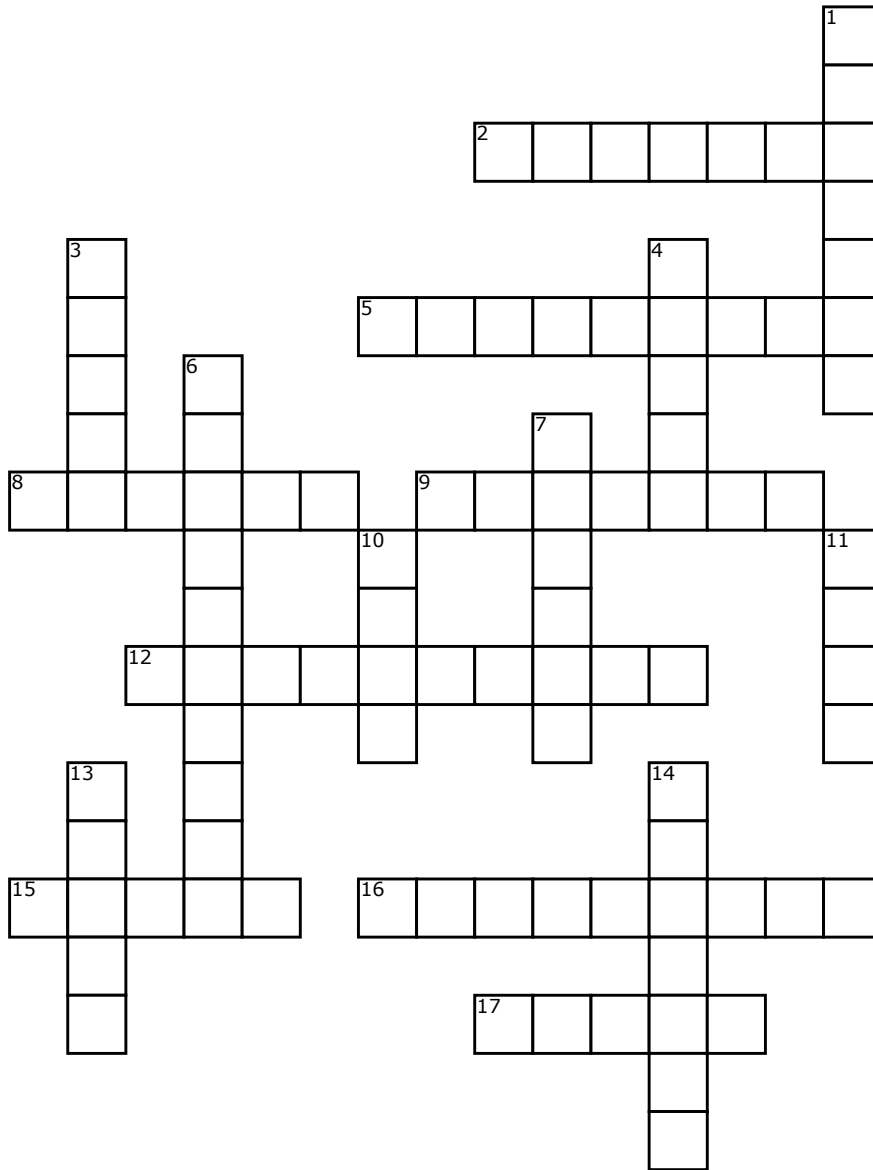


Name: \_\_\_\_\_

# Family and Consumer Science



## **Across**

- 2. You must always turn the hand wheel \_\_\_\_\_ you.
- 5. A carrot is an example of a \_\_\_\_\_
- 8. This is used to cut fabric
- 9. Hamburger/beef is a good source of \_\_\_\_\_
- 12. This is used to hold pins
- 15. Milk is a source of \_\_\_\_\_

16. What controls the speed of the needle?

17. A banana is a

## **Down**

- 1. Protein helps you build strong
- 3. Dairy helps build strong \_\_\_\_\_
- 4. T or F - You do not need to take out the pins as you sew
- 6. What tool is used to rip stitches out?

7. The \_\_\_\_\_ is located on the bottom of the sewing machine and has thread wrapped around it.

10. T or F - Make at least half of your plate fruits and vegetables

11. T or F - The presser foot must always in the down position when you start to sew

13. Bread is a

14. What is the number one leading health problems in teens today?