



Exploring Food Science – What's on Your Plate?

The Science of Cooking Fruit

All about Osmosis and Diffusion

Activity 3.3 Glossary

Cell Membrane	The outside of a cell which protects its contents and separates it from other cells.
Diffusion	The tendency for a solute in a solution to move from a high concentration to a lower concentration.
Equilibrium (ee-kwuh-lib-ree-uhm)	The condition existing when a chemical reaction and its reverse reaction take place at equal rates.
Kinetic Energy (ki-net-ik)	The energy of movement.
Osmosis (oz-moh-sis)	The movement of a solvent (usually water) through a semi-permeable membrane from a lower solute concentration towards a higher solute concentration. This equalizes the solute concentration on both sides of the membrane.
Osmotic Pressure	The pressure or pull that occurs when two solutions with different solute concentrations are on different sides of a permeable membrane.
Permeable (pur-mee-uh-buhl)	Capable of being permeated, allowing the passage of particles.
Semi-permeable membrane	A type of membrane that allows the passage of some, but not all particles.
Simmer	To cook food in water just below the boiling point where small bubbles float to the surface.
Solute	A substance that is dissolved in another substance.
Solution	A mixture of a substance (usually a solid) dissolved in another substance (usually a liquid).
Sugar	A type of natural or added sweetener of which there are many types. One important type of sugar is table sugar which is also known as sucrose. Another important type of sugar, fructose, is found naturally in fruits and vegetables.

Sources:

Understanding Food – Principles and Preparation – 2nd Edition. Amy Brown. Wadsworth/Thomson. Belmont, CA. 2004.



Exploring Food Science – What's on Your Plate?

The Science of Cooking Fruit

All about Osmosis and Diffusion

Activity 3.3 Glossary

Anatomy & Physiology – 6th Edition. Rod Seeley, Trent Stephens, and Philip Tate. McGraw Hill. New York, NY. 2003.

Lehninger Principles of Biochemistry – 4th Edition. David Nelson and Michael Cox. Freeman. New York, NY. 2005.

Webster's New World Dictionary and Thesaurus – 2nd Edition. Michael Agnes Ed. Hungry Minds. New York, NY. 2002.

www.Dictionary.com