



Vocabulary List for Food

Year 8



Vocabulary	Definition	Example
Shortening	Fat used for making pastry, making the pastry flaky.	You use fat to make Shortcrust pastry which makes the pastry flaky.
Sieving	To put a food product like flour through a sieve to remove large particles but also to add air into the ingredient.	You can sieve the flour to add air into the product.
Gluten	This is present in wheat which helps the texture of the pastry or dough making it elastic.	Gluten is in the flour which is made from wheat and you use this to make pastry.
Rubbing -In Method	To rub together fat and flour to make breadcrumbs which will add air to the mixture.	The rubbing – in method is used to make the breadcrumbs in pastry before adding a little water.
Investigation	The action of investigating something through research.	You will be carrying out an investigation to look at how products are made and why they are made that way.
Raising Agent	A substance added to a food product that makes them rise when cooked.	You will look at different raising agents when making a product, to see which one will be the best to help a product rise.
Lamination	Air is trapped each time flaky and rough puff pastry is rolled and folded to make layers.	When you work with rough puff pastry you will see the lamination the pastry has to help it rise and puff up.
Nutrients	They are chemicals found in food which gives the body nourishment which are essential for life and growth.	Different nutrients are needed in your diet to help you grow and be healthy.
Shortcrust Pastry	A crumbly pastry made with flour, fat and a little water, typically used for pies, flans, tarts.	You will learn to make shortcrust pastry which will allow you to make a range of different products to eat as a family.
Micronutrients	They refer to vitamins and minerals which the body needs in small amounts for normal growth and development.	You will be looking at different vitamins and minerals and which foods they are in, making sure you are getting a healthy balanced diet.

