

Name:

Grade:

Introduction to Food & Nutrition

1. Nutrition is the study of food and how it affects our _____.
2. Turn pot handles _____ while cooking
3. Use a dry _____ or oven mitt when handling hot pots and pans.
4. _____ cuts, bruises or rashes while cooking.
5. _____ help people to develop good food habits.
6. Always _____ your hands before handling food.
7. A person who travels to restaurants, hotels and other food services to evaluate the sanitation practices of these places on a regular basis is called a _____.
8. Always _____ when carrying knives
9. _____ plans healthy food and nutrition programs for their patients.
10. Clean your fingernails and keep them _____.

