

Glossary

Acidic (a·cid·ic): substances that have a pH from 0 to 6.

Amino Acids (a·mi·no ac·ids): the building blocks of protein and are made by living cells from simpler compounds or are obtained in the diet.

Basic (ba·sic): substances that have a pH from 8 to 14.

Carbohydrate (car·bo·hy·drate): a macronutrient found in food that can be broken down to release energy in the body.

Cool Weather Crops (cool weath·er crops): crops that grow best in cool weather. These crops should be planted in early to mid-spring when the ground is still cool.

Crops: plants or produce such as fruits and vegetables that can be grown and harvested.

Dairy Products (dair·y prod·ucts): any food made from milk or milk products.

Ear: the seed-bearing spike of a cereal plant. Corn kernels grow on the ear.

Embryo (em·bry·o): a life form in its earliest phase, before full development.

Emulsion (e·mul·sion): a material consisting of a mixture of liquids that do not dissolve in each other and have droplets of one liquid scattered throughout the other.

Feed: food for chickens that provide a balanced diet of protein, carbohydrates and calcium.

Fossil Fuels (fos·sil fu·els): energy that is formed in the earth and used to transport food. Some types include coal, oil and natural gas

Free-Range: chickens that eat feed, but are also allowed to roam freely to graze for food.

Global Warming (glob·al warm·ing): the increase in the Earth's temperature that is theorized to result from an increase in greenhouse gases.

Greenhouse Gases (green·house gas·es): gasses that help control the Earth's temperature. These gases trap heat and are thought to contribute to global warming.

Ingredients (in·gre·di·ents): the different products, usually food, that make up a recipe.

Lactic Acid (lac·tic acid): an acid that causes milk to thicken, especially during the cheese-making process.

Lactobacillus (lac·to·ba·cil·lus): a “good” type of bacteria that helps to fight “bad” bacteria and infection. The body also uses it to help digest food.

Lactose (lac·tose): the carbohydrate (sugar) found in milk. Lactose is found naturally only in dairy products.

Laying Hens (lay·ing hens): chickens that are kept specifically to lay eggs.

Leafy Vegetables (leaf·y veg·e·ta·bles): plant leaves that can be eaten and are classified as vegetables.

Microorganisms (mi·cro·or·gan·isms): a tiny living thing that can only be seen with a microscope.

Minerals (min·er·als): substances in food that our bodies need to be healthy and to use energy.

Pasteurized (pas·teur·ized): treatment of a food product with mild heat to kill bacteria, but not all microorganisms, in the product.

pH: a number used in expressing whether a substance is an acid or a base on a scale from 0 to 14.

Pickling (pick·ling): storing foods in an acidic environment, like vinegar, to preserve and flavor a food.

Recipe (rec·i·pe): group of instructions and a list of ingredients for making a food dish.

Saturated Fat (sat·u·rat·ed fat): fat that comes from animals; less healthy fats.

Steam: the invisible vapor into which water is changed when heated to boiling point.

Varieties (va·ri·e·ties): a grouping of similar items within a category.

Vitamins (vi·ta·mins): the substances in food that our bodies need to be healthy and to use energy.

Warm Weather Crops (warm weath·er crops): crops that grow best in hot weather. You should plant these crops in late spring to early summer when the ground is nice and warm.