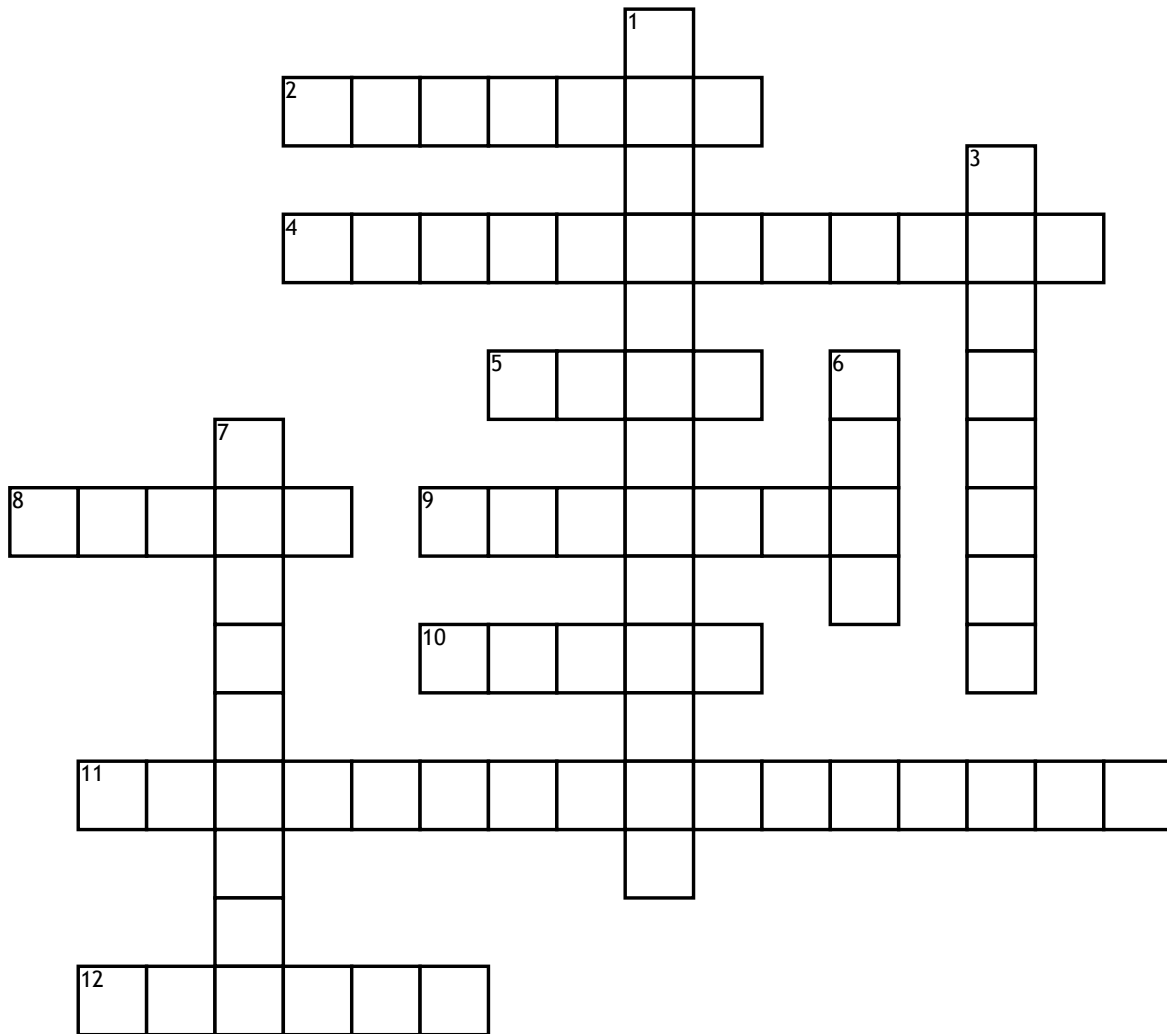


Name: _____

Eat Protein Daily



Across

- 2. Name for meat from a deer
- 4. This protein rich food spreads easily on bread and crackers
- 5. What protein food do you eat with breakfast?
- 8. A high protein food sold as T bones, sirloin, and ribeye
- 9. Kentucky Fried

10. an organ meat usually prepared and served with onions

11. this high protein sandwich made Snappy's Lunch in Mt Airy famous

12. This bird is typically served during Thanksgiving

Down

1. A high protein food made from cheese curds

3. This high protein dish includes hamburger, crackers or oatmeal, peppers, onions, & ketchup mixed together

6. Bumble bee, Chicken of the Sea and Starkist are name - brands for this canned protein

7. Which food contains more protein hot dog or hamburger ?