

LC Home Economics – Key Definitions



Insurance Broker

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An agent who advises on different aspects of insurance

Hire Purchase

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A form of hiring and buying goods but not owning the goods until the final payment is made

Redress

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The right to repair, refund or replacement if goods are faulty when purchased

Tax Credits

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Reductions on the tax you pay

Cut dotted horizontal lines. Fold vertical line.





Statutory Deductions

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Compulsory deductions from your wages

The Ombudsman

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Helps consumers make complaints against state bodies

Essential Expenditure

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Money in the budget that has is necessary to spend to manage family life e.g. rent/mortgage

Discretionary Expenditure

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Money in the budget for non-essential spending e.g. leisure



LC Home Economics – Key Definitions



Family Income Supplement

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A weekly payment for families with the earner in low paid employment

APR

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The total cost of credit to the consumer expressed as an annual percentage of the amount granted

Life Assurance

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Provides coverage for the insured's family for an event that could occur, such as death

Mortgage Protection Policy

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Insurance for if mortgage payer dies before the mortgage is paid off, the debt is cleared

Cut dotted horizontal lines. Fold vertical line.



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Annuity Mortgage

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Principal amount owed plus interest are paid monthly over a fixed period

Endowment Mortgage

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Taking out a Life Assurance policy to cover the term of the loan. The proceeds of the policy are used to pay off the loan

USC

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A universal charge everyone earning more than €13,000 a year pays on their income

Universal Payment

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Social welfare payment paid regardless of socio-economic status e.g. child benefit

Cut dotted horizontal lines. Fold vertical line.



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Desk Research

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Collecting data
from existing
research

Field Research

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makes exams easier

Collecting personalized
data through
interviews, surveys,
focus groups etc.

Insurance Policy

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makes exams easier

Written details of the
terms and conditions
the insurance covers

Insurance Premium

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makes exams easier

The sum of money
paid in installments
to the insurance
company

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Malnutrition

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Resulting from lack of food or a nutrient imbalance

Diverticulitis

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The intestinal walls becoming damaged and forming pouches, filling with food waste and bacteria

Peristalsis

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makes exams easier

Movement of the gut to aid digestion

Cholesterol

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makes exams easier

Soft wax-like substance found in the cells, help transport fats in the blood

Cut dotted horizontal lines. Fold vertical line.



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Basal Metabolism

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The minimum energy needed to sustain the body at complete rest

Plaque

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makes exams easier

Mixture of food particles and bacteria that build up on teeth and yellow them

Heart Disease

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makes exams easier

When the walls of the heart get clogged with cholesterol

Empty Calories

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Foods that only provide energy and no other nutrients



LC Home Economics – Key Definitions



Probiotics

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Food containing live bacteria that have direct health benefits on the consumer

Prebiotics

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makes exams easier

Nutrients and constituents of food that good bacteria feed on, aiding digestion

Diabetes Type 1

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The body producing insufficient insulin, requiring a daily administration of insulin

Diabetes Type 2

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Unable to effectively use the insulin in the body

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Value Added Foods

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A raw material being processing to result in a product with a higher nutritional value (i.e. tomato soup)

Anaemia

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A deficiency of iron in the blood

Coeliac

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makes exams easier

Someone who is intolerant of gluten as it damages the villi in their intestines

Osteoporosis

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makes exams easier

A disease that leads to thin and porous bones

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Ergonomics

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The study of people's efficiency in their working environment

The Work Triangle

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makes exams easier

Links the 3 main kitchen activities in a triangular shape to maximise speed and efficiency

Monochrome

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makes exams easier

When a room has one general colour scheme

Emphasis

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makes exams easier

When the eye is drawn to particular area or feature in a room

Cut dotted horizontal lines. Fold vertical line.



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Surveyor

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The person who is employed to examine the condition of a house during building/renovation

Harmony

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makes exams easier

When everything in an outfit/room works together

Blending

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makes exams easier

Combining different fibres together to create a desired characteristic

Pret-A-Porter

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makes exams easier

Clothes that are mass produced, machine made and readily available in shops

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Haute Couture

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Handmade by designers for individual clients. Original and expensive

Poverty Line

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makes exams easier

The estimated minimum income needed to maintain a basic standard of living

Renewable Energy

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makes exams easier

Energy from sources that can be constantly replenished and don't damage the environment

Compact Fluorescent Lighting (CFL)

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makes exams easier

Eco friendly light bulbs that use less energy and last longer

Cut dotted horizontal lines. Fold vertical line.



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Acid Rain

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Polluted rainfall containing carbon dioxide and sulphur

Fluoride

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makes exams easier

A mineral added to water to prevent tooth decay

HACCP

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makes exams easier

Hazard Analysis and Critical Control Points

Fortified Food

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makes exams easier

Food that has added vitamins/minerals to enhance its nutritive value

Cut dotted horizontal lines. Fold vertical line.



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Hazard

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Anything that could contaminate food or cause harm to the consumer

Control Measure

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makes exams easier

Controlling a potentially hazardous area of food preparation to minimise an incident occurring

Toxic Food Poisoning

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Ingesting food that is contaminated by a toxic produced by a bacterial cell

Infectious Food Poisoning

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makes exams easier

Caused by consuming food with large numbers of pathogenic bacteria

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



**Aerobic
Micro-Organisms**

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**Require oxygen
to survive**

**Anaerobic
Micro-Organisms**

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makes exams easier

**Can thrive
without oxygen**

**Facultative
Micro-Organisms**

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makes exams easier

**Adapt to
aerobic/anaerobic
conditions**

**Flavour
Enhancers**

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makes exams easier

**Additives that
improve the existing
flavours in food**

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Organic Food

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Food grown without the use of chemical fertilisers, pesticides or preservatives

Fluorescents

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makes exams easier

Help reflect light to make the fabric appear whiter

Quorn

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makes exams easier

A protein developed from micro-organisms used as a meat substitute in vegetarian/vegan diets

Functional Foods

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Foods that have health benefits beyond their nutritive value

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Homogenisation

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The process of evenly distributing the fat globules in milk

Pasteurisation

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makes exams easier

The process of heating milk to 72°C for 25 seconds to kill the bacteria

Sterilisation

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makes exams easier

Milk is homogenized, sealed into glass bottles and heated to 110°C degrees for 30 minutes

Ultra-Heat Treatment (UHT)

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Heating milk to 132°C for 1-3 seconds before cooling to keep for several months without refrigeration

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Roller Drying

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Pouring milk onto hot revolving rollers, scraping it off and cooling it to make powdered milk

Accelerated Food Drying (AFD)

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makes exams easier

Freezing food quickly to make tiny ice crystals before sublimation

Sublimation

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makes exams easier

Changing a solid to a gas without turning it to a liquid first

Air Blast Freezing

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makes exams easier

Freezing food by placing it on a conveyor belt passing through a chamber blasting cold air

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Cook Chill Foods

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The process of producing, cooking and pasteurising food before chilling it

Cryogenic Freezing

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makes exams easier

Immersing food in liquid nitrogen in order to preserve it

Curing

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makes exams easier

Injecting food with brine to extend its shelf life

Dehydration

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makes exams easier

Removing the moisture from food in order to preserve it

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Irradiation

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makes exams easier

Passing radioactive waves through food to destroy microorganisms and preserve it

Modified Atmosphere Packaging

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makes exams easier

Concealing food in packaging where the composition of the air is manipulated

Quick Freezing

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makes exams easier

Freezing food at -25°C to produce small ice crystals, little damage to nutritive value, colour, taste and texture

Slow Freezing

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makes exams easier

Freezing food at less than -18°C to produce large ice crystals, some damage to nutritive value, colour, taste and texture

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



**High Biological
Value (HBV)
Protein**

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makes exams easier

**Contains all the
essential amino
acids**

**Low Biological
Value (LBC)
Protein**

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makes exams easier

**Missing one or
more of the
essential
amino acids**

Denaturation

studyclix.ie
makes exams easier

**Breaking down
protein until it can no
longer carry out its
original function**

**Foam
Formation**

studyclix.ie
makes exams easier

**Air bubbles forming
when an egg white
is whisked**

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Complementary Value

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makes exams easier

When two LBV protein foods are eaten together to make up the essential amino

Mycoprotein

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makes exams easier

Protein produced by fungi and used as a meat substitute

Hydrolysis

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makes exams easier

Adding water to the polypeptide chain to split it into individual amino acids

Hypervitaminosis

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makes exams easier

Excess of Vitamin A or D in the diet

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



**Organic
Nutrients**

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makes exams easier

**Nutrients that
contain carbon**

**Inorganic
Nutrients**

studyclix.ie
makes exams easier

**Nutrients that do
not contain carbon**

Metabolism

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makes exams easier

**Sum of the
chemical reactions
in the body**

**Catabolic
Reactions**

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makes exams easier

**Where big molecules
are broken down to
release energy**

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Anabolic Reactions

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Where small molecules are built into the bigger ones

Enzyme

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makes exams easier

Biological catalyst that controls the reaction

Substrate

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makes exams easier

Substance the enzyme works on

Surfactants

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Reduce surface tension on a fabric to allow the water to wet it thoroughly and dislodge the dirt

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Essential Amino Acid

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Amino acid that cannot be made and must be supplied in the diet

Calcification

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Build-up of calcium and phosphate in bones and teeth

Deamination

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makes exams easier

Process of breaking down protein to use for heat and energy

Solubility

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Degree to which substances will dissolve in a solvent

Cut dotted horizontal lines. Fold vertical line.





Oxidative Rancidity

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Oxygen in the air combining with the carbon in double bond of the fatty acid

Hydrolytic Rancidity

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makes exams easier

Enzymes and bacteria breaking lipids down into glycerol and fatty acids

Smoke Point

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The heating point where smoke emerges from lipids
Fats – 200°C
Oils – 250°C

Flash Point

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makes exams easier

When lipids burst into flames
Fats – 310°C
Oils – 325°C



LC Home Economics – Key Definitions



**Low-Density
Lipoproteins
(LDL)**

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makes exams easier

Harmful lipoproteins
thought to build up
cholesterol in the
arteries

**High-Density
Lipoproteins
(HDL)**

studyclix.ie
makes exams easier

Help to remove
cholesterol from
circulation and reduce
the risk of heart disease

**Cis Fatty
Acids**

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makes exams easier

The two hydrogen
atoms are on the
same side of the
double bond

**Trans Fatty
Acids**

studyclix.ie
makes exams easier

The two hydrogen
atoms are on
opposite sides of the
double bond

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Monosaccharide

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Carbohydrate with
one sugar unit
($C_6H_{12}O_6$)

Disaccharide

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makes exams easier

Carbohydrate with
two sugar units
($C_{12}H_{22}O_{11}$)

Polysaccharide

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makes exams easier

Carbohydrate with
many sugar units
($C_6H_{10}O_5$) n

Gelatinisation

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makes exams easier

When starch is mixed in
heated liquid, its cells
burst to absorb water,
thickening the mixture

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Dextrinisation

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Non-enzymatic browning of starch foods from dry heat

Crystallisation

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makes exams easier

When more sugar is added than can be absorbed by the liquid, forming crystals

Haem Iron

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makes exams easier

(Ferrous) Soluble and easily absorbed

Non-Haem Iron

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makes exams easier

(Ferric) Cannot be absorbed by the body until changed to ferrous

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Protein RDA

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**1g for every kg
you weigh**

Fibre RDA

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makes exams easier

25 – 35g

Iodine RDA

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makes exams easier

70 – 160ug

**RDA of
Calcium**

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1200mg

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Enzymes (Textiles)

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Remove protein based stains by breaking the large protein molecules into smaller pieces

Blanching

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makes exams easier

Boiling vegetables in water before plunging them in cold water

Log Phase

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makes exams easier

The stage in bacteria production where growth is exponential

Cross Contamination

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makes exams easier

Bacteria from raw food being transferred to cooked food

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



**Bulk
Sweeteners**

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**Artificial
sweeteners used
in large amounts**

Antioxidant

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makes exams easier

**Food additive that
prevents oxidative
rancidity**

Colourings

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makes exams easier

**Used to
improve/replace
colour in foods. Can
be natural or synthetic**

Emulsifier

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makes exams easier

**Holds oil and water
together to prevent
them from separating**

Cut dotted horizontal lines. Fold vertical line.





Stabilisers

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makes exams easier

Help maintain an emulsion once it's formed

Polyphosphates

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makes exams easier

Prevent lumps and increase water retention

Fermentation

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makes exams easier

Breakdown of organic substances by the action of bacteria or yeast

Genetically Modified Food

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makes exams easier

Foods that have their DNA altered to change certain characteristics



LC Home Economics – Key Definitions



Humectants

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makes exams easier

A physical conditioning agent that prevents food from drying out

Pesticides

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makes exams easier

Chemicals used on crops to kill insects

Physical Conditioning Agents

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makes exams easier

Used to improve the texture of food

Preservatives

studyclix.ie
makes exams easier

Additive that reduces risk food spoilage and food poisoning

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Myosin

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makes exams easier

**Protein found in
meat**

Albumin

studyclix.ie
makes exams easier

**Protein found in
egg whites**

Lecithin

studyclix.ie
makes exams easier

**Emulsifying agent
found in egg yolks**

Bio-Yoghurt

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makes exams easier

**Yoghurt that has
probiotics added**

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Speciality Foods

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makes exams easier

Foods produced by small businesses or home enterprises

Magnetron

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makes exams easier

Microwave part that converts electricity to electromagnetic waves

Transformer

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makes exams easier

Microwave part that increases the normal voltage from 220V to a much higher intensity

Turntable

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makes exams easier

Glass plate at the base of the microwave that rotates the food

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Refrigerant

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Liquid in the fridge that evaporates by drawing heat from within the cabinet

Thermostat

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makes exams easier

Controls and maintains the fridge's temperature at 5°C

Compressor

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makes exams easier

Contains the refrigerant in a gas state at the base of the fridge

Condenser

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makes exams easier

Cools and condenses the gas refrigerant into a liquid

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



**Tracker
Mortgage**

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Type of mortgage
that follows the
ECB lending rate

**Gross
Income**

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makes exams easier

Income earned
before deductions
are made

**Barring
Order**

studyclix.ie
makes exams easier

States an offender
must leave the family
home and not return
until further notice

Safety Order

studyclix.ie
makes exams easier

Prevents the
use/threat of
violence

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Family

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makes exams easier

A group of people related by blood, marriage or adoption

Nuclear Family

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makes exams easier

Two parents and their dependent child(ren)

Blended Family

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makes exams easier

Family that consists of two parents from previous relationships and their children

Extended Family

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makes exams easier

Family consisting of grandparents, aunts, uncles and cousins

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Role

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Pattern of behavior considered appropriate for a person according to their position in society

Stereotype

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makes exams easier

Seeing someone in a fixed way

Norm

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makes exams easier

An acceptable way of behaving in a society e.g. forming a queue

Values

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makes exams easier

Beliefs and attitudes regarding what is right and wrong

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Bake

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makes exams easier

Cook by dry heat, usually in an oven

Steam

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makes exams easier

Cook food by exposing it to direct steam

Simmer

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makes exams easier

Cook gently in liquid below boiling point

Poach

studyclix.ie
makes exams easier

Cook in a small amount of simmering liquid

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Grill

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makes exams easier

**Cook under a
direct heat
source**

Fry

studyclix.ie
makes exams easier

Cook in hot fat

Cream

studyclix.ie
makes exams easier

**Beat sugar and
fat together until
fluffy**

Whisk/Beat

studyclix.ie
makes exams easier

**Stir rapidly to
introduce air into
food**

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Pot Roasting

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makes exams easier

Cooking food in a little fat in a covered pan on the hob

Catalytic Ovens

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makes exams easier

Have a catalyst that oxidises splashes as they occur to keep the oven clean

Pyrolytic Ovens

studyclix.ie
makes exams easier

Burn off splashes and stains at a high temperature

Radiation

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makes exams easier

Heat travelling in waves/rays directly from the source to the food

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Conduction

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makes exams easier

When heat passes from molecule to molecule e.g. through a pot on the hob

Convection

studyclix.ie
makes exams easier

Heat rising and cooling as it falls, making circular movements

Braising

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makes exams easier

To fry food lightly and stew it in a closed container

Saucepan Steaming

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makes exams easier

Placing food in a covered basin in boiling water that goes half way up the basin

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Blend

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makes exams easier

**Stir ingredients
until well mixed**

Caramelise

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makes exams easier

**Heating sugary
substances until it
begins to brown**

Fold

studyclix.ie
makes exams easier

**Gently combine two
mixtures to introduce
air and maintain
delicate texture**

Glaze

studyclix.ie
makes exams easier

**Coat with a
sugar-based
sauce**

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Grease

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makes exams easier

Coat with a fatty substance to prevent sticking

Knead

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makes exams easier

Folding dough by hand on a hard surface

Proof

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makes exams easier

Allowing time for yeast to activate and the dough to rise

Baste

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makes exams easier

Moistening food during cooking to prevent it drying out

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



Marinade

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Flavour food by soaking/brushing it in a seasoned mixture

Sauté

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makes exams easier

Fry food quickly in a small amount of fat

Al Dente

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makes exams easier

When food is cooked but is still firm when bitten

Maillard Reaction

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makes exams easier

Non-enzymatic browning of food due to the chemical reaction of amino acids and sugar under dry heat

Cut dotted horizontal lines. Fold vertical line.



LC Home Economics – Key Definitions



**Baking
Blind**

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Baking a pastry case without filling to make it crispy

Accompaniment

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makes exams easier

Additional food that's served with a dish

Garnish

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makes exams easier

Used to improve the appearance and presentation of a dish

Liaison

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makes exams easier

A thickening agent

Cut dotted horizontal lines. Fold vertical line.

