

Key words:

- Diet:** the foods you choose to eat.
- Energy needs:** the average amount of food energy needed by individuals, usually measured in kilocalories (kcal).
- Macronutrients:** nutrients needed by the body in large amounts-protein, fat and carbohydrates.
- Micronutrients:** nutrients needed by the body in small amounts-vitamins and minerals.
- Provenance:** Food provenance means knowing where our food is grown, caught or reared. How it is produced. How it is transported.
- Raising agent:** added to mixtures to make them rise.
- Fermentation:** the process in which yeast produces the gas carbon dioxide.
- Chemical raising agent:** raising agents that produce carbon dioxide when they are heated with a liquid.
- Mechanical raising agent:** air or steam that makes mixtures rise.
- Budget:** a particular amount of money put aside to spend on something.
- Allergen:** a substance or food that may cause an allergic reaction.
- Food intolerance:** a reaction to food.
- Lactose intolerance:** when someone cannot digest lactose.
- Coeliac disease:** an intolerance to gluten.
- Cuisine:** a style of cooking of a particular country or origin.

International cuisine.

As more people from other countries are living in Britain, and there is also a greater opportunity for travel, our eating habits have changed. Many traditional British dishes are being replaced with ones that have originated from other countries and cultures.

Italian cuisine: The north is cooler and mountainous; rice is grown, and the land is mostly used to rear animals for cured meats. The south of the country is hotter, so crops such as tomatoes, olives and lemons are grown. Traditional Italian dishes include-Gnocchi, pizza, pasta, pannacotta.

Indian cuisine: In the north of India, wheat is the staple food and is used to make chapati. In the south, rice is the staple food, and curries with sauce. Traditional Indian foods include Tandoori, naan, dahl, samosas and curries.

Chinese cuisine: Chinese food is quick to make. Food is stir-fried in a wok or steamed in a bamboo steamer. Traditional foods include szechuan chicken, spring rolls, chop suey, lychees.



British cuisine.

Although Britain imports many of the foods we eat today, we still produce crops such as barley, wheat and potatoes. Livestock farming is important too, with chickens, turkeys, beef and dairy cows, pigs and sheep all reared for food.

Some traditional ingredients from Britain are: potatoes, parsnips, leeks, sprouts, apples, strawberries, plums, mint, chives, sage, beef, lamb, pork, chicken, cheese, milk, mackerel, cod, salmon.

Some traditional dishes include:

- Roast beef and Yorkshire puddings.
- Fish and chips.
- Shepherds pie.
- Victoria sandwich cake.
- Shortbread.
- Fruit crumble.
- Pasty.

Allergens.

An allergen is a substance or food that may cause an allergic reaction. Some food allergies are mild, but others can be severe if treatment is given quickly. Allergen information must be highlighted in **bold** on the back of food packets. Foods that people may be allergic to include, milk, nuts, crustaceans, cereals and strawberries.

Food intolerances are more common than allergies. The symptoms of intolerances are noticed after eating the food and can include, stomach pains and bloating. **Lactose intolerance** is when people are not able to digest the lactose this is the natural sugar in milk and dairy products. **Coeliac disease** is where you are intolerant to gluten. Gluten is found in cereals such as rye, oats and barley.



Raising agents.

Raising agents are added to ingredients to make them rise. **Chemical raising agents** produce the gas carbon dioxide when they are heated with a liquid. The two most common chemical raising agents are baking powder and bicarbonate of soda. **Yeast is a biological raising agent** as it is a single-celled plant fungus. It is used in breads and doughnuts. Fermentation is the process in which yeast produces the gas carbon dioxide, and alcohol. **Mechanical raising agents** are air and steam. When air is incorporated into a mixture, the mixture rises. Air can be introduced mechanically in several different ways including whisking, beating, folding, s...

