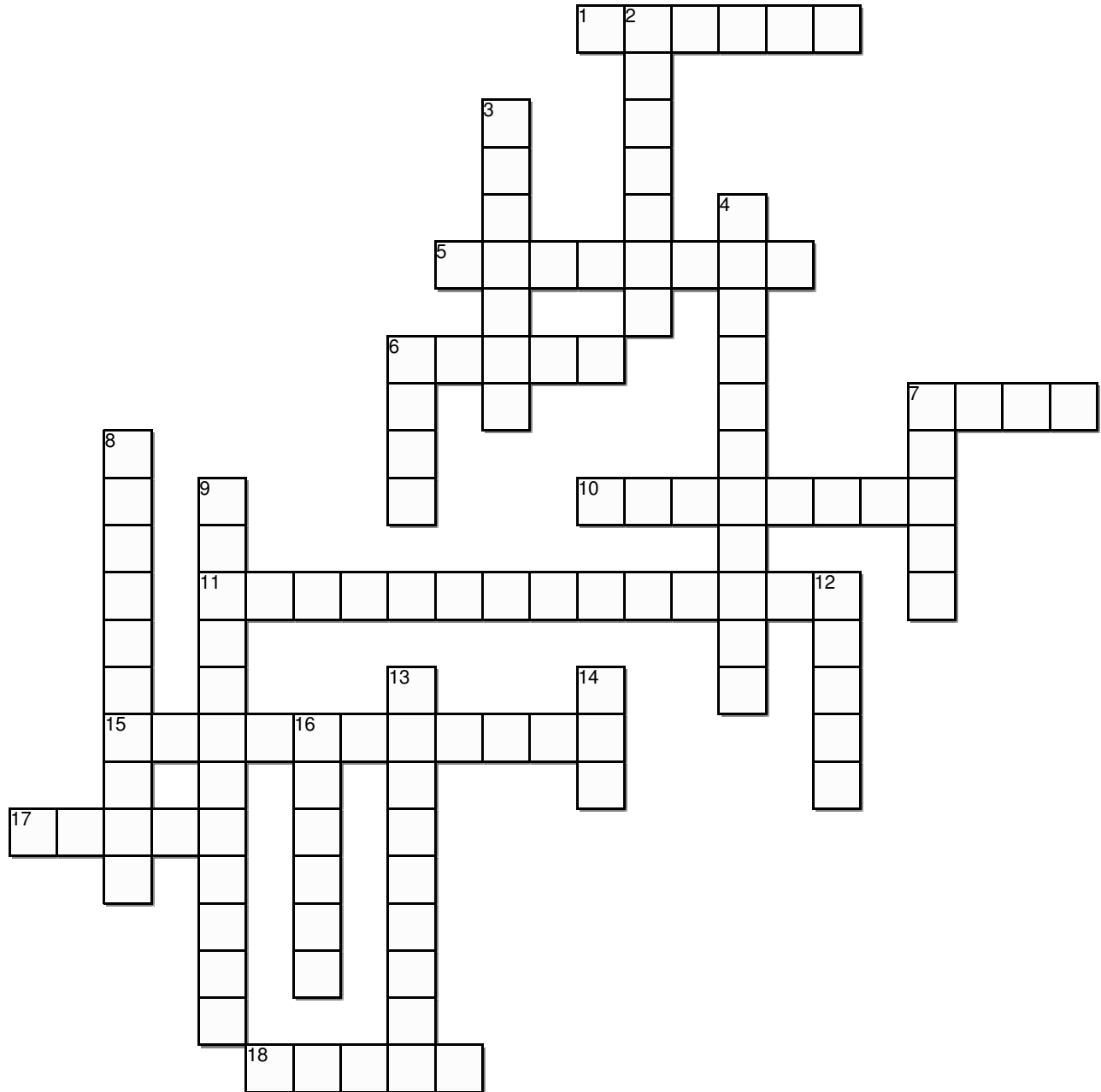


Name: _____

Intro to Nutrition and Health

Complete the crossword below



Across

1. All meats should be stored on the _____ shelf of the refrigerator
5. The tool you use to drain a pot of macaroni
6. Do this with your leftovers instead of letting them sit on the counter
7. Make sure you _____ all meat to the proper internal temperature
10. Keep _____ cutting boards for raw meats and vegetables
11. What you get if food is not cooked or handled properly
15. The food items that you need to complete your recipe are called _____
17. Do not throw this on to a grease fire
18. In your diet it is important to avoid ____ fat

Down

2. Foods that are grown without pesticides are hormones are called _____
3. This nutrient helps to build and repair muscles
4. What happens when you don't drink enough water
6. This type of knife is used for most mincing, slicing and dicing
7. What you do to your hands, utensils, and surfaces before, during and after cooking
8. What you use to handle hot foods
9. The best way to thaw frozen food is in the _____
12. This food group includes bread, pasta and cereal
13. The breakdown of food so that your body can absorb nutrients is called _____
14. The abbreviation for teaspoon
16. Calories tell you how much _____ is in your food