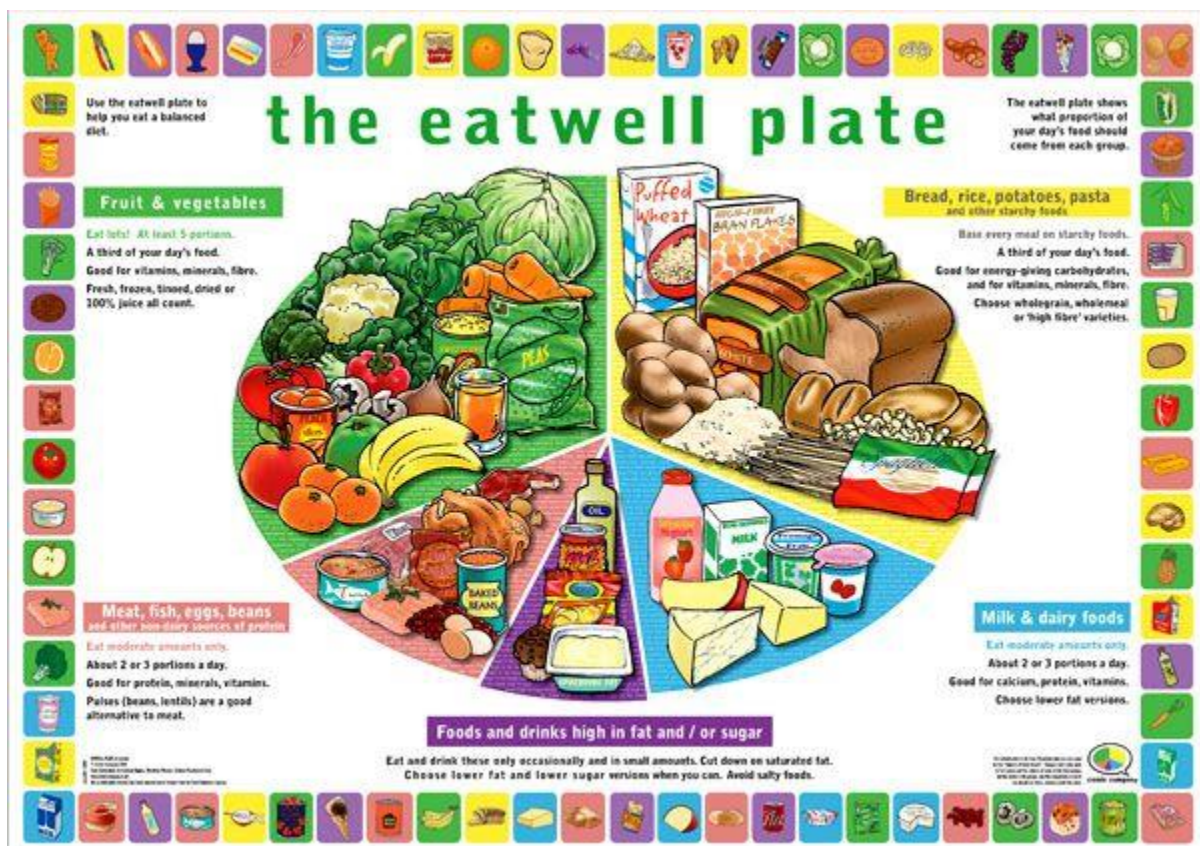


Food and Nutrition – DT

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



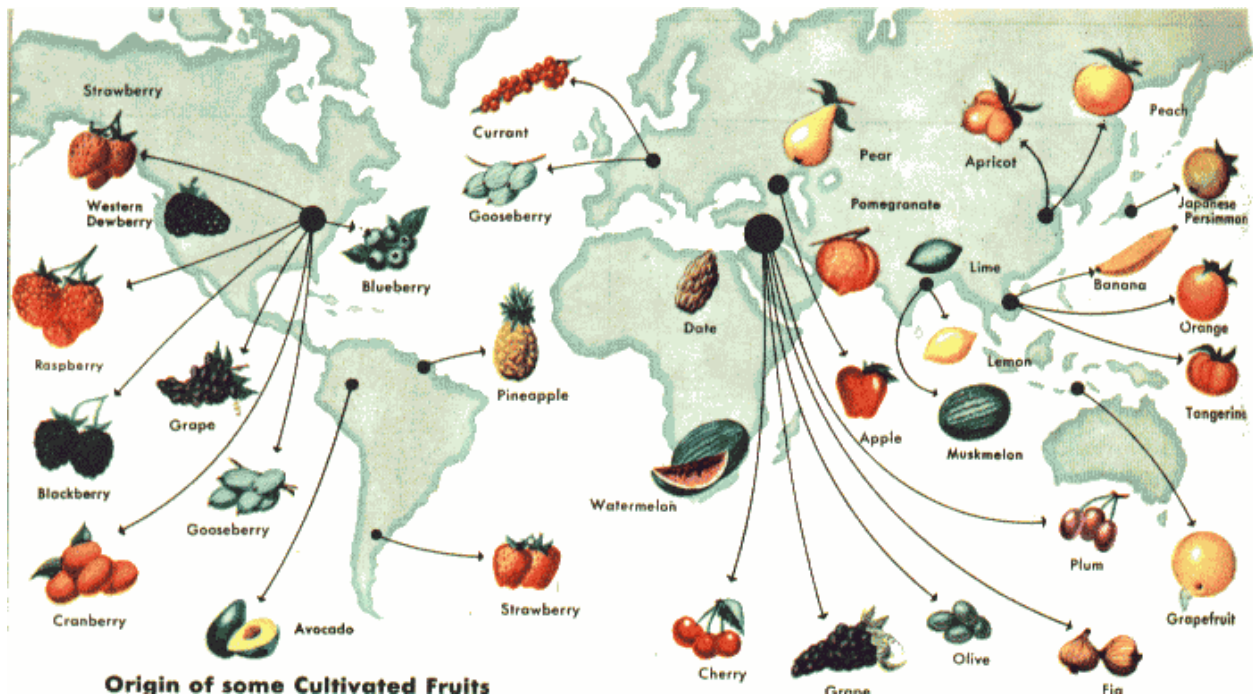
Flavour: The taste of food.

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.



120 Words to Describe Flavors and Textures

| | | |
|-------------|------------|-----------------|
| Acidic | Greasy | Sautéed |
| Acrid | Goopy | 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 | |
