

Key Vocabulary

Pasty	A folded pastry case filled with a savoury filling.
Pastry	A dough of flour, fat, and water, used as a base and covering in baked dishes such as pies
Nutrition	Nutrition is the study of food and how it works in your body. Nutrition includes all the things that are in your food, such as vitamins, protein, fat, and more.
Sweet	Sweet food has the flavor or taste of sugar or honey.
Savoury	Savoury food does not have the taste of sugar, but has a fuller flavour.
Crimp	The folded pastry edge of a pasty.
Seasoning	A substance such as salt, an herb, or a spice that is added to food to improve its flavour.



Traditional Pasty Fillings:

Beef skirt

Potato

Swede (turnip)

Onion



Cornish **pasties** originated as portable lunches for tin **miners**, fishermen and farmers to take to work. Housewives used to make one for each member of the household and mark their initials on one end of the **pasty**. The **miners** carried their **pasties** to work in a tin bucket which they heated by burning a candle underneath.

