

## Glossary

**Absorption:** The uptake of the end products of digestion through the cell membrane of digestive tract into blood and lymph circulation

**Acceptability:** Able to be accepted

**Adulteration:** Addition of substance resulting in a poorer quality

**Aerobic:** Reaction in presence of oxygen

**AGMARK:** A standard mark on agricultural products ensuring their quality, purity and wholesomeness

**Anaemia:** Reduction in number of red blood cells or circulating haemoglobin resulting in paleness

**Anaerobic:** Reaction in absence of oxygen

**Antioxidant:** Substance which retards rancidity and deterioration from exposure to oxygen

**Appetizers:** Substances which increase hunger pangs

**Balanced diet:** Diet supplying all the nutrients in adequate amounts

**BMR:** Basal Metabolic Rate

**Beri-Beri:** Disease affecting the nervous system due to thiamine deficiency

**BIS:** Bureau of Indian Standards

**Blanching:** Dipping food in boiling water for a few minutes

**Braising:** Method of cooking where two different medias are used

**Caramelization:** Formation of a caramel on application of dry heat to sugar

**Carbohydrate:** Organic compound containing carbon, hydrogen and oxygen

**Cluster:** A group of food industries formulated by government

**Coagulation:** Chemical irreversible change in protein due to effect of heat, light or change in pH

**Cooking:** Use of heat to bring about desirable changes in food

**Crystallization:** Process of crystal formation.

**CVD:** Cardiovascular disease

**Dehydration:** Removal or loss of large amount of water from a substances or a body.

**Denaturation:** Physical reversible change in protein due to effect of heat, light or change in pH

**Dextrinisation:** A process in which on application of dry heat to foods containing starch, starch granules break into dextrin resulting in a brown colour, a typical flavor and a sweet taste.

**Disaccharide:** Carbohydrate consisting of two monosaccharide units.

**Discoloration:** Loss of colour

**Emulsifiers:** Substances which help in preparation of an emulsion

**Emulsion:** A dispersion of two immiscible liquids.

**Fats:** Esters of fatty acid and glycerol

**Fermentation:** Decomposition of dietary substance with or without oxygen where  $\text{CO}_2$  is formed.

**Fibre:** Component of dietary plant material that cannot be digested by enzyme in the human intestinal tract.

**FIFO:** First in first out

**Flavour:** Combined effect of taste and smell sensation produced by food.

**Fortifiers:** substances added to improve the nutritive value.

**FPO:** Fruit Product Order-A standard mark on fruits and vegetable products to ensure their quality.

**Food:** Solid, semi solid and liquid material which can be consumed to sustain body and keep it healthy.

**Food additives :** Substance added intentionally in small quantity to improve the functional, physical and sensory properties of food.

**Food pyramid :** Food group based structure used in planning of balanced diet.

**FSSAI:** Food Safety Standard Authority of Indian, 2006

**Gel:** A semi solid which has a particular shape

**Gelatinization:** A process in which when starch granules are heated in water swell up resulting in thickening.

**Germination:** Development of sprout in grain.

**Gluten:** Protein present in wheat which gives elasticity to dough.

**GLV:** Green leafy vegetable

**Goiter:** Enlargement of thyroid gland due to iodine deficiency.

**Grilling:** Directing heat downward for cooking food.

**HDL :** High density lipoprotein.

**Homogenization:** Processing of milk to break the fat globules into uniform size.

**Hygroscopic:** A substance which easily absorbs water.

**Identity of grain:** Grain do not lump together and remain separate.

**Inversion:** Hydrolysis of sucrose into equal amount of glucose and fructose due to action of acid or enzyme.

**ISI:** Indian Standard Institute-an act formulated in 1952

**Kwashiorkor:** Disease due to deficiency of protein in children.

**LDL :** Low density lipoprotein

**Maillard reaction:** Non-enzymatic browning due to sugar – amino acid reaction.

**Malting:** Germination under controlled conditions

**Marasmus:** Disease due to deficiency of protein and calorie in children showing emaciation

**Monosaccharides:** One carbohydrate unit.

**Myoglobin:** Red colour pigment in muscle of meat.

**Nutrient:** A chemical substance in food essential for maintain the functions of the body.

**Nutrition:** Scientific study of nutrients

**Obesity:** When the body weight is more than twenty percent of the ideal body weight

**Oedema:** An excess of watery fluid in the cavities of tissues of the body

**Oils:** Lipids at room temperature

**ORS:** Oral Rehydration Solution

**Osteomalacia:** Weakening of the skeletal system in adults due to deficiency of vitamin D, calcium and phosphorus.

**Oxidation:** Reaction involving combination of oxygen.

**Palatability:** Acceptability of food in terms of flavor, taste, texture, colour and temperature of food by human sensory organs.

**Pasteurization:** Mild heat treatment to kill pathogenic bacteria.

**Pectin:** Cementing substances in cell walls of fruits.

**Pellagra:** Deficiency disease of niacin affecting digestive system, nervous system and skin.

**Perishable:** Which spoils easily.

**Pesticides:** Substance for destroying insects or pests.

**PFA:** Prevention of Food Adulteration Act-a food law formulated in 1954.

**Polysaccharides:** Carbohydrates consisting of more than two monosaccharide units.

**Prebiotics:** Special indigestible soluble fiber present in plant foods which stimulate the growth and/or activity of bacteria in our digestive system.

**Precursor:** A compound that can be used by the body to form an essential nutrient.

**Preliminary treatment:** Special treatments before cooking the food.

**Preservatives:** Substance which increases the shelf life of food.

**Probiotic:** Probiotic bacterial are also known as beneficial bacterial or friendly bacteria and are naturally present in some of our foods or are added to processed food for their health benefits.

**Protein:** Complex organic nitrogenous substances.

**QA:** Quality analyst

**REE:** Resting Energy Expenditure

**Rickets:** Deficiency disease of vitamin D associated with skeletal malformation

**Sauteing:** To fry quickly in a small amount of fat

**Sensory:** Related to sensation or the five human sense (touch, smell, taste, hearing and sight)

**Scurvy:** Vitamin C deficiency leading to swelling, bleeding of gums and prone to internal haemorrhage.

**Serving:** Amount of food served to a person at a time e.g. one medium size chapatti.

**Shortening:** Addition of fat to dough to make the product crisp.

**Tannins:** Phenolic substance responsible for enzymatic browning in vegetable and fruits.

**Taste:** Sensory property evaluated by tongue (sweet, sour, salty and bitter)

**Texture:** The feel, appearance or consistency of food.

**UHT:** Ultra high temperature

**Vitamin:** Vital organic substances necessary in small amounts for growth, reproduction and maintenance of health.

**Viz. :** Namely

### Some important abbreviations :

Abbreviations		Approximate Weight
Cupful	C	150 gm or ml
Tablespoon	T/tbsp	20 ml or gm
Teaspoon	t/tsp	5 gm or ml
Kilogram	Kg.	1000 g
Litre	Lt./lit.	1000 ml
Gram	g.	1000 mg
Millilitre	ml.	1000 µl

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