

additive **additive** noun 1. a chemical which is added to food to improve its appearance or to keep it fresh The tin of beans contains a number of additives. These animal foodstuffs are free from all additives. 2. a chemical which is added to something to improve it A new fuel additive made from plants could help reduce energy costs.

biodigestion noun the use of microorganisms to break down food and organic waste biodiverse biodive

can bank noun a large container in a public place into which people can put their empty metal food containers for collection and recycling

colouring **colouring** noun 1. the appearance of something in terms of its colour 2. same as food colouring

enhancer noun an artificial substance that increases the flavour of food or of artificial flavouring that has been added to food (NOTE: In the European Union, flavour enhancers added to food have the E numbers E620 to E637.)

famine noun a period of severe shortage of food When the monsoon failed for the second year, the threat of famine became more likely. famine food famine food noun a plant that is regarded as suitable for eat

feed additive noun a supplement added to the feed of farm livestock, particularly pigs and poultry, to promote growth, e.g. an antibiotic or hormone feed concentrate feed concentrate noun an animal feed which has a high food value relative to volume feeder

feeder noun 1. an animal that eats particular food or eats in a particular way a night feeder 2. a device which supplies something a bird feeder 3. something which supplies or adds to something else of the same type feed grain feed grain noun a cereal which is fed to animals and birds, e.g. wheat or maize feeding ground feeding ground noun an area where animals come to feed Estuaries are the winter feeding grounds for thousands of migratory birds. feeding strategy feeding strategy noun the tactics used by an animal to obtain food

feedingstuff noun same as feedstuff feedlot feedlot noun a field with small pens in which cattle are fattened feedstuff feedstuff noun food for farm animals. Also called feedingstuff

high-energy food high-energy food noun a kind of food which gives a lot of energy when broken down by the digestive system, e.g. fats or carbohydrates

food grain noun a cereal crop used as food for humans, e.g. wheat, barley or rye food mile food mile noun a measure of the distance that food is transported from its place of origin to the consumer food pyramid food pyramid noun a chart of a food chain showing the number of organisms at each level food safety food safety noun the issues surrounding the production, handling, storage and cooking of food that determine whether or not it is safe to eat food scare food scare noun a situation when food is believed to be unsafe or contaminated, often leading to many people refusing to buy it food security food security noun the situation that exists when people have both physical access to, and the economic means to buy, sufficient food of a quality that meets their nutritional needs and food preferences

Food Standards Agency **Food Standards Agency** noun a British government agency set up in 2000 to offer advice on food safety and quality. Abbr FSA foodstuff foodstuff noun something that can be used as food cereals, vegetables and other foodstuffs food supply food supply noun 1. the production of food and the way in which it gets to the consumer 2. a stock of food The ants will vigorously defend their food supply. food web food web noun a series of food chains that are linked together in an ecosystem footpath footpath noun a route along which people walk on foot but along which vehicles are not permitted Long-distance footpaths have been created through the mountain regions. footprint footprint noun the resources that an individual or organisation consumes the ecological footprint of the building forage forage noun a crop planted for ani

millet noun a cereal crop grown in many of the hot, dry regions of Africa and Asia, where it is a staple food. G

free-range eggs noun eggs from hens that are allowed to run about in the open and eat more natural food **functional food** functional food noun a food designed to be medically beneficial, helping to protect against serious conditions such as diabetes, cancer or heart disease

Health foods include natural cereals, dried fruit and nuts.

macrobiotics noun a dietary system based on vegetarian foods without artificial additives or preservatives, especially organically grown whole grains, fruit and vegetables

nutrient noun a substance that an organism needs to allow it to grow, thrive and reproduce, e.g. carbon, hydrogen, oxygen, nitrogen, phosphorus, potassium, calcium, magnesium or sulfur. Plants obtain their nutrients from the soil, while humans and

grazing food chain grazing food chain noun a cycle in which vegetation is eaten by animals, digested, then passed into the soil as dung and so taken up again by plants which are eaten by animals including plants. nutrient budget nutrient budget noun the calculation of the amount of a nutrient taken up by an individual and the amount lost by an individual to the environment nutrient leaching nutrient leaching noun the loss of nutrients from the soil caused by water flowing through it, which deprives the soil of nutrients and may pollute water courses nutrient requirement nutrient requirement noun the type and amount of nutrients needed by an organism nutrient source nutrient source noun the source of a nutrient for an individual or community nutrition nutrition noun the process of taking in the necessary food components to grow and remain healthy.

organics noun 1. the practice of managing the land and growing food according to organic principles 2.

organic material of all types including waste organic waste organic waste noun substances consisting of material containing carbon compounds and disposed of as waste, e.g. plant or animal remains. Compare inorganic waste

persistent species persistent insecticide persistent insecticide, persistent pesticide noun a chemical compound used to kill insect or other pests that remains without breaking down in the soil or in the body of an animal and is passed from animal to animal through the food chain

ration ration noun an amount of food given to an animal or person raw raw adjective 1. (of food) uncooked 2. (of a substance) unprocessed or unrefined 3. (of sewage, water or waste) untreated 4. (of

data) not yet subjected to analysis raw material raw material noun a substance which is used to manufacture something, e.g. ore for making metals or wood for making furniture

root crop noun a plant that stores edible material in a root, corm or tuber and is grown as food (NOTE: Root crops include carrots, parsnips, swedes and turnips. Starchy root crop

roughage noun fibrous matter in food, which cannot be digested. Also called dietary fibre

acid food noun any food that leaves an acid residue after being metabolised. Compare basic food

basic food noun a type of food that leaves an alkaline residue after being metabolised. Compare acid food

biologically active dietary supplement biologically active dietary supplement noun a substance used for enriching food that contains nature-identical compounds in a concentrated form. Abbreviation BADA

ad libitum adjective used for referring to food intake that is not controlled by a strict nutritional plan

anticatabolism noun the prevention of the release of energy from food, which promotes muscle growth

calorie-dense adjective used for describing food and drink that is high in calories with comparatively few essential nutrients calorie goal calorie goal noun the number of calories that should be eaten each day according to an individual weight loss or exercise regime calorie intake calorie intake noun the numbers of calories consumed in a day

energy value noun the amount of energy produced by a given amount of a particular food

aspiration noun the action of breathing food particles into the lungs when eating

digest verb to break down food in the stomach and intestine and convert it into elements that can be absorbed by the body digestibility digestibility noun the percentage of a food that is digested and absorbedemotional **eating emotional eating** noun the consumption of food in response to feelings of stress or sadness, rather than hunger empty calorie empty calorie noun food that contains energy but no nutrients

diet diet noun 1. the amount and type of food eaten 2. the act of eating only particular types of food, in order to become thinner, to cure an illness or to improve a conditiondope dope noun 1. a drug given illegally to affect performance 2. an illegal drug, especially cannabis (slang) verb to add a drug to food or drink secretly in order to affect performance dopehead dopehead noun somebody who takes illegal drugs regularly or who is physiologically or mentally dependent on them (slang)

essential fatty acid essential fatty acid noun an unsaturated fatty acid that is essential for growth but cannot be synthesised and so must be obtained from food or medicinal substances. Abbreviation EFA

exchange lists plural noun tables that show which foods contain equivalent numbers of calories, for use in planning an exchange diet

faddy adjective tending to have strongly held likes and dislikes about food

fat burning noun the consumption of fat reserves by the body for energy, reducing visible body fat, usually achieved by increasing activity levels or decreasing calorie intake fat content fat content noun the amount of fat in a foodstuff, usually measured in grams fat-free fat-free adjective used for describing foods that contain no animal or vegetable fat fat-free mass fat-free mass noun all body tissues combining food combining noun the practice of eating different types of food at different times in the belief that this aids digestion and weight loss food composition food composition noun the percentages of each nutrient present in a particular foodstuff food diary food diary noun a note of all food eaten by a person over a particular period, used by a dietetic professional to assess their diet food energy food energy noun the amount of digestible energy provided by food SportsScience.fm Page 88 Monday, September 25, 2006 2:53 PM 89 foreign body food exchange diet food exchange diet noun same as exchange diet food group food group noun a general category under which foods are grouped, e.g. fats, proteins, dairy, fruits, vegetables and grains food intolerance food intolerance noun a sensitivity to, or an inability to digest, a particular food, ingredient or substance, which means that it should be excluded from the diet food stacking food stacking noun the idea of eating nutrients in a particular order to allow them to be digested in the most efficient manner