Food Technology Vocabulary

12 × 12 GRID • 15 WORDS

Words go across, down or diagonally. No backwards words.

Spaces, punctuation and accents are omitted from the grid.

C	S	F	H	Y	G	I	E	N	E	N	L
I	A	E	N	U	T	R	I	E	N	T	W
N	T	R	A	R	E	C	I	P	E	P	A
G	S	M	B	S	K	N	E	A	D	R	L
R	I	E	I	O	O	Y	A	A	P	O	L
E	M	N	M	N	H	N	B	Z	X	T	E
D	M	T	F	U	E	Y	I	K	P	E	R
I	E	A	S	I	L	R	D	N	T	I	G
E	R	T	G	H	B	S	A	R	G	N	E
N	W	I	D	D	C	R	I	L	A	T	N
T	U	O	Y	F	T	Q	E	O	W	T	T
K	Y	N	V	I	T	A	M	I	N	M	E

WORDS TO FIND

ALLERGEN
CARBOHYDRATE
EMULSION
FERMENTATION
FIBRE
HYGIENE
INGREDIENT
KNEAD
MINERAL
NUTRIENT
PROTEIN
RECIPE
SEASONING
SIMMER
VITAMIN

Learn what each word means on the next page.

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WORD MEANINGS

Read the meanings, then try using a new word in a sentence.

Ingredient
One of the foods or substances used in a recipe.

Recipe
Instructions for preparing a dish.

Nutrient
A substance in food that the body needs to function.

Protein
A nutrient used for growth and repairing body tissues.

Carbohydrate
A nutrient that supplies energy, found in foods such as bread and rice.

Fibre
Plant material in food that helps the digestive system work well.

Vitamin
A substance needed in small amounts to keep the body healthy.

Mineral
An element needed by the body, such as calcium or iron.

Hygiene
Practices that keep things clean and help prevent illness.

Allergen
A substance that can cause an allergic reaction in some people.

Fermentation
A process in which microbes change substances, used to make bread or yoghurt.

Emulsion
A mixture in which tiny drops of one liquid are spread through another.

Knead
To work dough by pressing, folding and stretching it.

Simmer
To cook liquid gently, with small bubbles rising to the surface.

Seasoning
An ingredient added to improve flavour, such as herbs or pepper.

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