

Glossary

1. **Macronutrients:** Macronutrients are energy-providing chemical substances consumed by organisms in large quantities. The three macronutrients in nutrition are carbohydrates, lipids, and proteins.
2. **Micronutrients:** Micronutrients, as opposed to macronutrients (protein, carbohydrates and fat), are comprised of vitamins and minerals which are required in small quantities.
3. **Fermentation:** Fermentation is a metabolic process in which an organism converts a carbohydrate, such as starch or a sugar, into an alcohol or an acid.
4. **Churning:** It is a process in which cream or milk is agitated to separate the oily globules from the cereous and serous parts used to make butter using a vessel or device.
5. **Homogenization:** It is the process used to reduce to small particles of uniform size and distribute evenly usually in a liquid
6. **Acidification:** The act or process of making something sour (acidifying), or changing into an acid
7. **Lactic acid:** It is a hygroscopic organic acid present normally formed as a product of anaerobic glycolysis, especially produced in carbohydrate matter usually by bacterial fermentation
8. **Sweeteners:** These are substances that are used in place of sugar (sucrose) or sugar alcohols. They may also be called sugar substitutes, nonnutritive sweeteners (NNS), and noncaloric sweeteners.
9. **Stabilizers:** Stabilizers are substances which make it possible to maintain the physico-chemical state of a foodstuff
10. **Emulsifiers:** Emulsifiers are substances which make it possible to form or maintain a homogenous mixture of two or more immiscible phases such as oil and water in a foodstuff.
11. **Flavor:** Flavor or flavour is the sensory impression of food or other substance, and is determined primarily by the chemical senses of taste and smell.

- 12. Starter culture:** A starter culture is a microbiological culture which actually performs fermentation, usually consist of a cultivation medium, such as grains, seeds, or nutrient liquids that have been well colonized by the microorganisms used for the fermentation.
- 13. Blending:** It is the process of mixing (different types of the same substance, such as butter, milk, water etc.) together so as to make a product of the desired quality.
- 14. Acidity:** It refers to a set of symptoms caused by an imbalance between the acid secreting mechanism of the stomach and proximal intestine and the protective mechanisms that ensure their safety.
- 15. Food additives:** Food additives are substances added to food to preserve flavor or enhance its taste and appearance. Example: preserving food by pickling (with vinegar) and salting.