



## ***Glossary***

- **Protective food:** Food that is rich in vitamins, minerals and antioxidants, and which help to protect us from many diseases.
- **Digestibility coefficient:** The proportion of a nutrient taken into the digestive tract that is actually digested.
- **Convenience food:** Convenience food or tertiary processed food is commercially prepared food for ease of convenience and that requires minimal processing or is ready to eat.
- **Cultivar:** Is a plant or group of plants selected for desirable characteristics that can be maintained by propagation.
- **Desiccant:** Is a hygroscopic substance that induces or sustains a state of dryness or desiccation in its surrounding in a moderately well sealed container e.g., silica gel.
- **Minimal processing:** Is the non thermal technology to process a food in order to guarantee its food safety and preservation as well as to maintain as much as possible fresh like character.
- **Hermetic sealing:** Is an airtight seal that protects the contents of a package from outside contamination.
- **Sterilization:** A process that eliminates or kills all forms of microbial life including transmissible agents like fungi, bacteria, viruses, etc by applying the proper combination of heat, chemicals, etc.
- **Brine:** Solution of salt (usually sodium chloride) in water.
- **Pasteurisation:** It is a process of heating a food, usually a liquid to a specific temperature for a predefined length of time and then immediately cooling it after it is removed from the heat. Unlike sterilization, pasteurisation is not intended to kill all microorganisms in the food.