

## BEGINNER TERMS

Bacteria	Single-celled microorganisms that typically live in soil, water, organic matter, or the bodies of plants or animals
Blend	To combine two or more ingredients thoroughly
Boil	To cook in liquid that is heated until bubbles rise to the surface and break.
Calcium	An important nutrient found in milk, yogurt, cheese, and other foods. Most of the calcium in a human body is used to support the bones and teeth.
Calorie	The amount of energy supplied by food.
Carbohydrates	Major chemical compounds found in most foods. The body breaks these compounds down in to simple sugars, the body's major source of energy.
Chop	To cut into smaller pieces with a sharp knife.
Drain	To pour off the liquid from a food.
Fiber	A special kind of carbohydrate(carb) from plant material that passes through the human digestive system virtually unchanged. Fiber is important because it aids digestion.
Foodborne Illness	Any illness resulting from the consumption of food, also called food poisoning.
Protein	An essential nutrient composed of amino acids. Protein is used in every part of the human body: skin, muscles, hair, blood, body organs, eyes fingernails and bones.
Refined Grains	Grains that have been milled to remove the bran and germ.
Sifting	To put (flour, for example) through a sieve in order to separate the fine from the coarse particles.

## INTERMEDIATE LEVEL (ALSO NEED TO KNOW BEGINNER TERMS)

Caramelize	To heat sugar until it is melted and brown. Caramelizing sugars gives it a distinctive flavor.
Dietician	Someone who is an expert in nutrition and planning healthful meals.
Electrolytes	Ions such as sodium and calcium that regulate body fluid.
Fructose	Fruit sugar.
Hydrate	To add fluid to the body.
Iron	Iron is a mineral found in every cell of the body. Iron is considered an essential mineral because it is needed to make hemoglobin, a part of blood cells, used to transport oxygen
Leavening Agent	A substance that creates gas, usually carbon dioxide, allowing baked goods to rise.
Mince	To cut or chop into very small pieces.
Nutrient	Ingredients in food that the body uses for growth and health.
Nutrient-Dense	Foods that have a lot of nutrients compared to the number of calories.
Percent Daily Value	Amounts of a specific nutrient as represented in a 2,000-calorie diet; helps determine if a food is high or low in a nutrient
Preservatives	A chemical substance used to preserve foods or other organic materials from decomposition or fermentation.
Puree	A cooked fruit or vegetable that has been pushed through a sieve or whipped in a blender or food processor.
Whole Wheat	Contains the entire wheat kernel; the bran, the germ and the endosperm.

## ADVANCED (MUST KNOW BEGINNER AND INTERMEDIATE TERMS ALSO)

Beat	To combine ingredients thoroughly and incorporate air with a rapid, circular motion.
Cut In	To distribute solid fat throughout the dry ingredients using a pastry blender, fork, or two knives in a scissors motion.
Dash	A measurement less than 1/8 teaspoon.
Knead	To fold, push, and turn dough or other mixture to produce a smooth, elastic texture.
Perishable	Liable to decay or spoil.
Polyunsaturated Fat	Of or relating to relatively healthful fatty acids found naturally in nuts, seeds, fish and leafy greens.
Proof	To allow yeast dough to rise before baking. Or: To dissolve yeast in warm liquid and set it in a warm place for 5 to 10 minutes until it expands and becomes bubbly.
Rolling Boil	To cook a mixture until the surface billows rather than bubbles.
Saturated Fat	The “bad” fat found in foods. Of or relating to fatty acids with the maximum number of hydrogen atoms.
Scald	To heat a mixture or liquid to just below the boiling point.
Temperature Danger Zone	The temperature range from 40°F to 140°F in which bacteria multiply rapidly.
Unsaturated Fat	Of or relating to fatty acids with fewer hydrogen atoms.
Vegan	Someone who excludes animal-derived foods of all types.
Vegetarian	Someone who eats only fruits, vegetables, legumes, grains, seeds and nuts.

\*All definitions are taken from 4-H cooking books\*