

JC Home Economics – Key Definitions



Advertising

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Is a method used by retailers to provide consumers with information on products and persuading them to purchase goods e.g. Leaflets

Market Research

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Is carrying out research and recording the data about a product and market by a retailer

Star Rating

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Demonstrates the length of time a particular food should be stored for and at what temperature that food should be frozen at. It ranges from *(one star) to ***** (five stars)

Energy Efficiency Label

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A colour and class coded label which indicates how environmentally friendly and cost effective an electrical appliance is. A and green are the most efficient and G and red is the least energy efficient



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Standing time

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When the centre of the food continues to cook when taken out of the microwave or oven by conduction

Work Triangle

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Locating the sink, oven and fridge in an imaginary triangle when planning a kitchen to increase the efficiency of the kitchen

Ergonomics

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The study of peoples efficiency in their working environment

A.S.A.I

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Advertising Standards Authority for Ireland



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Inorganic Waste

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Non-biodegradable waste that cannot be broken down naturally
e.g. Plastic

Biodegradable

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Can be broken down, making it harmless e.g. Food

EPA

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Environmental Protection Agency

Amenity

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A pleasant or useful facility in a community



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Gender Equality

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Equal treatment
of males and
females

Norm

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An acceptable
way of behaving
in society

Stereotype

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A fixed view of
people or things a
particular way

ISPCC

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Irish Society for
the Prevention of
Cruelty to Children



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Consumer

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A person who buys goods or services for their own personal use

Guarantee

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An agreement between the manufacturer and the consumer where the manufacturer promises that the product will be satisfactory for a certain length of time and if there are any faults with the product will replace

Impulse Buying

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When a customer buys goods or services on the spur of the moment without considering consequences

Tax Credits

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Is an allowance from the government which reduces the amount of tax that a person pays



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Unit Pricing

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The price of a product per unit e.g. price of milk per litre

Net Income

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Also known as take home pay, it is the pay after the tax deductions have been made

Voluntary Deductions

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Money that is subtracted from a person's income which they have set up to be subtracted e.g. pension contribution

Statutory Deductions

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Taxes that are mandatory which are subtracted from a person's gross income



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Loss Leader

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Any products that are sold at a loss to draw consumers into a shop e.g. Milk

Monopoly

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When a manufacturer or supplier has no competition for their product or service

Redress

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When goods or services are faulty the consumer is provided with a refund, repair or replacement

Lacto-vegetarian

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A person who does eat dairy products and eggs but does not eat meat, meat products or poultry



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Vegan

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A persons whose diet is based on plants and cereal foods. They do not eat meat, meats products, dairy products, poultry, eggs or fish

Empty Kilocalories

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When there is little or no nutrients from food

Micronutrients

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Nutrients that are needed in small amounts

TVP

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Textured Vegetable Protein



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Obesity

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When a person is carrying excess body weight making them overweight or obese

Energy Balance

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When body weight is maintained because energy input and output are equal

Fortified

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When extra nutrients are added to food during processing

Homogenised

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Separating the fat throughout milk



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Hypervitaminosis

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When there is a high level of Vitamin A and Vitamin D in the body, being stored in the liver and causing the body harm

Rickets

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When there is a lack of Vitamin D or Calcium in the body causing bone disease

Pasteurised

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When food is heated to high temperatures to kill bacteria and prolong shelf life

RDA

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Recommended
Dietary
Allowance



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Osteoporosis

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When there is a deficiency of calcium in the diet causing brittle bones

Fabric Finish

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When the appearance or performance of fabric is improved by applying a chemical treatment

Prêt-a-porter

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“Ready to Wear” clothes that are designed by top designers but are lower priced, well-made and of good quality

Haute Couture

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“High fashion” that are unique, handmade and expensive



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Accessories

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Wearing items other than clothing to complete an outfit
e.g. jewellery

Fashion Trends

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Changes and developments in fashion due to technology, public figures, designers and world events

Shelf Life

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Duration of time food is safe to be eaten

Non-Perishable

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Food that has a prolonged shelf life
e.g. tinned beans



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Offal

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Organs of animals
that are edible e.g.
liver

**Blast
freezing**

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Freezing which is
done commercially
at -30°C

**Quick
freezing**

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Freezing which is done
at -25°C or lower
forming tiny ice
crystals

**Cross
Contamination**

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When bacteria from one food
surface is transferred to another
food surface which increases
the risk of food poisoning. E.g.
preparing vegetables and raw
meat on the same surface



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**Perishable
Food**

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Food that has a
short shelf life
e.g. fruit

**Best before
date**

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Freezing which is
done commercially
at -30°C

Use by date

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Freezing which is done
at -25°C or lower
forming tiny ice
crystals

Enzyme

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Speeds up chemical
reactions e.g.
ripens fruit



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Irradiation

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Energy waves passed through the food to kill microbes

Blanching

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Plunging vegetables into boiling water followed by ice cold water

Freezer Burn

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A condition that occurs when frozen food has been damaged and dehydration and oxidation

Yeast

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A fungus used in bread making and brewing which causes the bread to rise and alcohol to fermentate



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Roux

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Equal amounts of fat and flour in a sauce

Purée

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Freezing which is done commercially at -30°C

Macronutrients

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Nutrients needed in large amounts by the body

Staple foods

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Foods which are most commonly eaten and most plentiful in a country



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Amino Acid

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The building blocks
of proteins joined
together by peptide
bonds

High Biological Value (HBV) Protein

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Contains all the
essential amino
acids

Low Biological Value (LBC) Protein

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Missing one or more
of the essential
amino acids

Thickening agent

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Put into foods or
liquids to thicken
them e.g. Cornflour



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Peristalsis

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Movement of
the gut to aid
digestion

Al Dente

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When food is
cooked but is still
firm when bitten

Sauté

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Fry food quickly
in a small
amount of fat

Marinade

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Flavour food by
soaking/brushing
it in a seasoned
mixture

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Free range

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Animals which are allowed to wander freely in a natural environment
e.g. free range poultry

Salmonella

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A food poisoning bacteria that is associated with undercooked poultry

Balance

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When there is the same layout of pattern, texture and colour in a room

Proportion

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The relationship between the sizes of different pieces of furniture in a room



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Emphasis

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A design that stands out because of texture, lighting or colour

Rhythm

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Linking parts of the room by repeating a colour or pattern in a room

Aspect

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The direction the room or house faces

Hygiene

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The science concerned with cleanliness and the maintenance of health



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Hormones

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Chemicals that are transported in the blood and make changes in the body

Ovulation

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When an egg is released into the fallopian tube from the ovary

Menopause

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Menstruation stops, usually happens when woman are in their 50's

Menstruation

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The lining of the uterus/womb breaks down every 28 days if no egg is fertilised



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Placenta

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A link between the mother and baby which allows the baby to receive nutrients and oxygen and removes waste

Embryo

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A fertilised egg within the first 8 weeks on conception

Umbilical Cord

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Connects the placenta to the embryo, carrying nutrients to the embryo and waste away

Fertilisation

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The fusion of the male sperm and the female egg to form a embryo



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Foetus

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After the first 8 weeks an embryo is referred to as a foetus

Afterbirth

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The passing out of the placenta after the birth has taken place

Puberty

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The beginning of adolescence

Garnish

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Used to improve the appearance and presentation of a dish



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In season

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The time of year when a food is available, cheapest and freshest

Liaison

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A thickening agent

Poach

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Cooking below boiling point in a hot liquid

Table d'hôte

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A menu with two or more courses which has limited choice and a fixed price



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À la carte

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A menu with a large variety and each dish is priced

Defrosting

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Removing ice from an appliance to allow it to work more efficiently

Stock

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Used in soup and sauces to add flavour

Au gratin

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Covering food in a sauce or cheese and then browning it under the grill



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PAYE

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"Pay as You Earn". A tax deducted by the government from an employee's gross income

PRSI

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"Pay Related Social Insurance". Money deducted by the government from an employee's gross income

Gross Income

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Income earned before deductions are made

Selvage

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Stops the sides of fabrics from fraying due to the finished edge



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Nap

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Fibres lying in one direction on an elevated surface

One way design

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A definite pattern direction on fabric

Notch

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Lining up two pieces of fabric to be joined together using a triangular pattern symbol

Dart

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Giving shape to a garment by folding the material



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Antiperspirant

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A product that helps prevent perspiration

Deodorant

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A product that helps prevent body odour

Sweat

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Is the removal of excess water, salts and other waste products via the skin

Incisor

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Is a chisel shaped tooth which is used for cutting and biting food



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Canine

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Sharp tooth
used for tearing
food

Premolar

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Flat tooth which
is used for
grinding food

Molar

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Flat tooth used
for crushing
food

Insomnia

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The inability to
sleep



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Tog

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The rate used to measure the warmth of a duvet

Natural Fibres

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Fibres that come from plants and animals

Regenerated Fibres

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Fibres that are made from natural substances such as cellulose

Burn Test

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Identifies fibres



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Brushing

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A fabric finish that makes fabrics feel warmer and softer

Family

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A group of people related by blood, marriage or adoption

Nuclear Family

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Two parents and their dependent child(ren)

Gender Role

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The way a person is expected to behave because of their gender



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Blended Family

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

Extended Family

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Family consisting of grandparents, aunts, uncles and cousins

Plaque

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When bacteria in the mouth feed on sugar causing a build-up of a sticky substance on teeth and tooth decay

Epidermis

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The outer layer of the skin



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Pulse

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The throbbing of arteries as blood is pushed through them from the heart

Digestion

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The mechanical and chemical breakdown of food in the body

Bile

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Breaks fats into smaller pieces to allow digestion

Platelets

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Causes blood to clot to prevent blood loss



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Plasma

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Liquid part of
blood

White Blood Cells

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Protect the body
from disease

Red Blood Cells

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Carry oxygen
around the body

Vein

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Blood vessels that
carry blood
towards the heart



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Artery

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Blood vessels that carry blood away from the heart

Capillary

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Tiny blood vessels that connect arteries to veins

Excretion

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The removal of wastes from the body

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