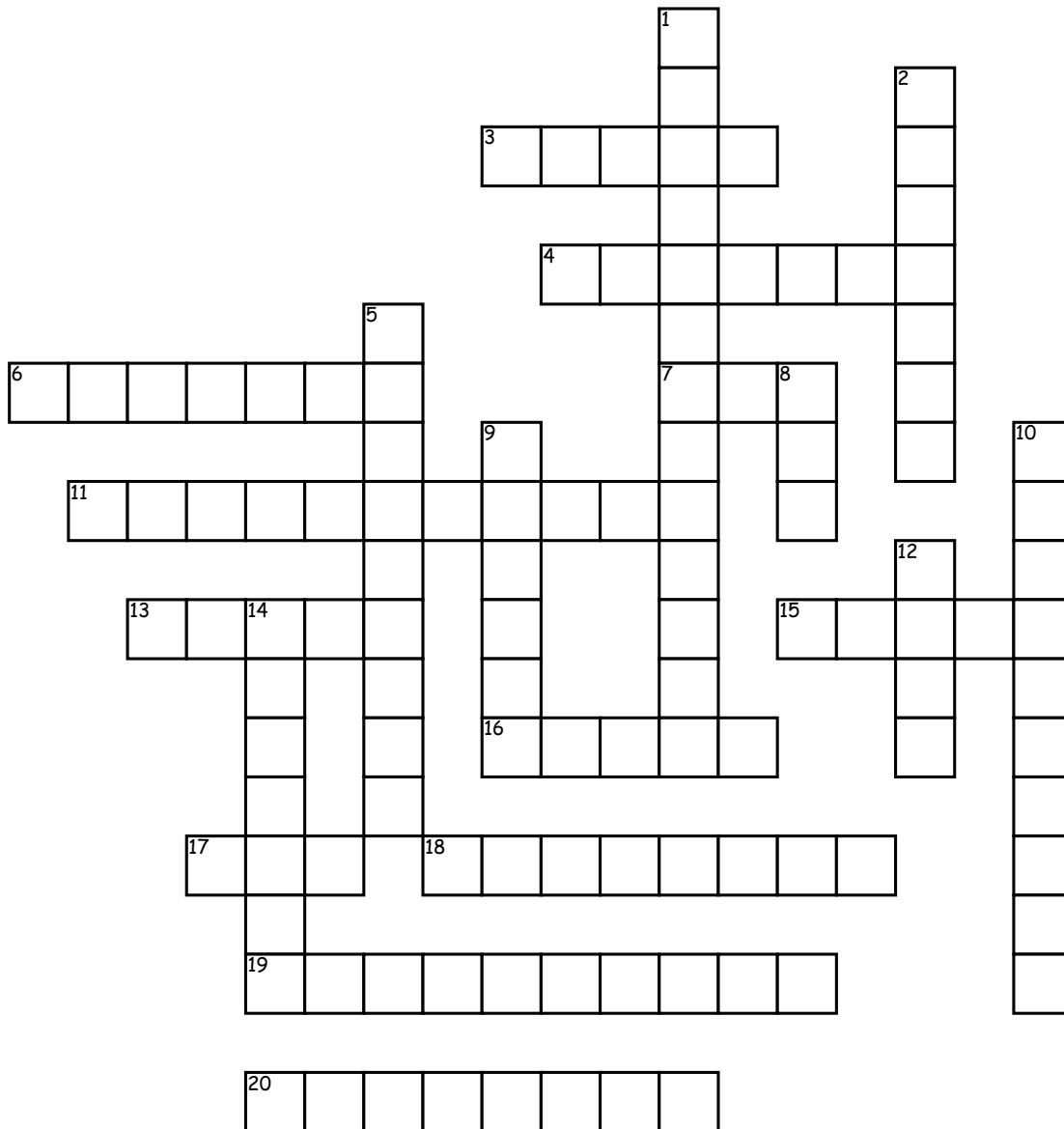


Name: _____

A Helpful Kitchen



Across

3. What foods give you calcium?
4. What regains muscle cells quicker?
6. You use this for spreading foods.
7. Should different foods be cut on different food boards?
11. This is used to check the temperature of foods.
13. What categories of foods helps you to digest better?

15. What kitchen instrument is used to cut foods?
16. What utensil is used to whip cream?
17. ... keeps your body warm.
18. What is the red chopping board used for?
19. What 's' could happen from eating raw chicken?
20. What could gives you food poisoning?

Down

1. What category of food helps to give energy?

2. This is used to whizz up smoothies.
5. You use this to open a can.
8. How many different chopping boards are there?
9. What colour chopping board are cooked meats chopped on?
10. What food category are carrots in?
12. How many types of foods are in the 'eat well plate'?
14. What food category makes people put on alot of weight?