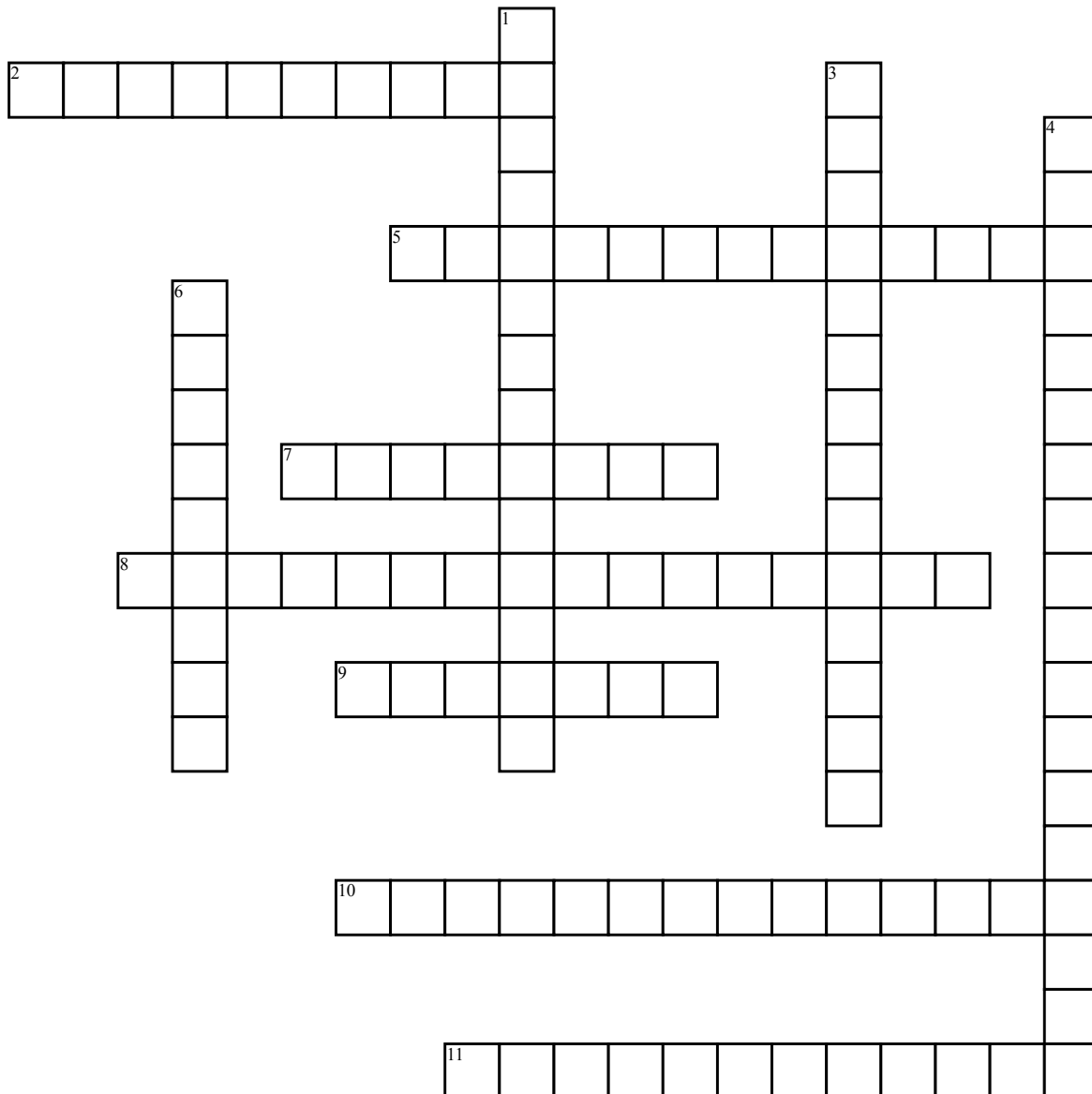


# Personal Nutrition



## Across

2. Bacterium that contaminates many foods, particularly undercooked chicken, eggs, and sometimes processed meat.
5. Defined as “and adverse health effect arising from a specific immune response that occurs reproducibly on exposure to a given food.” ( two words )
7. Measure of the amount of energy that can be derived from food
8. specific amount of Food that contains the quantity of nutrients described on the nutrition facts ( three words )
9. Amount of specific food that an individual eats at one time.

10. Relationship between calories consumed and calories expended ( two words )

11. Americans consume more than 6 billion of these caffeinated beverages a year. ( two words )

## Down

1. Nutrients required by body in greatest amounts
3. Vitamins and Minerals needed by body in very small amounts
4. Nutrients the body cannot manufacture for itself and must obtain from food ( two words )
6. These types of infections cause an estimated of 76 million illnesses, 325,00 hospitalizations, and 5,00 deaths every year.