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They are high in fibre, protein, vitamins A, B, C, E, and K... the list goes on. Avocados also contain high quantities of folate, which is essential for cognitive function, memory and overall brain health.

The 7 Best Brain Foods to Help You Study

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STUDY. Flashcards.

Learn. Write. Spell.

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Key terms. Terms in
this set (36) Cleaning

processes. The steps
taken to ensure

sanitation in the

kitchen. Coagulate.

Components that react
with another substance

or temperature change

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substance. Ex.

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the roles nutrients play
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throughout the life
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- The food handler will know not to handle food with an infected boil, cut, burn, or sore on the hand or wrist. Food may be handled if the injury is covered with a clean bandage and a latex-free glove.
- Section 1.2 Hand-
Washing Workers will

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understand elements
of good hand-washing.

- The food handler will be able to

Food Handler Basic Course Study Guide

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Vocabulary. STUDY.

PLAY. Cleaning

Processes. The steps

taken to ensure

sanitation in the

kitchen. Coagulate.

Components that react

with another substance

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or temperature change to form single substance.

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compounds from plants that are active in the human body. Fortified Food. foods to which nutrients are added in amounts greater than what would naturally occur in the food.

Carbohydrate. the body's chief source of

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energy. Glucose. the form of sugar carried in the bloodstream for energy use throughout the body. Fiber.

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includes a powerful

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**Top 10 Brain Foods
that Help You Study
and Get Better
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