

10	oake o cook food in an oven.
Α	<b>rand</b> product made by a particular company. A branded product can usually be dentified by its packaging.
Α	arbohydrate substance found in foods such as bread, rice, potatoes and pasta. Carbohydrates rovide the body with energy.
	<b>itrus</b> n acidic fruit with lots of juice, such as a lemon.
	<b>limate</b> ypical weather conditions of a certain area.
F	lairy ood which contains an animal's milk, such as milk, yoghurt and cheese. Dairy roducts help to keep your teeth and bones healthy.
	l <b>ish</b> ood prepared in a certain way.
	air trade roducts that are bought from the people who produce them at a fair price.
Α	at n oily substance found in foods such as butter, avocados and cooking oil. Fats rovide the body with energy and insulation.
	estival special time of celebration, usually for religious reasons.
	lavour he taste of food in the mouth.

	t is made up of different food groups: carbohydrates, proteins, dairy s, fruit and vegetables, oils, fats and spreads, and foods high in fat,
	soft part of a tree or other plant that contains seeds and can usually as apples and plums.
<b>herb</b> A type of plant for medical be	
ingredient A food or subst	ance that is combined with other ingredients to make a
	animal that can be eaten as food.
nutrition	ances that animals and plants take into their bodies for health
<b>oil</b> A smooth, grea	sy liquid produced from plants or animals and used to cook food.
packaging The materials (	used to wrap and protect objects that are for sale.
<b>physician</b> A medical doct	or.
<b>produce</b> Food and othe and meat.	r natural substances that are farmed, such as fresh fruit, vegetables

	stance found in foods such as meat, nuts and eggs. Protein helps the body to
•••••	and repair itself.
	<b>DE</b> of instructions for preparing and cooking a food dish, including a list of dients.
<b>savo</b> Food	
<b>star</b> A whi	
	et substance that comes from the sugar cane and sugar beet plants. Sugar is to make food and drinks taste sweet. It provides the body with energy, but few ents.
taste The fl	evour of food in the mouth.
<b>text</b> The fe	
	or container with a particular use. Kitchen utensils include knives, spoons patulas.
_	etable y plant or part of a plant that can be eaten, such as cabbages and carrots.