

ADVANCED VOCABULARY

1. Culinary literacy - Comprehensive understanding of food preparation
2. Gastronomy - The art and science of food and cooking
3. Methodology - Systematic approach to preparation
4. Nutrient-dense - Rich in beneficial compounds
5. Palatability - Pleasant taste qualities
6. Proficiency - Expert skill level
7. Sustainability - Environmental responsibility
8. Autonomy - Self-sufficiency
9. Cross-cultural competency - Understanding diverse traditions
10. Nutritional cognisance - Awareness of food's health impact