









<p>Bake</p> 	<p>Cook by dry heat without direct exposure to a flame, typically in an oven.</p> <p>I like to bake cookies at the weekend.</p>	<p>Dough</p> 	<p>A thick, malleable mixture of flour and liquid.</p> <p>I must knead the dough and form it into a ball.</p>
<p>Balanced Diet</p> 	<p>A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.</p> <p>There are five food groups that make up a balanced diet.</p>	<p>Hygienic</p> 	<p>Keeping healthy and preventing disease by being clean.</p> <p>The kitchen didn't look very hygienic.</p>
<p>Processed</p> 	<p>Any way that food is cooked, baked or prepared.</p> <p>Supermarkets sell many foods that have been processed.</p>	<p>Source</p> 	<p>A place, person or thing from which something originates from.</p> <p>Spinach is a valuable source of iron.</p>
<p>Savoury</p> 	<p>Food belonging to the category that is salty or spicy rather than sweet.</p> <p>Does it taste sweet or savoury?</p>	<p>Toppings</p> 	<p>A layer of food poured or spread over a base of a different type of food to add flavour.</p> <p>My favourite pizza toppings are peppers and chicken.</p>
<p>Contamination</p> 	<p>To make something unfit to use by having contact with something harmful to it or near it.</p> <p>Always keep food covered to prevent contamination by flies.</p>	<p>Recipe</p> 	<p>A set of instructions for preparing a particular dish, including a list of the ingredients required.</p> <p>I need a recipe to bake a cake.</p>