

## Lexicon

**Artificial Food** any food which has been processed to a degree that it loses proximity to its natural state in one or more aspects; flavor, color, texture, nutritional value, etc. This is a loose definition but the spirit is clear enough. There is no value judgment per se, meaning artificial food is not implicitly negative, but requires careful scrutiny and questioning to see if it makes sense. Another way to put it is through a direct question: what is the benefit in eating this artificial food compared to its natural equivalent? There may not be a natural equivalent, and the benefits can also be relative, but posing the question can help in making better food choices.

**Bon Appetite** a French term for blessing a meal in a non-religious manner, said by all present at the beginning of a shared meal. Some languages don't have their own term for this significant and positive gesture.

**Chef** one who designs and prepares the food for eating, sometimes used as a sign of appreciation in non-professional contexts, and often implies being a team leader involving others in the food preparation process.

**Community Supported Agriculture (CSA)** a way of helping make food production more sustainable.

**Cook** (n) any person who cooks, or if in context of a professional kitchen it can be a hierarchical denomination similar or equivalent to "chef".

**Cook** (v) the act of preparing food for eating by transforming it from one state to another, mainly by altering its original condition and/or combining it with other ingredients (usually implies using heat in the process).

**Culinary** the art and science of cooking.

**Delivery** food you buy by ordering via phone or web and gets delivered to where you want, generally at home or work.

**Digestion** the process by which your stomach transforms the food into nutrients for the body, taking place in the stomach.

**Diets** this is a huge subject of discussion that goes beyond traditional motives for weight loss objectives. Nice to consider this most sensible piece of advice: "Eat anything you want, just cook it yourself." Harry Balzer (no intention of oversimplifying things)

**Dine** eating dinner.

**Eating** generally speaking, it can simply be putting food in your mouth, chewing and swallowing it. But it is important to consider that it is the small intestine which actually uses the food our bodies need, so recognizing this fact can change our understanding of what eating is all about.

**Food** material you eat with nutritional value.

**Food Access** the right and possibility to enjoy healthy and sufficient food.

**Food Preparation** any transformation of food from one state to another for eating purposes.

**Food Restrictions** any dietary or cultural consideration which limits food choices.

**Food Safety** assurance that the food we eat is clean and healthy.

**Food Sciences** encompasses the professional and academic disciplines of food science and engineering, sometimes food technology, depending on context.

**Food Studies** the systematic study of food and/in culture.

**Food Truck or Cart** mobile vendor for food you buy and eat in public spaces.

**Food Waste** any situation in which food is not respected, appreciated and fully understood. This generally leads to unsustainable and negative food practices.

**Gastronome** a specialist and/or lover of food, generally synonymous with connoisseur, gourmet, gourmand, foodie or epicure. Worth noting that with Slow Food's input Gastronome can mean a person who considers themselves committed to being responsible for what they eat, and the environmental and social implications. To this extent Carlo Petrini (Slow Food founder) has proposed using the term of "co-producer" to strengthen this idea.

**Gastronomy** sometimes used as a synonym for "food studies", but in Europe it is a well-developed discipline combining food studies and culinary arts. The Slow Food movement has their own strategic definition.

**GMO** genetically modified organisms.

**Health Food** this is a contradiction in terms since food is healthy by definition, it makes sense to refer to "junk food" as a deviation from the logical definition of food, but to specify food that is healthy by a new name is a deformation, understandable only in context of a complicated and difficult food culture.

**Ingredients** any edible material (natural or artificial) which can be the base or aggregate for a greater food composition.

**Junk Food** things you eat with no nutritional value and/or that is harmful to your health.

**Kitchen** place where food is prepared and/or cooked.

**Meal** ritualized eating.

**Natural Food** any food which has not been processed to alter taste, shelf life and/or nutritional value. This is a tricky one.

**Nutrition** giving your body the nutrients it needs through food. Nutrients include carbohydrates, fats, proteins and vitamins.

**Organic Food** food which does not contain any harmful contents added at any stage of its production. Even though "harmful" can be easily relativized, it is a powerful concept in improving our relationship with food. This is also a tricky one.

**Processed Food** synonymous with Artificial Food

**Restaurant** a place where you eat for a fee, generally implies table service (waiters) but not necessarily.

**Slow Food** as defined by Carlo Petrini, founder of this very important grass roots worldwide movement: "everyone has the right to good, clean and fair food."

**Small Intestine** where the nutrients in the food you eat are absorbed into your body.

**Sobre Mesa** a Spanish term referring to the time spent sharing and talking at the table after a meal is finished. Sometimes this period can be as long or longer than the actual meal itself. It would be interesting to have such a word in English, or to appropriate it.

**Street Food** food you buy and eat in public spaces.

**Synthetic Food** any food which is not found in nature. This definition is ambiguous especially in relation to Artificial Food, and needs further thought.

**Systemic Food Design** as defined by the University of Gastronomic Sciences in Pollenzo, Italy (this is the University conceived by Slow Food): "a holistic approach to reduce energy and raw materials consumption in food production, distribution and consumption".

**Table Manners** a set of beliefs which can be interesting and often misunderstood.

**Take-out** food you buy to eat somewhere else, generally at home or work.

**Vegan** someone who does not eat meat or any of its by-products. There are some grey areas like honey, since this term combines attitude, politics and physical/biological considerations.

**Vegetarian** generally means someone who does not eat meat (sometimes implies all meat, other times just red meat). Some vegetarians eat meat on occasions, reflected by the term Flexitarian, along the lines of Michael Pollan's three rules for a healthy diet: "Eat food. Not too much. Mostly plants."

**Vending machine** automatized street food, usually indoors, generally processed and/or prepackaged, but that is changing, some vending machines are offering fresh fruits.

**Whole Food** any food product in which every part (leaves, roots, skin, fruits, flowers, seeds, etc.) is used directly for eating. This can include parts that are used in another moment or food product, but the spirit implies that there is no food wasted.

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work in progress