

Subject – Food Preparation and nutrition Food commodities

Benefits of potatoes and pasta	Fruit and vegetables
They are cheap	They are cheap
They are versatile, make plenty of dishes	They are versatile, eaten in many ways
They are widely available in all shops	There is a huge variety available
They are both vegetarian	They are vegetarian
They have a long shelf life, easy to store	They are low risk foods
They are easy to prepare	Many can be eaten raw
They are naturally low in fat	Naturally low in fat
They are filling	(fructose)Naturally sweet fruit
They can be eaten hot or cold	Full of vitamins A,C and E and minerals
They are a good source of carbohydrate	High in fibre

TECHNICAL VOCABULARY	
Commodity	Raw agricultural commodities which are either consumed raw or processed (wheat into flour)
Staple food	A food which is eaten regularly and makes a significant contribution to our diet like bread
Unleavened bread	Bread which has no raising agent
Cultivated	Grown on a farm under controlled conditions
Processed	Changes made to a raw material to make it edible
Fortified	When nutrients are replaced or added after processing
Harvested	Gathering or picking of crops
Durum wheat	Wheat which contains a high level of protein
Seasonal	The time of year when food is at its peak in terms of harvest, flavour and at it's cheapest
High risk foods	Food which have ideal conditions for the growth of bacteria

Dairy foods	
Rich in vitamin A,D,B trace of C	
High risk foods	Cream- single, double, whipping, clotted
Not suitable for lactose intolerant people	Cheese- hard, soft, blue
Needs to be refrigerated at 5c or below	Parmesan & cheddar ; soft- Brie, camembert Blue veined-stilton
Widely available	Uses of cheese
Milk can be consumed in many forms	Provides flavour
Whole	Provides colour
Semi skimmed	Provides texture

