

1. aeration	the process of adding air to a substance	21. gluten	a type of protein found in grains that will stretch and form the structure of a flour product
2. ageing process	a method which allows natural enzymes to break down the tough connective tissue in meats and for water to evaporate, leading to a more concentrated flavour	22. helix	a shape similar to a spiral
3. amino acids	the molecules that form the basic building blocks of protein	23. homogenisation	the process in which the size of the fat globules is reduced to small, uniform particles, which are then distributed evenly throughout the liquid
4. antioxidant	a chemical that stops oxidation, preventing oxidative damage in the body or, in food, preventing fats and oils becoming rancid	24. lipids	the general name given to a range of substances that include fats, oils, fatty acids, phospholipids, sterols, glycolipids and waxes; most of these are not soluble
5. bacterial culture	in cheese making this term refers to the lactic acid bacteria that change the milk sugar to lactic acid	25. Maillard reaction	the browning that occurs when a protein and sugar are heated
6. carbohydrate	one of the main nutrients needed by the body, providing energy and fibre	26. pectin	a polysaccharide found in fruit and some vegetables; used to make jams set
7. catalyst	a substance that helps a chemical reaction to occur	27. peptide bond	a bond that holds amino acids together in a polypeptide chain
8. coagulation	when a protein separates from other nutrients and turns from a liquid to a solid	28. protein	one of the main nutrients needed by the body to repair and build cells, produce enzymes and hormones, and which can be used as a source of energy
9. crystallisation	the formation of solid crystals that occurs when a very concentrated (supersaturated) sugar solution cools	29. rancid	food that has the unpleasant smell or taste of decomposing oils or fats
10. denaturation	occurs when the helix structure of the protein breaks apart	30. roux	a combination of butter and flour, cooked until it bubbles
11. dextrin	the half-way stage in the breakdown of starch to glucose	31. starch	a polysaccharide of glucose that forms the energy stored in plants
12. dextrination	the process in which starch breaks down into dextrins		
13. emulsifier	a substance that has an attraction for both lipids and water; these substances cause stable mixtures to form		
14. emulsion	a stable lipid and water combination		
15. enzyme	a chemical substance that acts as a catalyst		
16. enzymic browning	a process that takes place when the enzymes in fruit and vegetables react with oxygen, producing a brown colour on the surface of the food		
17. foam	formed when air is beaten into a liquid		
18. gel	an elastic solid that can be formed when protein, starch or pectin surrounds small droplets of water		
19. gelatinisation	the process that starch goes through as it absorbs water in the presence of heat, resulting in the thickening of the liquid		
20. gelation	the process of forming a gel		