

# Glossary

1. kcal - a unit of energy of one thousand calories (equal to one large calorie)
2. Dextrin - a soluble gummy substance obtained by hydrolysis of starch, used as a thickening agent and in adhesives and dietary supplements
3. Endosperm - the part of a seed which acts as a food store for the developing plant embryo, usually containing starch with protein and other nutrients.
4. Steeping - soak food in water or other liquid so as to extract its flavour or to soften it.
5. Centrifugation - is a process which involves the application of the centripetal force for the sedimentation of heterogeneous mixtures with a centrifuge
6. Oatmeal - meal made from ground oats, used in porridge, oatcakes, or other food.
7. Granola - a kind of breakfast cereal resembling muesli.
8. Infant foods - Baby food is any soft, easily consumed food, other than breastmilk or infant formula, that is made specifically for babies, roughly between the ages of four to six months and two years..
9. Thickener - a substance added to a liquid to make it firmer, especially in cooking.
10. Chapathis - (in Indian cookery) a thin pancake of unleavened wholemeal bread cooked on a griddle
11. Porridge - a dish consisting of oatmeal or another meal or cereal boiled in water or milk.
12. Muffins - a small domed spongy cake made with eggs and baking powder.
13. Fermentation - the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms, typically involving effervescence and the giving off of heat.
14. Non-communicable disease (NCD) - is a medical condition or disease that is not caused by infectious agents (non-infectious or non-transmissible). NCDs can refer to chronic diseases which last for long periods of time and progress slowly. NCDs are the leading cause of death globally.
15. Nutraceutical -a foodstuff (as a fortified food or a dietary supplement) that is held to provide health or medical benefits in addition to its basic nutritional value—called also functional food.
16. Constipation - a condition in which there is difficulty in emptying the bowels, usually associated with hardened faeces.

17. Flavonoid - any of a large class of plant pigments having a structure based on or similar to that of flavone
18. Celiac disease - a disease in which the small intestine is hypersensitive to gluten, leading to difficulty in digesting food.
19. Glycemic index - a figure representing the relative ability of a carbohydrate food to increase the level of glucose in the blood
20. Testa - the protective outer covering of a seed; the seed coat.