**Food and Cooking Words from *Is Your Lifestyle Healthy?* Survey**

  

**pretzels** **crisps**/potato chips **shellfish**

  

**chicken legs** **veal** (meat from a baby cow/calf) **chicken in bread crumbs**

  

**lard** (white cooking fat) **rapeseed oil** is canola oil; it is made from **canola**

  

**sugary, fizzy drinks** (fizzy means bubbly) **grilled salmon** **steamed salmon** (cooking with steam)

  

**beef in cream sauce** **to roast meat** (cook meat in the oven in a roaster) **to panfry** (to cook in a pan)



To **saute** means you put something in a pan with butter/margarine and stir until tender!

 

**griddle grill or barbecue**

  

**gravy** is made of **corn starch**, **water**, and the **fat/drippings** from meat (turkey, chicken, beef, lamb or pork)

**sediment from roasting tin** (tiny pieces of meat at the bottom of a roasting tin; not the fat)

**drippings** (juice or fat from meat on the bottom of a roasting tin)



**fraiche** is like whipped cream