Chapter Ten – 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