

Glossary

1. Organic solvents - are known as carbon-based solvents. A solvent simply refers to a substance that is capable of dissolving other substances
2. Calorie density - also known as calories per gram, is how much energy, i.e. calories, is provided per unit measure of food. In comparison, calorie dense foods, such as fat and refined sugars, provide many calories in a small amount of food
3. Esters - an organic compound made by replacing the hydrogen of an acid by an alkyl or other organic group. Many naturally occurring fats and essential oils are esters of fatty acids.
4. Ketones - an organic compound containing a carbonyl group $=C=O$ bonded to two hydrocarbon groups, made by oxidizing secondary alcohols. The simplest such compound is acetone.
5. Aldehydes - an organic compound containing the group $-CHO$, formed by the oxidation of alcohols. Typical aldehydes include methanal (formaldehyde) and ethanal (acetaldehyde)
6. Hydrolysis - the chemical breakdown of a compound due to reaction with water
7. Margarine - a butter substitute made from vegetable oils or animal fats
8. Saturated (of an organic molecule) - containing the greatest possible number of hydrogen atoms, without carbon-carbon double or triple bonds.
9. Unsaturated (of organic molecules) - having carbon-carbon double or triple bonds and therefore not containing the greatest possible number of hydrogen atoms.
10. Isomer - each of two or more compounds with the same formula but a different arrangement of atoms in the molecule and different properties.
11. Hydrogenation - to treat with hydrogen - is a chemical reaction between molecular hydrogen (H_2) and another compound or element, usually in the presence of a catalyst such as nickel, palladium or platinum. The process is commonly employed to reduce or saturate organic compounds
12. Arachidonic acid - a liquid unsaturated fatty acid $C_{20}H_{32}O_2$ that occurs in most animal fats, is a precursor of prostaglandins, and is considered essential in animal nutrition

13. Antioxidants - a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products.
14. Tocopherols - any of several closely related compounds, found in wheatgerm oil, egg yolk, and leafy vegetables, which collectively constitute vitamin E. They are fat-soluble alcohols with antioxidant properties, important in the stabilization of cell membranes
15. Pigments - the natural colouring matter of animal or plant tissue.