

## Food and Nutrition – DT



**Good Health**: Good **health** involves drinking enough water and **eating** the right amount of **foods** from the different **food** group.

**Balanced Diet**: To keep **healthy**, it is vital to eat a **balanced diet**. This **means eating foods** that contain nutrients in the correct amount. There are different types of nutrient, including carbohydrates, lipids, proteins, vitamins and minerals.



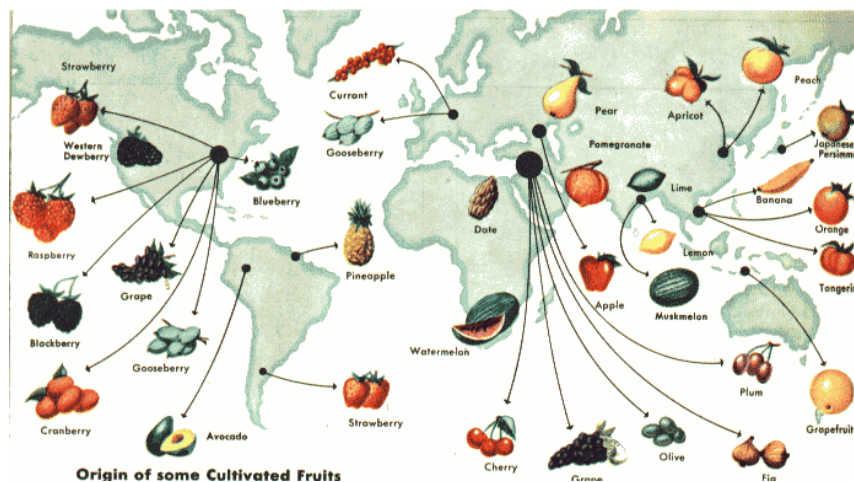
**Seasoning**: Adding salts, herbs and spices to food to give it more flavour.

**Flavour**: The taste of food.



## Words to Describe Taste

1. **Acidic**: A food with a sharp taste. ...
2. **Bitter**: A tart, sharp, and sometimes harsh flavour.
3. **Bittersweet**: A less harsh taste than bitterness. ...
4. **Briny**: Another word for salty.
5. **Citrusy**: A bright flavour like that of lemons, limes, oranges, and other citrus fruits.



## Origin of food: Where food comes from.

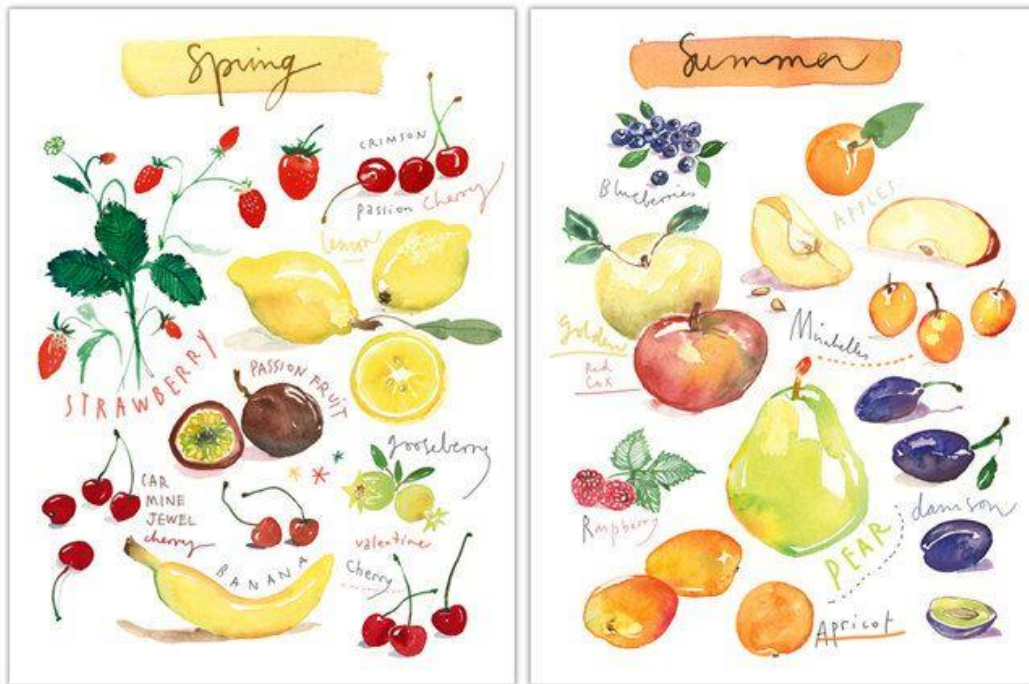
Food is sourced, processed and sold in different ways. Our food has to be **grown, reared** or **caught**. The food is then processed in different ways. Finally, the food is sold to the public through a range of different methods, such as farm shops/markets, supermarkets, butchers/delicatessens, online retailers, restaurants and cafes. Some people **grow food** at home or at allotments.



**Food Appearance:** The **appearance** of a **food** includes its size, shape, colour, structure, transparency or turbidity, dullness or gloss and degree of wholesomeness or damage. **Appearance** includes all visible attributes.



**Ingredients:** Any of the foods or substances that are combined to make a particular dish. Ingredients perform a variety of functions in foods, including providing nutrition, flavour, colour, physical stability and many more. All ingredients used in food are required by law to be listed on the food's nutrition facts panel.



**Seasonality:** Seasonality of food refers to the times of year when a given type of food is at its peak, either in terms of harvest or its **flavour**.



**Seasonal food:** is generally **fresher** and often tastes better than food grown **out of season**. Food grown out of season can be more expensive and may provide fewer **nutrients**.

## 120 Words to Describe Flavors and Textures

Acidic	Greasy	Sautéed
Acrid	Goey	Savory
Aged	Gritty	Seared
Bitter	Harsh	Seasoned
Bittersweet	Hearty	Sharp
Bland	Heavy	Silky
Burnt	Herbal	Slimy
Buttery	Hot	Smokey
Chalky	Icy	Smothered
Chewy	Infused	Smooth
Chocolatey	Juicy	Soggy
Citrusy	Lean	Soupy
Cool	Light	Sour
Creamy	Lemony	Spicy
Crispy	Malty	Spongy
Crumbly	Mashed	Stale
Crunchy	Meaty	Sticky
Crusty	Mellow	Stale
Doughy	Mild	Stringy
Dry	Minty	Strong
Earthy	Moist	Sugary or sweet
Eggy	Mushy	Sweet-and-sour
Fatty	Nutty	Syrupy
Fermented	Oily	Tangy
Fiery	Oniony	Tart
Fishy	Overripe	Tasteless
Fizzy	Pasty	Tender
Flakey	Peppery	Toasted
Flat	Pickled	Tough
Flavorful	Plain	Unflavored
Fresh	Powdery	Unseasoned
Fried	Raw	Velvety
Fruity	Refreshing	Vinegary
Full-bodied	Rich	Watery
Gamey	Ripe	Whipped
Garlicky	Roasted	Woody
Gelatinous	Robust	Yeasty
Gingery	Rubbery	Zesty
Glazed	Runny	Zingy
Grainy	Salty	

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