Chapter Nine – Eating for a Healthier You quiz clues

✓ name four factors the 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