boiling water.

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**carbon footprint**

The total amount of greenhouse gases released into the atmosphere by an individual or organisation.

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**dice**

To cut food into small cubes measuring approximately half a centimetre.

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**food hygiene**

The conditions necessary to ensure food is handled safely to avoid the spread of bacteria.

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**grate**

To rub food against a grater to create small, shredded pieces.

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**import**

To bring goods in from another country for sale.

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**nutritional value**

The amount of protein, carbohydrate, fat, minerals and vitamins in a food or a meal.

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**peel**

To remove the skin of a fruit or vegetable, either with your fingers or with a knife or peeler.

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**sauté**

To cook food in a shallow pan by frying quickly with a small amount of butter or oil.

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**seasonality**

The time of year when the harvest or flavour of a type of food is at its best.

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**steam**

To cook food by heating in the steam from boiling water.