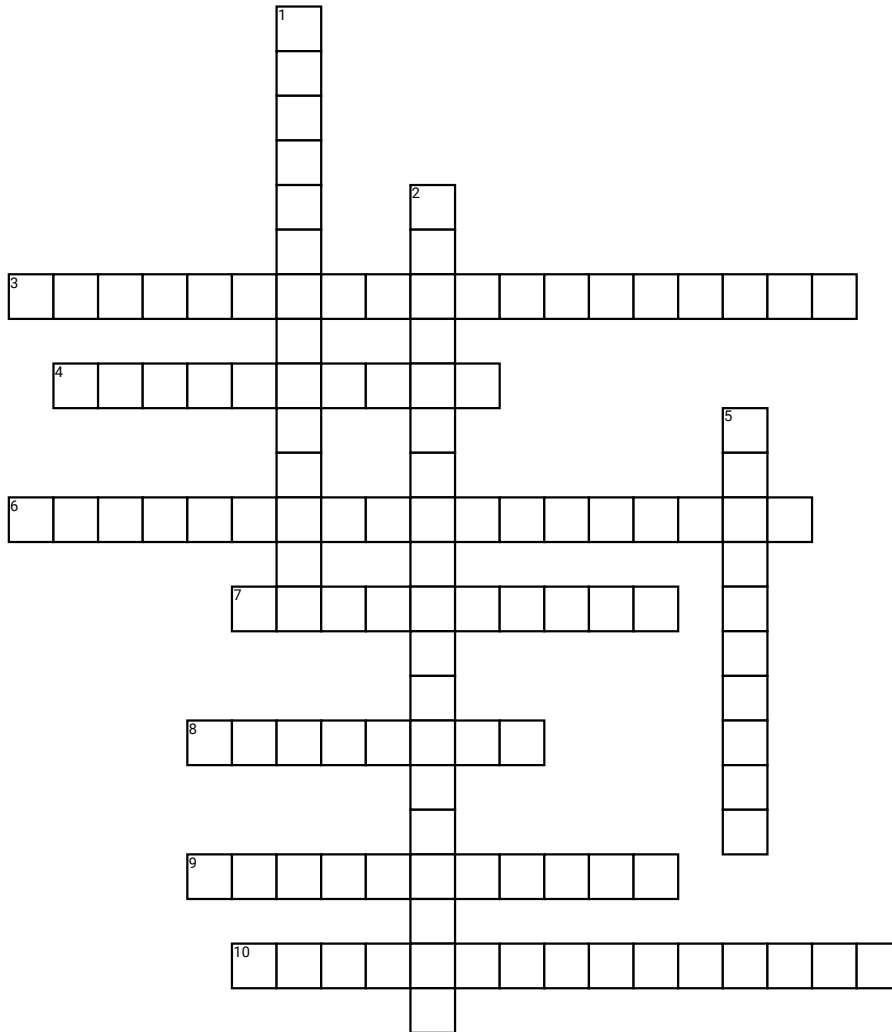


Name: _____

Date: _____

PFHS 3.01 Key Terms



Across

3. This is characterized by regular episodes of extreme overeating and feelings of loss of control about eating.

4. These are geographic areas that lack access to affordable fruits, vegetables, whole grains, low fat milk, and other foods that make up the full range of a healthy diet, particularly for those without access to an automobile.

6. the process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.

7. The temperature range from 40 to 140 degrees F in which food-borne bacteria can grow.

8. A warehouse or storehouse for millions of pounds of food and other products that go out to the community.

9. A meal center or food kitchen where food is offered to the hungry for free or at a below market price, frequently located in lower-income neighborhoods and often staffed by volunteer organizations, such as church or community groups.

10. this is characterized by weight loss often due to excessive dieting and exercise, sometimes to the point of starvation. people with anorexia can never be thin enough and continue to see themselves as "fat" despite extreme weight loss

Down

1. The condition is marked by cycles of extreme overeating, known as bingeing, followed by purging or other behaviors to compensate for the overeating. It is also associated with feelings of loss of control about eating.

2. Nutritional programs that provide meals to homebound older adults and persons with disabilities.

5. An organization or group that sorts and packages donated food items for distribution directly to people in need.

Word Bank

Congregate Meal Sites

anorexia nervosa

danger zone

food bank

bulimia nervosa

binge eating disorder

cross-contamination

food pantry

food desert

soup kitchen