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. canning A method of food preservation that involves sealing food in cans, then heating the cans to kill the microorganisms in the food. chop To cut into small pieces with a knife. cling film Thin, transparent plastic wrap used to cover foods and keep them fresh. decay The process in which food or other substances stop being good enough to eat or use. design criteria The goals that a project must achieve to be successful. drying A method of food preservation that removes moisture and stops microorganisms from growing. food poisoning An illness caused by eating food that contains harmful bacteria. freezing A method of food preservation that involves cooling foods to very low temperatures, which slows the growth of microorganisms.

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.
mash To crush and soften with a masher.
microorganism A living thing that is too small to be seen without a microscope, such as bacteria and fungi.
net A 2-D shape that can be cut out and folded to make a 3-D shape.
packaging A method of food preservation that provides a barrier to protect foods from microorganisms, moisture and air.
pasteurising A method of food preservation that involves briefly heating a food to a high temperature to kill microorganisms before being quickly cooled.
peel To remove the skin using a peeler.
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.
preservation A practice that prevents the growth of microorganisms on food.
refrigerating

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



A method of food preservation where the food is covered with salt, which draws out moisture so that microorganisms cannot grow.
slice To cut into thin, flat pieces with a knife.
tear To pull apart using hands.
Tetra Pak Cardboard cartons used to protect and store liquids.
Tupperware Airtight, plastic boxes used to keep food fresh.
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.