

## Chapter Nine – Eating for a Healthier You quiz clues

- ✓ name four factors that influence eating habits
- ✓ name two essential nutrients
- ✓ name one source of 'bad' saturated fat that we eat
- ✓ name the type of foods that do not contain preservatives, antibiotics, or hormones
- ✓ name the process that treats food with radiation to destroy bacteria
- ✓ name two ways to reduce food borne illness
- ✓ name two strategies to implement when funds are short
- ✓ name two major minerals that our body requires to function
- ✓ know how many 8oz. glasses of water should we drink each day