|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Nutrition/Wellness

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 |  | 3 |  |  |
|  |  |  |  | 4 |  |  |  |  | 5 |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 6 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 8 |  |  |  |  |  |  |
|  |  |  |  |  |  | 9 |  |  |  | 10 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 11 |  |  |  |  |  |  |  |  |  | 12 |  |  |  |  |
|  | 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 14 |  | 15 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 16 |  |  |  |  |  | 17 |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 18 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 19 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 20 |
|  |  | 21 |  |  |  |  |  | 22 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 23 |  | 24 |  | 25 |  |  |
|  |  | 26 |  |  |  | 27 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 28 |  |  |  |  | 29 |  |  |  |  | 30 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across**  **1.** dip food briefly in boiling water and then in cold water to stop the cooking process  **5.** Coat food with a liquid that forms a glossy finish  **7.** Cut a food into very thin strips  **11.** Crush food into a smooth mixture with a masher or beater  **16.** Crush food into a smooth mixture with a masher or beater  **17.** Use a grinder to break up a food into coarse, medium, or fine particles  **18.** lightly sprinkle a food with flour or confectioners’ sugar  **21.** Cut food into smaller pieces or shred by pressing and rubbing the food against the rough surface of a grater  **26.** put small pieces of food on the surface of another food  **27.** Cut food into small pieces finely  **28.** cut off thin layer of peel  **29.** Beat quickly and vigorously to incorporate air into a mixture  **30.** Mix ingredients by tumbling them with tongs or a large spoon or fork | **Down**  **2.** Break or tear off small layers of food  **3.** Coat food heavily with flour, bread crumbs, or cornmeal  **4.** cut a food into large, thin pieces with a slicing knife  **6.** use a pastry brush to coat a food with a liquid  **8.** Cutting food into small, square pieces  **9.** Heat sugar until it liquefies and darkens in color  **10.** To coat a food with flour  **12.** Divide a food into 4 equal pieces  **13.** coat a food with three different layers  **14.** Cook food in a sugar syrup  **15.** Used to gently mix a light mixture into a heavier one  **19.** Pour liquid over a food as it cooks  **20.** Beat ingredients until soft and creamy  **22.** Make straight shallow cuts with slicing knife  **23.** Cut food into small pieces with kitchen shears  **24.** mix thoroughly and add air to foods  **25.** pulverize food into crumbs, powder, or paste with a rolling pin, blender, or food processor |