

GLOSSARY FOR 11-14 YEAR-OLDS

Bran – husks of cereal grain separated from the flour by sifting.

Blending – process by which different grades of something are mixed together.

Break rolls – fluted rolls used for cracking open wheat and scraping the endosperm from the bran.

Calorie – a unit of energy.

Chaff – husk separated from the seed at threshing and milling.

Combine harvester – machine which is used to gather in the crop.

Conditioning – process by which the condition of something is improved.

Dough – thick mixture of flour and water or milk.

Endosperm – the food reserve on which the young plant lives until it has developed a root system.

Fermentation – process during which carbon dioxide is given off by yeasts as they convert sugars for fuel.

GLOSSARY FOR 11-14 YEAR-OLDS

Fortification – the adding of vitamins and minerals to increase nutritional value.

Germ (or wheatgerm) – the (wheat) plant embryo.

Gluten – stretchy protein that traps carbon dioxide bubbles causing bread to rise.

Glycogen – form in which carbohydrate is stored in the body.

Gristing – the blending of different wheats before milling.

Harvesting – gathering of the ripened crop.

Kneading – the stretching, folding and pushing of a dough to develop the gluten in the flour.

Leavened – a word to describe goods that contain a rising agent.

Metabolism – complete chemical process that occurs in the body to produce energy for growth.

Milling – method of grinding or crushing the grain.

Proving – the final rise when the shaped dough is left to rise again just before baking.

GLOSSARY FOR 11-14 YEAR-OLDS

Reduction rolls – smooth rolls used to grind the endosperm to produce flour or semolina.

Ripening – process by which seed becomes ready for harvest.

Starch – a complex carbohydrate that fuels the body.

Threshing – process by which grain is removed from the cereal plant.

Variety – distinguished type of individual plant within a group.

Yeast – micro organism.

Yield – the amount of grain produced, measured in tonnes per hectare.