## Word of the week w/c 9th Jan 2023

## Aeration

In Food, refers to the process in which air is absorbed into the food item. It refers to the lightness of cakes and bread, as measured by the type of pores they contain, and the color and texture of some sauces which have incorporated air bubbles.

## Food & Nutrition KEYWORD

## Say: air-RAY-shuhn



