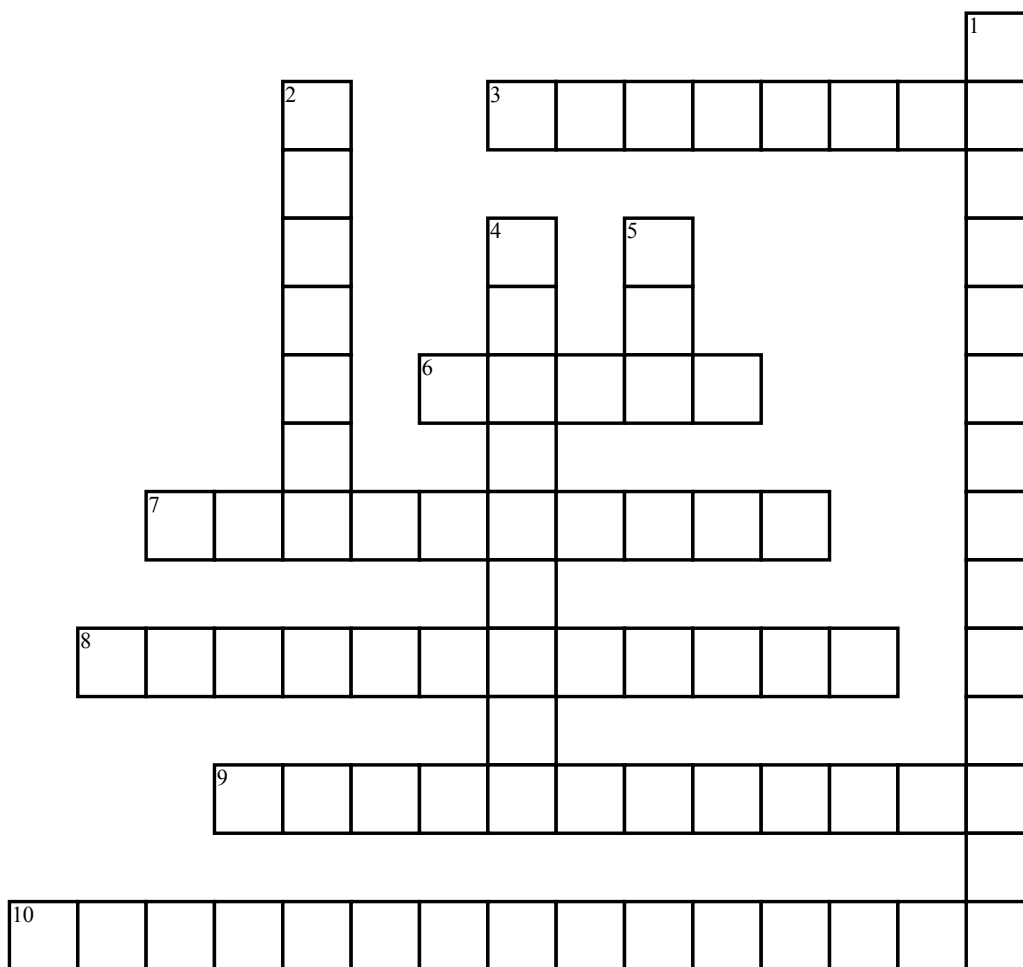


Name: _____

Date: _____

Processed food



Across

3. a substance added to something in small quantities to improve or _____ it

6. limit or avoid processed

7. supplement meals with

8. High blood pressure is a major risk factor for

9. Methods of meat processing includes salting, curing _____, and smoking

10. a food item that has a series of mechanical or chemical operations performed on it to change or preserve it

Down

1. Cutting back processed foods is one of the standard pieces of advice for

2. a preservative that's used in some processed meals

4. Preservatives are added to increase the food's

5. Bacon is loaded with saturated

Word Bank

meats

healthy living

shelf life

processed foods

fresh foods

fermentation

heart disease

nirtate

preserve

fat