

Subject: Food Preparation & Nutrition

Section 1: Key Vocabulary

Tier 3 vocabulary	Definition
HBV	High Biological Value, proteins that provide all amino acids
LBV	Low Biological Value, proteins which only contain some of the amino acids
Protein complementation	Combining two or more forms of LBV to get all of the amino acids
Slaughter	When an animal is killed for consumption
Marinades and rubs	All meats can have seasoning rubbed into the their surface or be soaked in a liquid. They can tenderise the meat and add flavour.
Canned (tinned) meat	Meat sealed, cooked and stored in tins. Meats including corned beef or ham.
Mechanical action	The meat can be beaten with a hammer to separate the fibres and tenderise the meat.
Smoking	The meat is cut and smoked to preserve and add flavour
Salting	Meat can be soaked in brine. Can be applied to brisket, ox tongue, bacon and ham.

Tier 2 vocabulary

Definition	Definition
Reared	Bring up, care for until the animal is ready for slaughter
Cow	Beef, veal
Sheep	Lamb, mutton
Pigs	Pork, bacon, gammon, ham, sausages
Poultry	Birds for eating; turkey, chicken
Livestock	Four legged animals reared for eating eg cows, sheep, pigs
Offal	Internal organs of an animal used for food eg; tongue, kidneys, liver
Game	Non-domesticated animal hunted for food eg; deer, pheasant
Veal	Meat from a cow under 1 year old
Mutton	Meat from a sheep over 3 years old
Seafood	Animals found in the sea which can be eaten
75°C	The core temperature meat needs to be

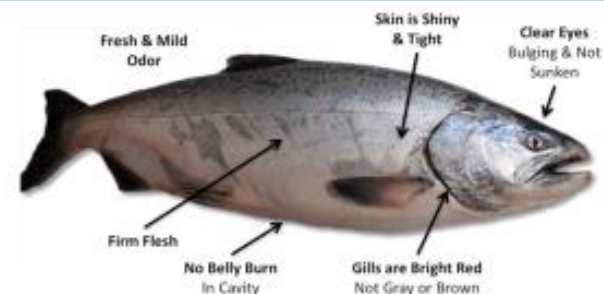
Section 2: Key Content: Macronutrient Sources and function

Macro-nutrient	Function	Source
Proteins	Protein is digested by the body into its component parts – called amino acids. There are 8 which are essential for adults and 12 for children. HBV protein foods contain all the essential amino acids. LBV have one or more missing. High Biological Value (HBV) protein: Meat, fish, poultry, eggs, Quorn, milk, soya, Quinoa Low Biological Value (LBV) protein: Tofu, beans, nuts, seeds, grains eg wheat	It is needed for growth and repair, the production of body chemicals eg enzymes and hormones Is also a source of secondary energy 1g protein = 4Kcal Complementary proteins – eating a mixture of LBV proteins in order to get all the essential amino acids eg Beans on toast

Section 3: Key Content: Fish and Meat

Vocabulary	Definition
Freshwater fish	Fish from freshwater eg; trout
Saltwater fish	Fish from the sea eg; haddock, cod, tuna, mackerel
Crustaceans	Animals with an exoskeleton eg; crabs, lobsters, shrimps, prawns, crayfish
Calamari	Octopus and squid
Shell fish	Animals with an exoskeleton that can be eaten eg: clams, mussels, scallops, winkles, razor clam and oysters
Anadromous fish	Fish that are born in freshwater and migrate to seawater eg salmon
Nutritional value of fish	<ul style="list-style-type: none"> •Fish provides as much protein as meat. •The flesh of white fish contains no fat. •The livers contain vitamins A and D. •The flesh of oily fish contain vitamins A and D, and omega-3 (unsaturated fatty acids, essential for health). •Small bones in sardines, herring and tinned salmon provide phosphorous and calcium. Oily fish is less digestible than white fish, be-

Quality checks



•Lean meat should be bright red, with thin streaks of white fat (marbled). Fat should be firm, brittle in texture, creamy white in colour and odourless. Fat from older animals and dairy breeds is a deeper yellow.



Meat muscle has:

- 75% water
- 20% protein
- 5% fat

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Section 1: Key Vocabulary

Tier 3 vocabulary	Definition
Coagulation	When protein is heated and it becomes firm
Protein denaturation	Irreversible molecular changes to protein. Caused by; pH, mechanical action heat eg when an egg is boiled.
Glazing	Beaten egg brushed over a starchy food to give a golden shine when baked eg pasty, pies
Binding	Holding ingredients together eg; the beef mince in burgers
Enriching	Add additional flavour and colour to dough, pasta custard
Crème patisserie	A rich, sweet custard used in fruit tartlets
Lecithin	A yellow fatty substance (yolk) used as a stabiliser in emulsions
Stabiliser	Added to unstable emulsions to prevent oil and water separating
Setting agent	An ingredients added to make a food set, become firm
Foams	When air is trapped inside eg; chocolate mousse, meringue

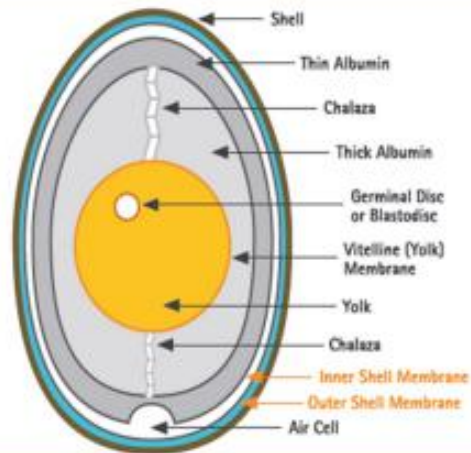
Tier 2 vocabulary

Tier 2 vocabulary	Definition
Air cell	an empty space located at the large end of the egg; it is between the inner and outer shell membranes.
Chalaza	a spiral, rope-like strand that anchors the yolk in the thick egg white. There are two chalazae anchoring each yolk, one on the top and one on the bottom. (The plural of chalaza is chalazae.)
Inner shell membrane	the thin membrane located between the outer shell membrane and the albumin.
Outer shell membrane	the thin membrane located just inside the shell.
Shell	the hard, protective coating of the egg. It is semi-permeable; it lets gas exchange occur, but keeps other substances from entering the egg. The shell is made of calcium carbonate.
Thick albumen	the stringy part of the egg white (albumin) located nearest the yolk.
Thin albumen	the watery part of the egg white (albumin) located farthest from the yolk.
Yolk	the yellow, inner part of the egg where the embryo will form. The yolk contains the food that will nourish the embryo as it grows
Portioning a chicken	Cutting up a chicken into specific parts

Eggs and Alternatives

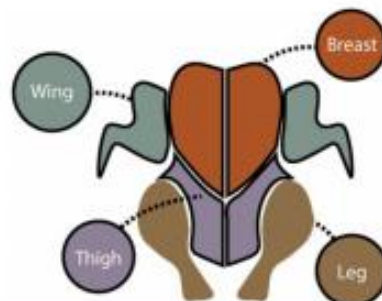
Section 2: Key Content: the egg

The parts of an egg



Quality checks of chicken

- Packaging should be undamaged.
- There should be no freezer burn (white patches on the skin).
- Breasts should be plump and breast bones pliable.
- Flesh should be firm.
- Skin should be unbroken and white (broiler chickens have



Section 3: Farming and Protein Alternatives

Keyword	Definition
Caged chickens	Poor quality of life Restricted diet Often force fed More likely to contract illness Less expensive
Free range chickens	Better quality of life Wide ranging diet Can roam free, exercise Less likely to pick up illness More expensive
Organic chickens	Bred in conditions with free access to outdoors and fed with food that doesn't contain growth hormones. Most expensive than other farming methods
TVP	Textured vegetable protein Mainly manufactured from soya beans •High protein content. •Used as a meat extender in food manufacturing (or in catering), replacing up to 60% of the meat in a dish. This saves money while providing nutrients and acceptable appearance. Also made from wheat, oats, cotton seed or other sources
Mycoprotein	Produced from a fungus related to the mushroom. •Contains protein and fibre. •Made by fermentation (similar to yoghurt production). •Used as an alternative to meat; suitable for vegetarian dishes.
Quorn	A brand and variety of mico-protein. •Low in fat; high in protein. •Does not shrink during preparation and cooking. •Has a mild, savoury flavour and absorbs flavour from herbs, etc. •Available frozen: cook from frozen or defrost in the refrigerator. After defrosting, keep refrigerated and use within 24 hours.