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Nutrition/Wellness

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| **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 |