Nutrition Vocabulary

Lesson 3

**food intolerance –** a negative reaction to a food or part of a food caused by a metabolic problem, such as an inability to digest parts of certain foods or food components

**foodborne illness –** food poisoning

Pasteurization – process of treating a substance with heat to destroy or slow the growth of pathogens

**Cross-contamination –** the spreading of bacteria or other pathogens from one food to another