



GLOSSARY

Fermentation: is a metabolic process that converts sugar to acids, gases, or alcohol. It occurs in yeast and bacteria, and also in oxygen-starved muscle cells, as in the case of lactic acid fermentation.

Food spoilage: can be defined as a disagreeable change in a food's normal state. Such changes can be detected by smell, taste, touch, or sight. These changes are due to a number of reasons -- air and oxygen, moisture, light, microbial growth, and temperature.

Food: is any substance consumed to provide nutritional support for the body.

Bacteria: a member of a large group of unicellular microorganisms which have cell walls but lack organelles and an organized nucleus, including some which can cause disease.

Probiotic: denoting a substance which stimulates the growth of microorganisms, especially those with beneficial properties (such as those of the intestinal flora).

Food stuff: a substance suitable for consumption as food .

Food preservation: involves preventing the growth of bacteria, fungi (such as yeasts), or other micro-organisms (although some methods work by introducing benign bacteria or fungi to the food), as well as slowing the oxidation of fats that cause rancidity.

Food processing: the action of performing a series of mechanical or chemical operations on food in order to change or preserve it.

Vitamin: is an organic compound and a vital nutrient that an organism requires in limited amounts. An organic chemical compound (or related set of compounds) is called a vitamin.

Diet: is the sum of food consumed by a person or other organism.