

Glossary of Relevant Terms

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Term	Definition
Agricultural inspector	A professional who inspects and monitors agricultural facilities and products to ensure compliance with government regulations and industry standards.
Agronomist	A professional who studies and manages crops and soils, with the aim of improving their productivity and sustainability.
Air-tight packaging	Packaging that is sealed tightly to prevent air from entering, to preserve the freshness and quality of the contents.
Anaerobic conditions	With little or no oxygen.
Balanced diet	A diet that provides all the necessary nutrients in the right amounts to maintain good health.
Best before date	In cases of food that are not sensitive to microbial spoilage. This indicates the peak quality of the food and not the safety. Foods past this date are generally safe to eat but may not be at their best.
Circular agrifood systems	Agricultural and food systems that are designed to recycle and regenerate resources, reduce waste, and promote circular economy principles.
Complex carbs	Carbohydrates that are composed of long chains of sugar molecules, such as starch and fiber, and that provide sustained energy and other health benefits.
Diabetes	A chronic disease characterized by high blood sugar levels and impaired insulin production or sensitivity.
Digestive system	The system of organs and glands that breaks down food and absorbs nutrients in the body.
Edibility	The quality of being safe and suitable for consumption.
Environmental impact	The effects of human activities on the natural environment, including land use, water use, greenhouse gas emissions, and biodiversity loss.
Enzymatic browning	The chemical reaction that occurs when enzymes in fruits and vegetables react with oxygen, causing them to turn brown and lose quality.
Enzyme	A protein molecule that catalyzes chemical reactions in living organisms, such as digestion and fermentation.
Ethanol	A type of alcohol that is produced by fermentation of sugars.
Fermentation	A metabolic process in which a microorganism (yeast, bacteria) converts a carbohydrate such as sugar or starch into an alcohol or an acid.
Food allergy	An immune response to certain food proteins that can cause a range of symptoms, from mild to life-threatening.
Food chain	The sequence of producers, consumers, and decomposers in an ecosystem, and the transfer of energy and nutrients between them.

Food group	A category of foods that share similar nutritional characteristics and are recommended for a healthy diet, such as fruits, vegetables, grains, and proteins.
Food history	The study of the origins and evolution of food and culinary practices, and their cultural and social significance.
Food innovation	The development of new food products, technologies, and processes to meet changing consumer demands and social and environmental challenges.
Food laws and policy making	The process of formulating and implementing policies and regulations to address food-related issues such as food security, nutrition, and sustainability.
Food loss	Food that is lost or wasted during production, post-harvest handling, and storage, before it reaches the consumer.
Food processing	The transformation of raw agricultural products into processed food products, such as milling, canning, freezing, and drying.
Food safety	The assurance that food products are free from harmful contaminants, such as pathogens, chemical residues, and allergens.
Food security	The condition of having access to sufficient, safe, and nutritious food to meet one's dietary needs and preferences.
Food sensory science	The study of the sensory properties of food, including taste, aroma, texture, and appearance.
Food surplus	Food that is produced but not consumed, and that may be wasted or donated to food banks or other organizations.
Food swamp	Describing an area where there is an abundance of fast food outlets and shops selling ultra processed and unhealthy foods that outnumber healthy food options.
Food systems	The complex network of actors, activities, and resources involved in the production, processing, distribution, and consumption of food.
Food technologist	A professional who applies science and technology to the development, processing, and preservation of food products.
Food waste	Food that is discarded or lost throughout the food supply chain, from farm to table.
Foodscape	The physical, social, and cultural environment in which food is produced, processed, and consumed.
Fortification	The addition of vitamins, minerals, or other nutrients to food products.
Genetically Modified Organisms (GMO)	Organisms whose genetic material has been altered using biotechnology to improve their performance or traits.
Gut microbiota	The microorganisms that live in the digestive system and play a role in digestion, immunity, and overall health.
Healthy eating	A pattern of eating that includes a variety of nutrient-dense foods and is associated with positive health outcomes.

Moderately processed food	Foods that have undergone some processing, such as freezing or canning, but do not contain added ingredients.
Natural flavours	Flavours that are derived from natural sources, such as herbs, spices, or fruits.
Non-processed food	Foods that have not undergone any processing and are in their natural state. For example: raw apple.
Nutritional insecurity	A condition in which individuals or populations lack access to sufficient, safe, and nutritious food.
Nutritional quality	The measure of a food's nutrient content relative to its energy content.
Nutritious food	Food that is rich in essential nutrients, such as vitamins, minerals, and fiber, and that supports good health and well-being.
Obesity	A condition in which a person has an unhealthy amount of body fat, which can lead to health problems such as heart disease, diabetes, and high blood pressure.
Organic food	Food that is produced using organic farming methods, and that is free from synthetic pesticides, fertilizers, and other additives.
Oxidation	A chemical reaction that occurs when oxygen interacts with a substance, which can lead to changes in flavor, color, and texture.
Pasteurization	A process of heating food to a specific temperature and holding it there for a specific time to destroy harmful microorganisms.
Pectin	A naturally occurring substance in fruits and vegetables that is used as a gelling agent in some foods.
Plant-based meat alternatives	Plant-based products that mimic the taste and texture of meat, and that are marketed as a more sustainable and ethical alternative.
Polyphenol oxidase	An enzyme that causes browning in fruits and vegetables.
Preservatives	Substances added to foods to prevent spoilage and extend shelf life.
Primary production	The production of agricultural products on the farm (fruits, vegetables, meat, milk, etc).
Regenerative farming	Farming practices that focus on building soil health, biodiversity, and ecosystem resilience, with the aim of improving the long-term sustainability of agriculture.
Science communication	The process of conveying scientific information to the public in an understandable and accessible way.
Secondary production	The processing of those agricultural products into processed foods. Such as turning wheat into flour, or turning tomatoes into canned sauce.
Super food	A marketing term used to describe foods that are high in nutrients and believed to have health benefits, such as antioxidants, vitamins, and minerals.