

LEARN SHEET: Year 8 Food Technology

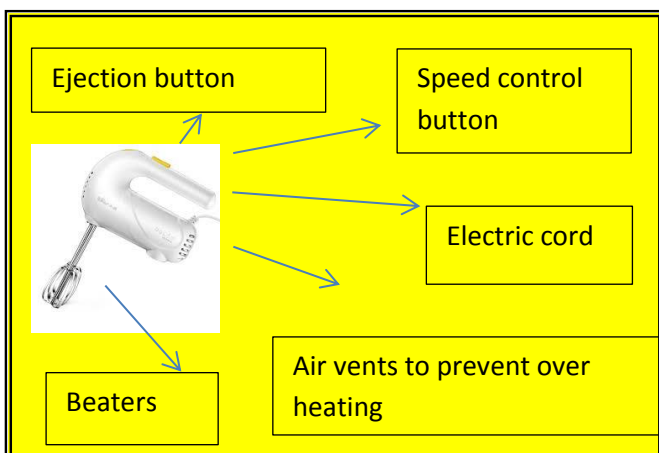
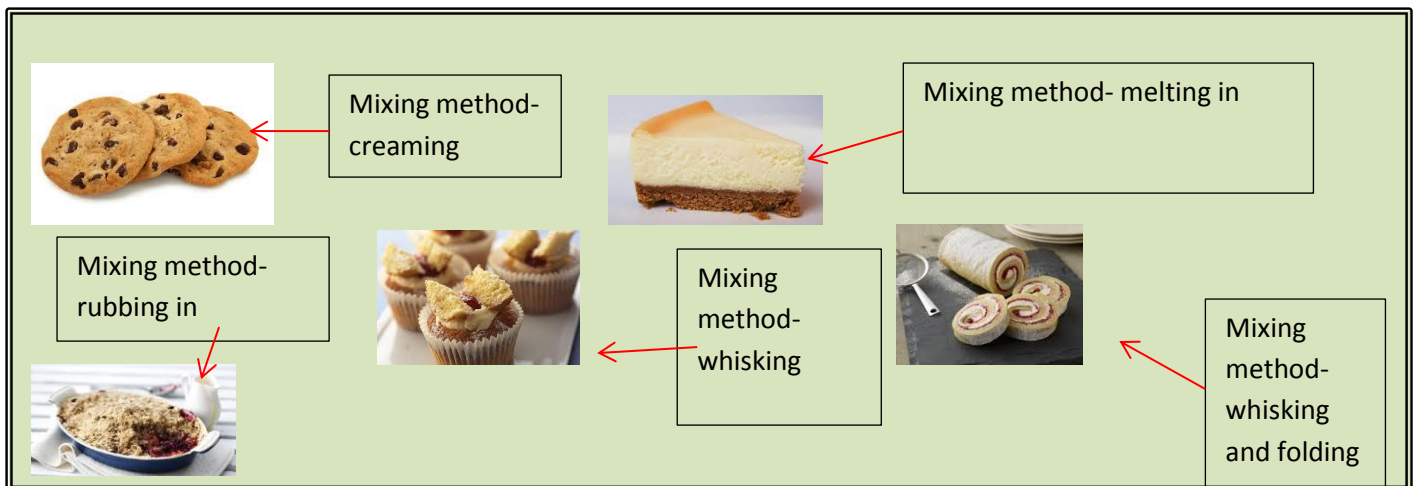
Vocabulary you need to know:

Creaming	A mixing method using a spoon
Whisking	a mixing method using a whisk
All in one	Adding all in the ingredients into the bowl at the same time and mixing together
Melting	A mixing method requiring the melting in of an ingredient to mix
Rubbing in	A mixing method requiring the tubbing flour and butter together into "breadcrumbs"
Aeration	Trapping air into a mixture
Raising agents	Ingredients that enable a mixture to rise
Hidden sugars	Sugars that are in food that people are unaware of
Diabetes	Illness cause irregular blood sugar
Heart disease	Disease of the heart
Obesity	Extremely overweight
Artificial sweetener	Artificial replacement for sugar



Artificial sweeteners-

- Stevia
- Saccharin
- Aspartame
- Acesulfame-K
- Sucralose
- Neotame



Natural sweetener:

- Dates
- Maple syrup
- Honey
- Cocunut syrup
- Jam

Annotations- a note by way of explanation or comment added to a text or diagram.