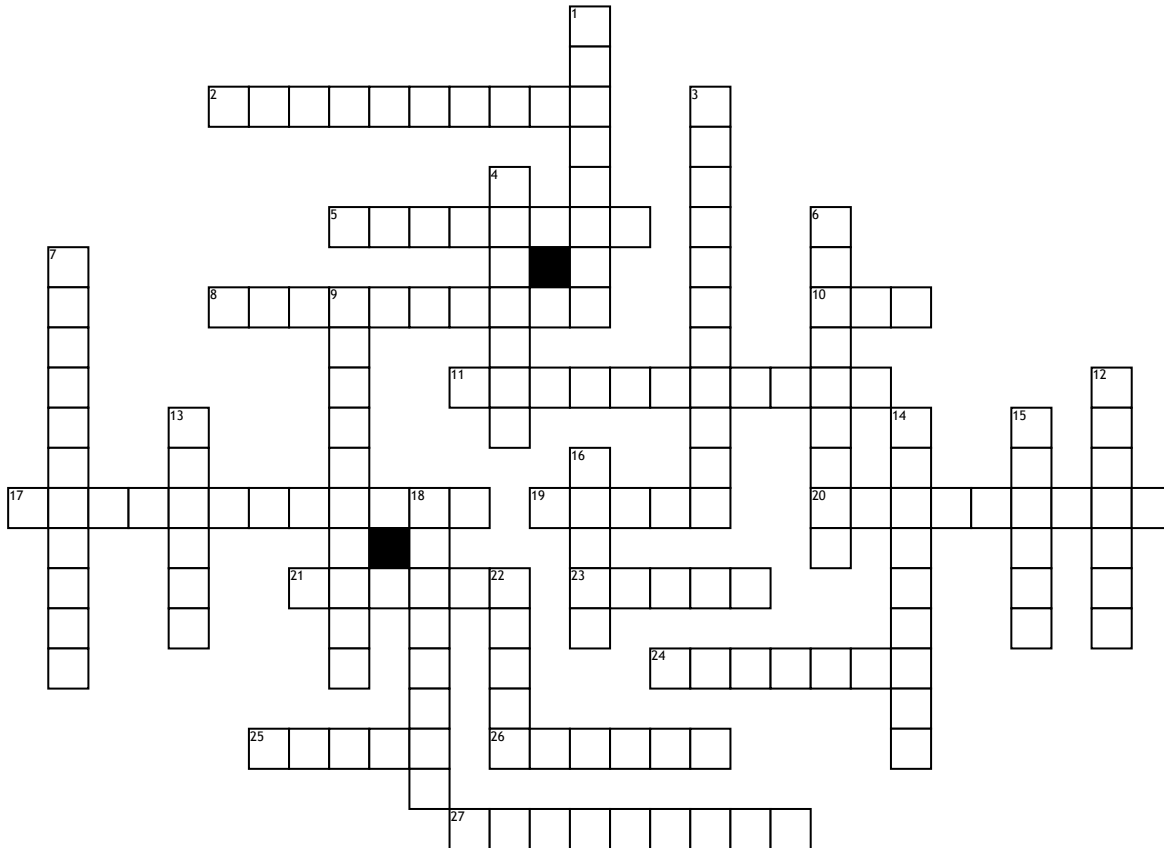


Food Safety and Nutrition (FLIT Safety Awareness)



Across

2. There are three types of hazards in a food manufacturing process: physical, chemical and ().
5. () multiply rapidly between 41 °F (5 °C) and 135 °F (57 °C). To keep food out of this "Danger Zone," it is critical to keep cold food cold, and hot food hot.
8. Fruits and () are a vital source of vitamins and minerals and should make up just over a third of the food we eat each day.
10. Discard hot foods after () hours if they have not been held at or above 135°F (57 °C).
11. Non-meat options include dry beans, peas, and lentils. They offer protein and fiber without the () and fat of meats.
17. Food safety involves activities, standards and procedures necessary to keep foods from becoming ().
19. Cleaning is a 3-step process. You wash, () and sanitize.
20. () are substances in food that your body needs to grow, to repair itself, and to supply you with energy.
21. () contamination means that a disease-causing substance is introduced directly to a food.

23. () is a type of bacteria that lives in a person's intestines and in the intestines of animals.

24. Keeping yourself clean, well groomed and healthy is called personal ().
25. Keeping () clean is one of the best ways to prevent the spread of infection and illness, according to the Centers for Disease Control and Prevention.
26. People of any age who have high blood pressure, diabetes, or chronic kidney disease should try to limit their daily () intake to 1,500 mg.
27. If a person consumes high amounts of () and trans fats, he/she is more likely to develop high cholesterol and coronary heart disease.

Down

1. Too many high-fat foods add excess () to your diet. This can lead to weight gain and obesity, or increase your risk for certain issues.
3. An important element of food safety lies in controlling the time and () throughout the flow of food.
4. Eating right and being physically active are keys to staying () throughout life.
6. Most cases of foodborne illness can be prevented with proper cooking or processing of food to destroy ().

7. Higher-risk foods are raw or () foods.

9. Food items have () dates for safety reasons.
12. Chicken breasts are a good choice because they are low fat and high in ().
13. There are three types of carbohydrates: sugar, () and fiber.
14. Most cases of foodborne illness can be prevented with proper cooking or processing of food to destroy ().
15. () fatty acids are found in some fish, such as salmon and cold-water trout.
16. Choose products like whole grains as they are low in fat and high in ().
18. Being healthy is more than a diet – it's a lifestyle. Combine healthy food choices with regular ().
22. () fats, also known as hydrogenated oils, are unhealthy fats that can be found in many processed convenience foods.