

# The healthier I eat, the better I learn!

Cooperation Partnership in School Education - 2021-1-FR01-KA220-SCH-000032583



## Glossary

---

### A

#### **ACID**

sour in taste

#### **ASCORBIC ACID**

is the chemical name for vitamin C, as found in many fruits and vegetables.

#### **ACRID**

an acrid smell or taste is strong and bitter and causes a burning feeling in the throat

#### **ADDITIVES**

Substances added to food to improve flavor, color, and texture or to preserve foods to help extend the shelf life

#### **ALMOND BUTTER**

**Almond butter** is a food paste made from grinding almonds into a nut butter . Almond butter may be "crunchy" or "smooth". Almond butter is high in potassium, calcium, manganese, and magnesium. It is also an excellent source of vitamin E. Almonds are high in calcium, which is good for strong bones, normal blood clotting, and proper muscle and nerve function.

#### **ANISE**

a Mediterranean plant with small, yellowish-white flowers and seeds that taste of liquorice, used to give this flavour to food and drink

#### **ANOREXIA**

It is an eating disorder distinguished by the excessive low corporal weight, the intense fear of gaining weight and seeing your body different as it is. Some of the symptoms are dizziness, faints, hair loss, dehydration...

It is a common problem in teenagers. Sometimes, this disorder comes from social problems, like bullying and it is a psychological problem.

#### **ASPARAGUS**

**Asparagus** is a vegetable used in different delicious recipes but is also good for the health as it is cholesterol free and can lower blood pressure too.

## **B**

### **(TO) BAKE**

to cook inside an oven, without using added liquid or fat

### **BAKING SHEET**

a flat metal dish used to cook things in an oven

### **BAKING TRAY**

a sheet of metal with low sides, used for baking food

### **BALANCED**

a balanced diet is a combination of the correct types and amounts of food

### **BASIL**

is an aromatic herb that belongs to the Mint Family (Lamiaceae). Its shiny green leaves are soft, and it should be consumed raw or undercooked, otherwise it loses its scent

### **BAY LEAF(Laurus nobilis)**

is a bush or perennial tree that belongs to the family of the Lauraceae

It is originally from the Mediterranean area, and its leaves are used as condiment in the kitchen.

It is used as a condiment in stews, roasts and soups.

### **(to) BEAT**

to mix something repeatedly using a utensil such as a spoon or whisk

### **BEEF**

the meat of a cow, steer, or bull

### **BELL PEPPER**

is a hollow green, red, or yellow vegetable with seeds

### **BITTER**

with an unpleasantly sharp taste

### **BLAND**

not having a strong taste

### **BLENDER**

an electric machine used in the kitchen for breaking down foods or making smooth liquid substances from soft foods and liquids

**(to) BOIL**

to cook food by putting it in water that is boiling OR to reach, or cause something to reach, the temperature at which a liquid starts to turn into a gas

**BALANCED BREAKFAST**

A balanced breakfast should always have vegetables and fruit in order to give you a great start for your day.

**BAY LEAVES**

The **bay leaf** tree is an aromatic evergreen tree with green, glossy leaves, native to the Mediterranean region. Its leaves are used as a form of seasoning in cooking.

**BASIL**

is an aromatic plant that is used in salads and other foods but it is also good for the skin and the body. It detoxifies the body and its essential oil can lower cholesterol and triglycerides.

**Bowl**

a round container that is open at the top and is deep enough to hold fruit, sugar, etc.

**BREADCRUMBS**

are tiny pieces of dry bread. They are used in cooking.

**BREAKFAST SMOOTHIE**

A breakfast smoothie made of fruit and vegetables can energize your day in a healthy and delicious way. Each creamy sip can be packed with nutrients and fiber-rich whole fruits.

**BROCCOLI**

the flower head of this plant, eaten as a vegetable before the buds have opened

**BUTTER**

is a soft yellow substance made from cream. You spread it on bread or use it in cooking.

**BAKING POWDER**

is a dry chemical leavening agent, a mixture of a carbonate or bicarbonate and a weak acid.

**BAKING SODA**

is a raising agent that contains one or more acid ingredients, such as cocoa powder or buttermilk

**C****CAPER LEAVES**

The **caper** is a bush, whose buds and leaves are used in salads and other food. In Cypriot cuisine they are usually preserved in vinegar or salted water. They give extra taste to food and they have many health benefits.

**CALORIES**

a measurement of energy.

**CHAMOMILE**

A herb which is used as a tea that relieves stomach pains. It can also treat cold symptoms in children and help with sleep and relaxation.

**CARAWAY**

a short plant or its small seed-like fruits that have a flavour similar to but weaker than aniseed and are used in food, especially for making bread or cake

**CARBOHYDRATE**

one of several substances, such as sugar or starch, that provide the body with energy, or foods containing these substances such as bread, potatoes, pasta and rice

**CARDAMOM**

the seeds of this South Asian plant which are used as a spice

**CARROTS**

are long, thin, orange-coloured vegetables. They grow under the ground, and have green shoots above the ground.

**CASSAROLE DISH**

a dish for scalloped meals

**CELERY**

Is a vegetable with long petioles, meaty and succulent that are known as stalks. It reduces inflammation in the digestive track. It is a great source of vitamins

**CHERVIL**

An annual herb with large and bright green leaves. It grows to be up to 80 cm high. It has a sweet aroma and a mild taste, a mixture between anise, tarragon and caraway, which highlights the taste of other herbs

**CHICKEN**

the meat of the domestic fowl, especially of the young bird

**CHILI PEPPER**

any of several types of red pepper that are used to make foods spicy

**CHIVES**

are perennial plants belonging to the herbaceous type and with a bulbous stalk. They can grow up to 70 cm. Their leaves are hollow and thin, with a greenish colour, and they join together forming very dense shrubs

**CHOLESTEROL**

a fatty substance that is found in the body tissue and blood of all animals, and which is thought to be part of the cause of heart disease if there is too much of it.

**CILANTRO OR CORIANDER**

An herb from the fresh leaves of the coriander plant used in salads or to flavor and garnish food.

**CINNAMON**

the bark (= hard outer covering) of a tropical tree, or a brown powder made from this, used as a spice to give a particular taste to food, especially sweet food

**CLOVE**

the dried flower bud of a tropical tree used whole or ground as a spice

**(to) COAT**

If you coat something with a substance or in a substance, you cover it with a thin layer of the substance.

**(to) COOK**

to prepare food by heating it in a particular way, or (of food) to be prepared in this way

**COLANDER**

a bowl with small holes in it, used for washing food or for emptying food into when it has been cooked in water

**COLD**

having a low temperature

**COLOMBO**

a spice mix equivalent to Indian curry

**CORIANDER**

also known as Chinese parsley and cilantro, it reaches up to 70 cm height and their leaves are segmented. The stems are also used in cooking

**(to) COVER**

If one thing covers another, it forms a layer over its surface.

**CREAMY**

thick and smooth, like cream

**CRÈME FRAICHE**

Crème fraiche is a type of thick, slightly sour cream.

**CRUNCHY**

firm and making a loud noise when it is eaten

**CUMIN**

a spice consisting of the pleasant-smelling seeds of a plant or a powder made from these seeds, used especially in South Asian and Western Asian cooking

**CUP**

a small, round container, often with a handle, used for drinking tea, coffee, etc.

### **CURRY POWDER**

a spice mix originating from the Indian subcontinent where it is typically called garam masala

### **(to) CUT**

to break the surface of something, or to divide or make something smaller, using a sharp tool, especially a knife

### **CANNING**

is a method of food preservation in which food is processed and sealed in an airtight container.

### **CARDAMOM**

one of the most versatile spices. Comfortable braising vegetables, bolstering meaty stews or lacing coffeecakes.

### **CUTLERY**

includes any hand implement used in preparing, serving, and especially eating food

## **D**

### **DEER**

the meat from this wild animal that is sometimes hunted for food and that has antlers (= long horns) if it's male

### **(to) DEFROST**

to (cause to) become no longer frozen

### **DELICIOUS**

having a very pleasant taste or smell

### **DIABETES**

a disease in which the body cannot control the level of sugar in the blood

### **(to) DICE**

If you dice food, you cut it into small cubes.

### **DEGLAZING**

is a cooking technique for removing and dissolving browned food residue from a pan to flavor sauces, soups, and gravies.

### **DIETARY FIBRE**

dietary fibre is the portion of plant-derived food that cannot be completely broken down by human digestive

**DIETARY PYRAMID**

the dietary pyramid is the classification of food according to its benefit on health

**DIETARY SUPPLEMENT**

a dietary supplement is a manufactured product intended to supplement one's diet by taking pills, capsules, tablets, powder or liquid

**DIET**

1. a diet is the food and drink usually eaten or drunk by a person
2. a diet is an eating plan in which someone eats less food, or only particular types of food, in order to lose weight or for medical reasons

**DIGESTION**

the process, the ability of the body to change food chemically so that it can be used

**DILL**

a herb whose seeds and thin feathery leaves are used in cooking

**DOE**

the meat from a female deer

**DUCK**

the meat from the bird with short legs that lives in or near water

**(to) DRAIN**

If you drain food or if food drains, you remove the liquid that it has been in, especially after it has been cooked or soaked in water.

**DRIED**

Dried food or plants have had all their liquid removed, especially in order to stop them from decaying

**DIURETIC**

A diuretic is a substance that increases the production of urine thereby increasing the removal of water from the body. Caffeine is a naturally occurring diuretic.

**(to) DUST**

If you dust something with a fine substance such as powder or if you dust a fine substance onto something, you cover it lightly with that substance.

**DOUGH**

a thick, malleable mixture of flour and liquid, used for baking into bread or pastry.

**E****EAT**

Action which consist in introduce food into the mouth, chew it and swallow it in order to have energy and stay alive

### **ELECTROLYTES**

Electrolytes are minerals which are needed to keep the body's balance of fluids at a healthy level and to maintain normal functions, such as heart rhythm, muscle contraction, and nerve impulse transmission. Electrolytes include potassium, sodium, calcium, and magnesium.

### **EMULSIFIERS**

Emulsifiers are substances that have both water-soluble and fat-soluble portions. This feature allows oils and water to combine in a solution.

### **ENDOSPERM**

Endosperm is the inner part of the grain. It contains carbohydrate, protein and B vitamins.

### **EATING DISORDERS**

mental illness in which people eat far too little or far too much food. This abnormal eating behavior negatively affect the person's physical or mental health. We can list anorexia or bulimia for example

### **ENERGY**

fuel we need from food to function and be active. Energy requirements vary depending on your age, body size and physical activity

### **EXCESS WEIGHT (OR OVERWEIGHT)**

when a person has more body fat than is optimally healthy

### **(to) EXTINGUISH**

to put out the flame on the stove

### **ENZYMES**

Enzymes are substances that speed up chemical reactions. For example, in our body some enzymes help break down the food we eat and release energy.

### **ENERGY BALANCE**

Endosperm is the inner part of the grain. It contains carbohydrate, protein and B vitamins.

## **F**

### **FAST FOOD**

Is the food that it is quick preparation and cheap. This meal is higher in fat and calories compared to home food. It is not "bad" but you should try not to consume it regularly. Some benefits are that they give you energy to the body but it gives you health problems that can cause regular consume of fast food . They are digestive disorders, fatigue...



## **FIBRE**

plays a key role in preventing constipation, cancer and heart disease. Wholegrain breads, cereals, legumes, rice, pasta, fruit and vegetables are good sources of fiber.

## **FATS**

There are type of nutrients that you get from food. It is essential to eat some of them but it is harmful to eat in excess. There are a lot of types like saturated fats, trans fats, total fats...

## **FATTY ACIDS**

It is biomolecule that is used to store energy. If our body hasn't got the necessary glucose for giving us energy, acids grass are the substitute to feed the cells.

## **FENNEL**

a plant with a large, rounded base that is eaten as a vegetable and seeds that are used to give a special taste to food

## **FENNEL(wild)**

is a wild plant with many medicinal properties, which is also used for cooking and cosmetics. Its chopped leaves and stem are used as an aromatic herb

## **FENUGREEK (= *fenugrec*)**

a plant with hard, yellowish-brown seeds, used as a spice in South Asian cooking

## **FLAVOUR**

how food or drink tastes, or a particular taste itself

## **(to) FLOAT**

If something or someone is floating in a liquid, they are in the liquid, on or just below the surface, and are being supported by it. You can also float something on a liquid.

## **(to) FLOUR**

to put flour on a surface to prevent food from sticking

## **FOOD LOSS AND WASTE**

the food that is not eaten for several reasons (overproduction, problems during production processing, etc.)

## **FOOD PYRAMID**

Is a graphic representation that pretends to classify food according to our nutritional needs .This classification is presented by levels, according to the levels you can know what foods must be consumed by our body in order to achieve a healthy lifestyle.

## **FORK**

a small object with three or four points and a handle, that you use to pick up food and eat with

## **FRESH FOOD**

The fresh food is recently made or obtained; not tinned, frozen, or otherwise preserved. This food is usually eaten in summer to cool you down. Such as salad, pasta salad, fruit, vegetables.

### **FRUCTOSE**

a type of sugar that is found naturally in fruit and honey

### **FRUIT**

a fruit is a soft part containing seeds that is produced by a plant. Many types of fruit are sweet and can be eaten

### **FRYING PAN**

a flat metal pan with a long handle, used for frying food

### **(to) FRY**

to cook food in hot oil or fat

### **FURNACE**

A furnace is a container or enclosed space in which a very hot fire is made, for example to melt metal, burn rubbish, or produce steam.

### **FOOD ALLERGY**

A food allergy is an abnormal reaction of the body's immune system to a protein in food

### **FISH KETTLE**

is a kind of large, oval-shaped kettle used for cooking whole fish. They usually have racks and handles, and notably tight-fitting lids.

## **G**

### **GALANGAL**

the root of certain eastern Asian plants belonging to the ginger family used in cooking as a spice

### **GARAM MASALA**

an aromatic mixture of ground spices used in Indian cuisine, usually containing black pepper, cardamom, cinnamon, cloves, coriander, nutmeg, and turmeric

### **GARLIC**

a plant of the onion family that has a strong taste and smell and is used in cooking to add flavor

### **GELATINOUS**

thick and like jelly

### **GARAM MASALA**

is an Indian spice blend. *Garam* means "hot" while *masala* means "spices," but it's not necessarily hot and spicy — the name refers to the warm flavors of its ingredients, such as cinnamon and cumin.

### **GRIDIRON**

is a metal grate with parallel bars typically used for grilling foods.

### **GINGER**

the spicy root of a tropical plant that is used in cooking or preserved in sugar, or a powder made from this root, used as a spice

### **GLUCOSE**

a simple sugar derived from the breakdown of carbohydrates

### **GLUCOSIDE**

A is a glycoside that is chemically derived from glucose.

### **GLUTEN**

a protein found in wheat, rye, barley, triticale and possibly oats

### **GOOEY**

soft and sticky

### **GOOD**

healthy or well

### **GOUDA CHEESE**

a mild, semisoft to hard cheese similar to Edam and sometimes coated with red wax

### **GUINEA FOWL**

the meat from this large grey and white African bird

### **GRAM**

a unit of measurement

### **(to) GRATE**

to rub food against a grater in order to cut it into a lot of small pieces

### **GRATER**

a metal device with holes surrounded by sharp edges used to cut food into small pieces

### **GREASY**

covered with or full of fat or oil

### **GRILLED**

cooked over fire or hot coals, usually on a metal frame OR cooked under a very hot surface in a cooker

## **GOITRE**

an enlargement of the thyroid gland due to iodine deficiency or malfunction of the thyroid gland.

## **GALANGAL ROOT**

is a spice native to Southern Asia. It's closely related to ginger. The word galangal refers to the root of several plants

## **GUAVA**

is a common tropical fruit cultivated in many tropical and subtropical regions

# **H**

## **HEALTH**

the condition of the body or mind and the degree to which it is free from illness, or the state of being well

## **HEALTHY**

good for your health

**HEALTHY MIND IN A HEALTHY BODY** is something Ancient Greeks believed. Healthy eating and exercising help you have a healthy body and a healthy mind.

## **(to) HEAT**

When you heat something, you raise its temperature, for example by using a flame or a special piece of equipment.

## **HERBS**

there are very useful plants for mediterranean cooking because of their aromatic and condimentary qualities. They are cultivated in different gardens. Some types are albacca, peppermit, thyme....

## **HONEY**

is a sweet, sticky, yellowish substance that is made by bees

## **HOT**

having a high temperature

## **HYPERTENSION**

a medical condition in which the blood pressure is extremely high

## **HAEMOGLOBIN**

Haemoglobin is a protein found in red blood cells that carries oxygen from the lungs to the cells throughout the body.

## **HEALTH CLAIMS**

Health claims show a relationship between a specific nutrient in a food and prevention of a particular disease or health related condition.

## **HEAVY METALS**

Heavy metals are minerals such as mercury and lead. They are named because they are relatively high in atomic weight. Many heavy metals are poisonous.

## **HYDROGENATION**

Hydrogenation is the addition of hydrogen to a monounsaturated or polyunsaturated oil, producing a more solid oil and is used to make spreadable fats and reduce oxidation to protect against rancidity.

## **I**

### **ICED**

very cold, or with ice added

### **IN SEASON**

When fruits and vegetables are in season, they are being produced in the area and are available and ready to eat.

### **INSULIN**

Insulin is a hormone produced in the pancreas in response to increased blood glucose levels. Insulin's primary role is to transport glucose from the bloodstream into the muscle and tissues.

### **IRON**

It helps create healthy blood and carries oxygen around the body. Iron is found in legumes, wholegrain breads and cereals, green leafy vegetables, nuts, seeds and meat.

### **ISOFLAVONES**

A naturally occurring plant compounds that have similar structural properties to estrogen. Also known as phytoestrogens.

## **J**

### **JUICY**

contain a lot of juice and are enjoyable to eat

### **JUNK FOOD**

the food that is unhealthy but is quick and easy to eat

### **JELLY**

a fruit-flavoured dessert made by warming and then cooling a liquid containing gelatin

## **K**

### **KILOJOULES**

the current standard unit of energy measurement

### **KITCHEN TOWEL**

a towel in the kitchen to dry your hands or to touch hot surfaces

### **KITCHENWARE**

are the tools, utensils, appliances, dishes, and cookware used in food preparation, or the serving of food.

### **KNIFE**

a tool, usually with a metal blade and a handle, used for cutting and spreading food or other substances

### **KORARIMA**

the spice, known as Ethiopian cardamom, false cardamom, or korarima, is obtained from the plant's seeds (usually dried), and is extensively used in Ethiopian and Eritrean cuisine

## **L**

### **LACTOSE**

the sugar found in milk

### **LACTASE**

Lactase is the enzyme produced in the small intestine that is required to breakdown lactose.

### **LAMB**

the meat from a young sheep

### **(to) LAYER**

arrange food in different layers

### **(to) LEAVE IT COOKING**

let the food cook without disturbing the process

### **LEGUME**

is a long seed pod of a plant that's harvested to obtain the seeds. They're good for body iron and reduce cardiovascular diseases.

### **(to) LET**

do something to get an result

### **LAVENDER**

A herb with a beautiful smell that we can use for a tea to help our stomach and lungs but also boost our immune system. Its strong smell also repels mosquitoes and other insects.

**LIGHT**

not greasy

**LIQUORICE**

the dried root of a Mediterranean plant, used in medicines and to give flavour to food, especially sweets.

**(to) LOWER**

to reduce the temperature or the level in the oven

**LUMPY**

not smooth and even in texture

**M****MACE**

a spice made from the dried shell of nutmeg

**MACRONUTRIENTS**

is a type of food that's needed in diet, they provide energy and are needed for growth and metabolism.

**MAHLEB**

an aromatic spice made from the seeds of a species of cherry (the Mahaleb or St Lucie cherry)

**(to) MAKE**

Create something new or to do an activity

**MASHED FOOD**

Technical preparation that consists of converting a dry product into very fine grains , almost powder , by means of a mortar or pestle , a food processor... It has some benefits such as combating dehydration , maintain patient habits , improve control over diet , help to gain weight. This food is good for people with dysphagia as they have difficulty swallowing.

**(to) MARINATE**

to put fish, meat, or vegetables in a mixture of oil, vinegar or wine and spices before cooking, in order to flavor it or make it softer

**MEAT**

flesh from animals

**MEDIUM RARE**

(of meat) cooked so that it is still slightly red in the middle

**(to) MELT**

to turn from something solid into something soft or liquid

**MELLOW**

smooth and soft, or not too sharp, bright, new, or rough

**MICRONUTRIENTS**

vitamins and minerals needed by the body for cellular functions. The lack of these can affect the development of physical and mental capacities.

**MICROWAVE**

an electric oven that uses waves of energy to cook or heat food quickly

**MILK**

liquid produced by female mammals

**MINCER**

a machine for cutting food, especially meat, into small pieces

**MINT**

A(an) herb broadly used in Asian cuisine. It can be added to salty or sweet dishes where it can be used as the main ingredient, for example in a mint mousse

**(to) MIX**

to (cause different substances to) combine, so that the result cannot easily be separated into its parts

**MUSTARD (= *moutarde*)**

a thick yellow or brown sauce that tastes spicy and is eaten cold in small amounts, especially with meat

**MUTTON**

the meat from an adult sheep

**MILLIGRAMS**

Milligrams (mg) are a unit of measurement. Often used in nutritional values for nutrients such as calcium and iron.

**MICRONUTRIENTS**

Micronutrients is the general name given to compounds that are needed in minute quantities to sustain a healthy body, such as vitamins and minerals.

**METABOLISM**

Metabolism refers to the chemical processes that occur in our body that turn what we eat into energy. This energy can then be used for all activity including walking, talking, thinking and breathing.

**MACRONUTRIENTS**

Macronutrients are the key nutrients in the diet that provide us with energy. They are carbohydrate, protein and fat.



## **MEASURING CUP**

is a kitchen utensil used primarily to measure the volume of liquid or bulk solid cooking ingredients such as flour and sugar

## **N**

### **NIGELLA**

the seeds of *Nigella sativa*, also known as black cumin, black caraway or black coriander, which are used as a spice and a condiment

### **NUTMEG**

the hard fruit of a tropical tree, or a brown powder made from this, used as a spice to add flavour to food:

### **NUTRIENTS**

any substances that plants or animals need in order to live and grow

### **NUTRITIONAL ANEMIA**

Is a disorder characterized by the inappropriate production of hemoglobin and erythrocytes. It is due to lack of iron, folic acid or vitamins. Some of its symptoms are: weakness, fatigue, pain, dizziness and lack of appetite.

## **O**

### **OBESITY**

a condition in which excess body fat has accumulated to such an extent that it may have a negative effect on health

### **OIL**

the sunflower oil comes from its seeds and the olive oil comes from olives Sunflower produces more cardiovascular accidents. In addition, olive oil has many more minerals.

### **OLIVE OIL**

Olive oil is a liquid fat obtained from olives, a traditional tree of the Mediterranean Basin. It is the main component of the Mediterranean diet and it is used in all foods and even pastries. It is anti-oxidant and protects us against heart disease and strokes. It is produced by pressing whole olives and extracting the oil. Extra virgin olive oil is quite nutritious. In addition to beneficial fatty acids, it contains moderate amounts of vitamins E and K and powerful antioxidants. These antioxidants are biologically active and may reduce the risk of chronic diseases.

### **OLIVE PIE**

The olive pie is a must in Cypriot cuisine especially during fasting days. It is made of olive paste, orange juice, olive oil, and flour. It is delicious and a healthy choice if you are in the mood for pastry.

### **ONION**

It is a vegetable that, being rich in many types of vitamins, has many benefits and prevents numerous respiratory and cardiovascular diseases. We should include it in our diet because, despite its lack of protein, it has various good nutrients for the body.

**OREGANO(fresh)**

Aromatic herb with downy stems, small oval leaves, rosy or purple flowers grouped in spikes and a globose and dry fruit

**ORGANIC farming/agriculture/production/food**

an agricultural system which the way of production respects some rules in order to preserve environment and to offer better foods for health (free from pesticides for example)

**OVEN**

the part of a cooker with a door, used to bake or roast food

**OMEGA-3**

fatty acids are a group of essential fatty acids that are required but not synthesized by the human body

**P****PAN**

a metal container that is round and often has a long handle and a lid, used for cooking things on top of a cooker OR a metal container without a lid used for cooking food in the oven

**PAPRIKA**

a red powder used as a spice to give a slightly hot flavor to food, especially in meat dishes

**PARSLEY**

is of Mediterranean origin. It is probably the best known herb in the world except in Asia. It can be used to season almost all foods, such as meats, fish and so on. It has a pleasant green tone and a slightly spicy taste

**PORCINI POWDER**

is pure, ground, dried porcini mushrooms.

**PASTY**

a piece of food made of pastry filled with meat, vegetables, or cheese

**(to) PEEL**

to get rid of the skin of fruits or vegetables

**PEELER**

instrument to get rid of the skin of fruits and vegetables

**PEPPER (= poivre)**

a grey or white powder produced by crushing dry peppercorns, used to give a spicy, hot taste to food

**PEPPERY**

having a spicy flavour like pepper

**(to) PLACE**

to position something

**PLATE**

a flat, usually round dish with a slightly raised edge that you eat from or serve food from

**(to) PLUCK**

often to put the pluck in the power outlet

**POPPY SEEDS**

the black seeds from this plant with large, delicate flowers that are typically red

**POTATOES**

quite round vegetables with brown or red skins and white insides. They grow under the ground.

**POTATO FLOUR**

a type of flour made from potatoes

**PORK**

the meat from a pig

**POT**

a deep round container used for cooking stews, soups, and other food.

**(to) POUR**

If you **pour** a liquid or other substance, you make it flow steadily out of a container by holding the container at an angle.

**(to) PREHEAT**

If you **preheat** an oven, you switch it on and allow it to reach a certain temperature before you put food inside it.

**(to) PRESS**

to squeeze vegetables to get rid of juice

**PRICKLY**

causing a stinging feeling

**PROBIOTICS**

probiotics are live bacteria and yeasts promoted as having various health benefits. They're usually added to yogurts or taken as food supplements, and are often described as "good" or "friendly" bacteria

**(to) PRODUCE**

you make or create something new

**PROTEIN**

one of the many substances found in food such as meat, cheese, fish, or eggs, that is necessary for the body to grow and be strong

**(to) PUT**

move something to the right place

**POTASSIUM**

Potassium and sodium work together in the body to regulate the balance between water and acidity in the blood. Potassium is also important for nerve function to the muscles which causes muscles (including the heart) to contract.

**PLANT STEROLS**

Plant sterols (also known as phytosterols) are substances that can help lower your cholesterol. They are found naturally in very small amounts in a variety of plant foods such as grains, vegetables, fruit, legumes, nuts and seeds.

**PLANT BASED EATING**

This is an alternative term that is used to describe vegetarian eating, or eating a diet that consists of predominately plant foods.

**Q****QUAIL**

the meat from from this small, brown bird

**QUINCE PASTE** Quinse paste (Kydonopasto) is a traditional, healthy dessert in Cypriot cuisine. It is made of smashed quince and sugar.

**QUINOA**

is a whole grain packed with nutrients, fiber, protein, and plant compounds

**QUICHE**

is a French tart consisting of pastry crust filled with savoury custard and pieces of cheese, meat, seafood or vegetables

**R****RABBIT**

the meat from this a small animal with long ears and large front teeth

**RANCID**

(of butter, oil, etc.) tasting or smelling unpleasant because of not being fresh

**RARE**

(of meat) not cooked for very long and still red

**RAS EL HANOUT**

a mixture of spices used in North African cooking

**RAW**

(of food) not cooked

**ROLLER PIN**

is a cylindrical food preparation utensil used to shape and flatten dough.

**(to) REDUCE**

cooking something to get rid of liquid

**(to) REMOVE**

take something from the food

**RICER**

to smash potatoes

**ROSEMARY**

is an herb that gives stews and roasts a nice taste and a countryside smell. It is great to aromatize oils and vinegars

**ROASTER**

special pan, oven, or apparatus for roasting meat, etc.

**(to) ROLL**

When something **rolls** or when you **roll** it, it moves along a surface, turning over many times.

**ROULADES**

a slice of meat rolled around a stuffing, and cooked

**ROTISSERIE**

is a style of roasting where meat is skewered on a spit – a long, solid rod used to hold food while it is being cooked over a fire in a fireplace or over a campfire

**S****SAFFRON**

a dark yellow substance obtained from a flower and used as a spice to give colour and flavour to food

**SAGE**

it comes from the Mediterranean, nowadays it is grown all over Europe. it is a strong, rough and dry herb, but also fragrant

**(to) SALT**

to put salt in a food preparation

**SALTY**

tasting of salt or containing a lot of salt

**STOCK POT**

for bigger batches of soups, stews, and pasta. Its base allows for even heating, so your soups cook evenly.

**SAUCEPAN**

a special pan for sauces

**SCALE**

to weigh ingredients

**(to) SEASON**

to improve the flavour of savoury food by adding salt, herbs, or spices when cooking or preparing it

**SESAME**

the seeds from this tropical, herbaceous plant used to add flavor to bread, crackers, etc.

**(to) SERVE**

giving people food and drink

**SICILIAN SUMAC**

the dried fruits are used as a spice, particularly in combination with other spices in the mixture called za'atar

**SIEVE**

is a tool used for separating solids from liquids or larger pieces of something from smaller pieces. It consists of a metal or plastic ring with a wire or plastic net underneath, which the liquid or smaller pieces pass through.

**(to) SIFT**

to put flour, sugar, etc. through a sieve

**(to) SIMMER**

to cook something liquid, or something with liquid in it, at a temperature slightly below boiling

**(to) SLICE**

to cut something into thin, flat pieces

**SLICE**

a kitchen utensil with a wide blade, used for serving pieces of food

**SMOKED**

preserved using smoke from burning wood

**SOUR**

having a sharp, sometimes unpleasant, taste or smell, like a lemon, and not sweet

**SOUTZOUKOS**

Soutzoukos is a traditional, chewy sweet made from grape juice that has a unique appearance and is popular at traditional festivals in Cyprus. When served, it is chopped into slices with a nutty centre and a chewy texture. It is a healthy choice for a dessert.

**SPICES**

Vegetal substance that is added to some food in small amounts to give them more flavour. Some of its benefits are that they accelerate the metabolism and calm pain. Some spices can cause allergies and irritate your stomach if you eat them in big quantities

**SPATULA**

a cooking utensil with a wide, flat blade that is not sharp, used especially for lifting food out of pans

**SPARKLING**

a sparkling drink is one that contains many small bubbles of gas

**SPEARMINT**

also known as garden mint, is a herbaceous plant from the Lamiaceae family that grows in humid places and has several medicinal properties that our organism can take advantage from

**SPICY**

containing strong flavours from spices

**SPOON SWEETS**

Spoon sweets are sweet preserves, served in a spoon as a gesture of hospitality in Cyprus and other countries. They are made of fruits and sugar and they can be part of your daily dessert intake.

**(to) SPREAD**

If you **spread** something somewhere, you open it out or arrange it over a place or surface, so that all of it can be seen or used easily.

**(to) SPRINKLE**

If you **sprinkle** a thing **with** something such as a liquid or powder, you scatter the liquid or powder over it.

**SPOON**

an object consisting of a round, hollow part and a handle, used for mixing, serving, and eating food

**STAR ANISE**

a star-shaped fruit of an Asian plant, used as a spice in Asian cooking

**STICKY**

made of or covered with a substance that stays attached to any surface it touches

**(to) STIR**

If you **stir** a liquid or other substance, you move it around or mix it in a container using something such as a spoon.

**STUFFED ZUCCHINI FLOWERS**

In addition to zucchinis (courgettes), the flowers of the plant are also eaten. A filling is prepared, made of rice, tomato paste, olive oil, and some spices. Stuffed zucchini

flowers are a delicious, healthy vegan option to have as lunch or dinner. Sushi is a healthy traditional Japanese dish that is made from rice, seaweed, vegetables and some kind of raw fish like salmon and shrimp. Sushi is cut into little cylinders and it is eaten with chopsticks. Usually, it's served with some wasabi which is a spicy, green paste. Even if it does not come from European cuisine, we can very easily enjoy it whenever we feel like it.

### **SUCCULENT**

1. full of juice or sap
2. highly enjoyable

### **SUGAR**

1. a sweet substance especially from the plants sugar cane and sugar beet, used to make food and drinks sweet
2. any of several types of simple carbohydrate that dissolves in water

### **SHALLOTS**

they have the flavor of onion, but are mellower, sweeter, and have hints of nuts and sweet vinegar to them.

#### **(to) SWEET**

to put sugar on a food or a drink

### **SOY SAUCE**

is a liquid condiment of Chinese origin, traditionally made from a fermented paste of soybeans, roasted grain, brine, and *Aspergillus oryzae* or *Aspergillus sojae* molds.<sup>[2]</sup> It is recognized for its pronounced umami taste.

### **SEASONING**

is the process of coating the surface of cookware with fat which is heated in order to produce a corrosion resistant layer of polymerized fat.

## **T**

### **TABLESPOON**

a small spoon

### **TARRAGON**

(*Artemisia dracunculus*), also known as estragon, is a species of perennial herb

### **TEA LEAF GRADING**

is the process of evaluating products based on the quality and condition of the tea leaves themselves.

### **TANDOORI MASALA**

is a spice blend typically used for marinating meat or vegetables before cooking them in the tandoor! It's a smoky, slightly sweet, and earthy spice blend that we're loving!

#### **(to) TASTE**

put something to eat in your mouth and examine it with your teeth and tongue



**TASTY**

food having a strong and very pleasant flavor

**TENDER**

(of meat or vegetables) easy to cut or chew

**TEPID**

(of liquid) not very warm

**THICK**

(of a liquid) not flowing easily

**THYME**

is an aromatic herb quite usual in Mediterranean cuisine. Due to its intense aroma and characteristic taste it's used in many different preparations and it's a usual ingredient in stews, roasts, marinades and dressings

**TURKEY**

the meat from this large bird grown on farms

**TOMATO**

Is a fruit. Its benefits are eye protector, Improves blood, circulation, Anticancer, intestinal transit regulator, diuretic. It takes care of your skin, teeth and hair. Tomato strengthens the immune system.

**(the)TURMERIC**

a yellow powder, used as a spice to flavour particular foods, especially curry, and give them a yellow colour.

**(to) TURN**

switch the sides of your food

**TOFU**

is a soft cheese-like food made by curdling soy milk. Also known as soybean curd.

**TRITICALE**

is a hybrid of wheat and rye.

**TEMPEH**

is a food made from fermented soybeans. It is high in protein and fibre.

**TEXTURED VEGETABLE PROTEIN**

is a meat substitute made from processed soybean protein (soy flour).

**TACO**

is a traditional Mexican food consisting of a small hand-sized corn- or wheat-based tortilla topped with a filling.

### **TEAPOT**

is a vessel used for steeping tea leaves or a herbal mix in boiling or near-boiling water, and for serving the resulting infusion which is called tea.

## **U**

### **UGALI**

It's a thick porridge boiled in water or milk and is usually made with maize or corn. It's a simple dish often served with meat and vegetables.

### **UPMA**

is a thick porridge made of semolina or rice flour and veggies.

### **USAL**

is a spicy curry made with sprouted beans

### **UPLAND CRESS**

is a leafy green vegetable with a peppery punch.

### **UMARI**

Known as the vegetable butter of the jungle, this fruit is part of traditional breakfasts in the Loreto region. The creamy orange-colored pulp, with a very pleasant flavor and aroma, can be consumed directly like any other fruit, in juices, ice cream or desserts. However, the most common way is to spread it on bread, as a healthy and nutritious replacement for butter, because it has a large amount of calcium and vitamin C.

## **V**

### **VANILLA**

a spice derived from orchids of the genus *Vanilla*, a tropical plant used to give flavour to sweet foods

### **VEAL**

the meat from a very young cow

### **VEGAN**

describes an individual who avoids all animal-derived foods from their diet, including honey and gelatin

### **VEGETABLE**

a plant that is used as food, or the part of a plant, such as root, stem, seed, pod, or flower, that is used as food

## **VEGETABLE BROTH**

a kind of soup only with vegetables

## **VEGETARIAN**

It is a diet that has as a principle to stop consuming meat. Normally it is not only a nutrition but also adapts to a lifestyle. There are two different types. The first is a vegan who can eat eggs and milk and then there are other so-called pure vegetarians who don't eat anything that comes out or comes from an animal.

## **VITAMINS**

one of a group of natural substances that are necessary in small amounts to the growth and good health of the body

### **A VITAMIN**

plays an important role in ensuring a healthy immune system, cell membranes, vision, growth and reproduction

### **B VITAMIN**

helps maintain healthy nerve cells and red blood cells, and is also needed to make DNA. (e.g: folate)

### **C VITAMIN**

is essential for the healing of wounds, and for the repair and maintenance of cartilage, bones, and teeth

### **D VITAMIN**

helps to form and maintain strong bones. It is found in food – in particular in fish, milk, and dairy products – and can also be made by the body after exposure to ultraviolet radiation. A deficiency of vitamin D leads to decalcified bones and the development of rickets. It can also result in bone fragility in the elderly.

### **E VITAMIN**

protects body tissue from damage caused by unstable substances called free radicals. Vitamin E is also important in the formation of red blood cells and it helps the body to use vitamin K.

## **VINEGAR**

is the foundation of vinaigrettes, which are easy sauces to pour on anything

## **W**

### **WATER**

a clear liquid, without color or taste, that falls from the sky as rain and is necessary for animal and plant life

### **WARM**

having or producing a comfortably high temperature, although not hot.

**WOK**

is a deep round-bottomed cooking pan of Chinese origin.

**WASABI**

the pungent, greenish root of this Asian plant of the mustard family, which can be grated and used as a condiment

**WILD BOAR**

the meat from this wild pig

**WAFFLE**

is a dish made from leavened batter or dough that is cooked between two plates

**(to) WISK**

to beat eggs, cream, etc. with a special tool in order to add air and make the food light

**WHOLEGRAIN BREAD**

Is a bread that contains wholegrain that is a cereal grain that contains the germ, endosperm, and bran, in contrast to refined grains, of which only the endosperm is retained. It has up to four times the fiber of white breads, making them one of the healthiest options.

**WHOLEFOODS**

Wholefoods are foods that are unprocessed, or minimally processed and as such contain high levels of nutrients. Good examples of wholefoods include fruit and vegetables, wholegrains, brown rice, nuts and seeds.

**WHOLEGRAIN**

The word 'wholegrain' refers to a grain food where all parts of the grain (the germ, endosperm and bran layer) are intact and retained.

**WAFER ASH**

is a plant. The root bark is used to make medicine. People take wafer ash for stomach problems, gallstones, poor appetite, and joint and muscle pain (rheumatism).

**WILD CARROT**

is a plant. The parts that grow above the ground and an oil made from the seeds are used to make medicine

**WASABI, POWDER**

Prickly on the tongue and nose, this pale green powder has a shocking pungency under its timid aroma.

**XIGUA**

Xigua is a melon that is found in Africa. It's also known as a watermelon in other countries

**XOI**

This is a Vietnamese dish that means "sticky rice". It's a popular breakfast and snack dish made of rice and other ingredients. It can be prepared savory with beans and eggs or made sweet for dessert.

**XAVIER STEAK**

Xavier steak is a dish mad of steak that is topped with asparagus and melted Swiss cheese. It was named after Saint Francis Xavier who was a Spanish missionary in the 16th century.

**XIANGJIAO**

Xiangjiao is the Chinese word for banana.

**XYLITOL**

If you've have had diet sodas or some types of gum, you've probably had Xylitol. Xylitol is a sugar substitute for many low-calorie, diet foods. It's made from extracted fibers from plants like corn husks, birch tree bark and some berries.

**XINGREN DONFU**

Xingren donfu you might find as a dessert in Beijing, China. It's a gelatin type, soft dessert that's made with sugar, gelatin and almond milk.

**XNIPEC**

If you're a fan of spicy food, then xnipec is for you! Xnipec is a fresh salsa made with fresh habanero peppers, tomato, onion, sour orange juice and more.

**XOCONOSTLE**

Xoconostle cactus fruit is a sour prickly pear variety, botanically classified as *Opuntia matudae*.

**XOCONOSTLE**

cactus fruit is rich in various nutrients, such as fiber, vitamin C and calcium. They are also packed with antioxidants!

**XOUBA**

Xouba, or sardines are a nutrient-rich small fish. They are commonly caught and come in tins filled with oil, as sardines don't tend to last very long when they're fresh.

**XALAPA PUNCH**

Xalapa punch is a cocktail! This beverage is similar to sangria, however, it is more bitter and sour.

## **XOCOLATL**

Xocolatl is a rich chocolate beverage that is only lightly sweet, and is typically spiced with chili or cinnamon. Think of it as the original hot chocolate, before all the sugar was added.

## **XIPHIAS**

Xiphias is a seafood dish, and is the Greek word for swordfish. Swordfish are also known as broadbills in some countries, and are large, highly migratory, predatory fish.

## **Y**

### **YOGURT**

is made by adding a number of types of harmless bacteria to milk, causing it to ferment. This thickens it and gives it its characteristically tangy flavour. Cow's milk is the most common type used, but goat's, ewe's, sheep or buffalo's milk are also suitable.

### **YEAST**

is a living, single-cell organism. As the yeast grows, it converts its food (in the form of sugar or starch) into alcohol and carbon dioxide through the process of fermentation. This makes it crucial to the making of wine and beer, as well as the process of baking (which has led to the identification of two main types, brewer's and baker's yeast). Baker's yeast is used in cookery to rise (leaven) any kind of bread, whether sweet or savory.

### **YAKISOBA**

is a Japanese noodle

### **YUZU**

is a citrus fruit. It isn't generally eaten raw, as it's too sour. Instead, it's used in dishes like curries and stir-fries.

### **YAKHNI**

is a light curry

### **YIROS**

is a classic Greek wrap containing meat and shredded veggies.

### **YACON**

is a species of daisy that is grown for its crisp, sweet-tasting, tuberous roots. It tastes like a sweet cross between apples, watermelon, mild celery, and a touch of pear. Yacon can be eaten with vegetables in a salad or cooked into a sauce similar to applesauce.

### **YAMARITA**

is a boiled yam coated in egg, flour, ginger, garlic, and salt. After it has been coated, it is fried and served

## **YOGURT CHEESE**

creamy cheese product produced when the whey is drained from yogurt. With a higher concentration of nutrients after the whey is removed, yogurt cheese provides a creamy smooth cheese that is low in calories, sodium, lactose, and cholesterol.

## **Z**

### **ZUCCHINI**

Are long thin vegetables with a dark green skin.

### **ZINC**

Zinc is an essential mineral for human beings and is part of many reactions in the body. It plays a role in wound healing, our ability to taste and in growth and reproduction. Good plant sources of zinc include rolled oats, unprocessed bran, rice, muesli, wholegrain breads and cereals. Zinc is also found in a range of animal foods including oysters, beef and offal, with smaller amounts present in white meat and fish.

### **ZAATAR SPICE**

Also known as za atar seasoning. Zaatar is a popular spice mixture found throughout the Middle East. Zaatar spice is a combination of sumac, sesame seeds, salt, and pure awesomeness.

### **ZEST**

refers to the outer skin of citrus fruits such as oranges, lemons, and limes. The colored part of the skin contains natural oils that provide aroma and flavor. Small shavings of the skin are added to various dishes to intensify the required citrus flavors

### **ZESTER**

a kitchen utensil for removing fine shreds of zest from citrus fruit.