



Key Terminology

Key word	Meaning
Pathogenic bacteria	A pathogen that causes food poisoning
Cross contamination	When bacteria transfers from one place to another
Salmonella	A type of pathogenic bacteria found in raw chicken and raw eggs
E Coli	A type of pathogenic bacteria found in raw meat and soil
Listeria	A type of pathogenic bacteria found in blue cheese
Mise en Place	Putting into place
Al Dente	Firm to bite
Hygiene	Things you do to stay healthy in an environment
Danger zone	Where pathogenic bacteria grows rapidly, with the right conditions (5-63 degrees)

Food Mile Facts

- 95% of our fruit comes from abroad.
- Half of our vegetables are imported.
- 30% of all goods transported by lorry around the UK are foodstuffs.
- Food imports increased from 13.5m tonnes in 1992 to just over 16m tonnes by 2002.
- Whilst only 1% of food is transported by air, it accounts for 11% of carbon emissions.
- Rainforest the size of ten football pitches is felled every second, some of which to make room for exported food crops.
- Since 1992, the amount of food flown by 'plane has risen by 140%.



Nutrition

Nutrient	Purpose
Carbohydrates	Simple (sugar) and complex (starch) (pasta / bread / potatoes)
Fats	Saturated, unsaturated, trans (butter / red meat)
Protein	Build and repair muscles, keeps hair shiny, provides energy, helps make red blood cells (chicken / beans)
Vitamins	Water soluble: B and C, fat soluble A,D, E, K (fruit and vegetables)
Minerals	Calcium – strong bones (stops osteoporosis) (milk) Iron – makes red blood cells (stops anaemia) (red meat / spinach) Sodium – controls water levels, stops you being dizzy (6g a day for adults less for children) Potassium – helps nervous system function correctly (beans / dairy)
Fibre	Helps with digestion (wholegrains / fruit and vegetables)