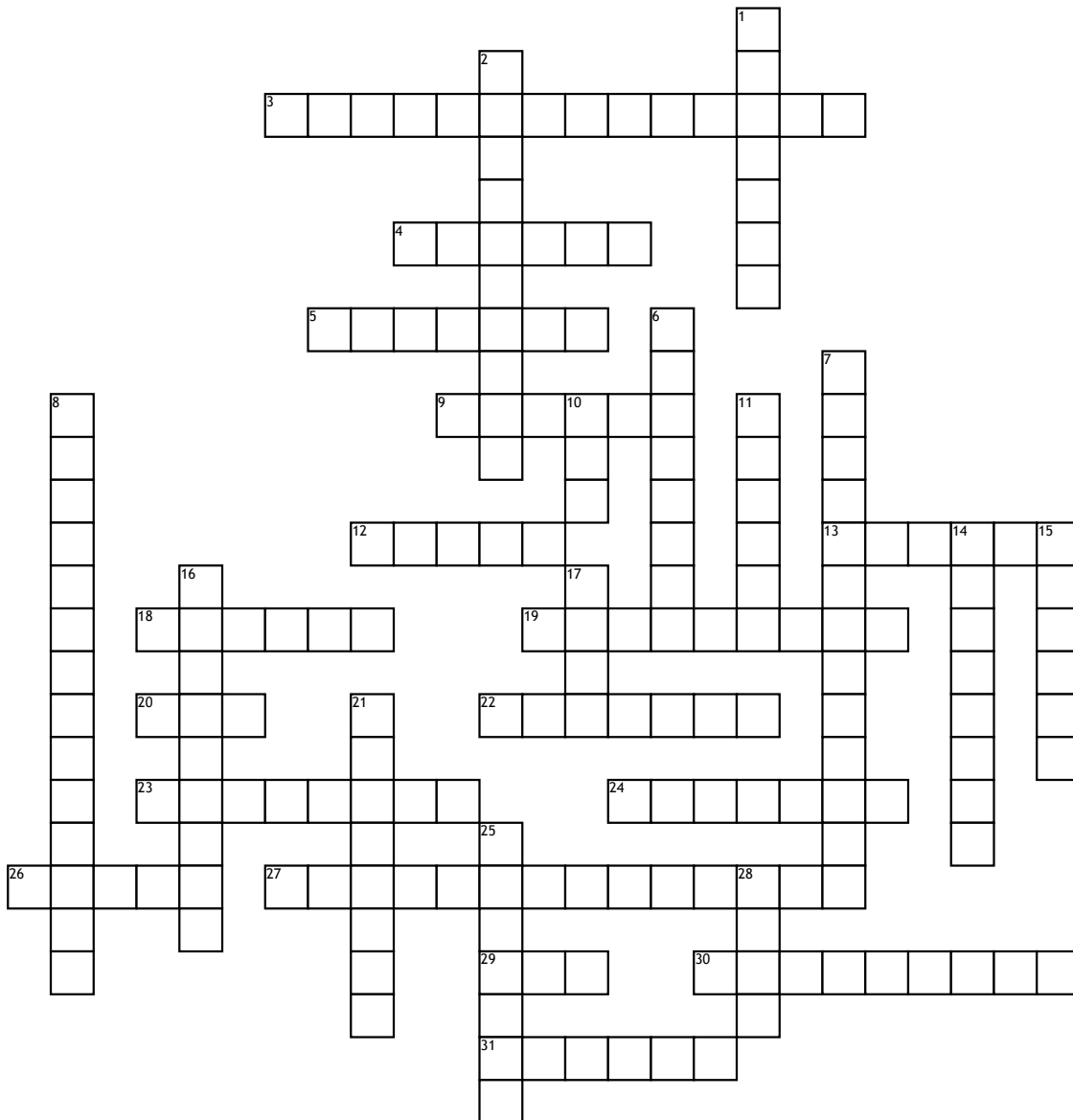


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food and Nutrition



## Across

3. group describing simple sugars
4. a essential amino acid
5. this nutrient is needed for strong bones and teeth
9. the enzyme added to cheese to set it
12. the group of vegetables that onions are classified as
13. a source of monounsaturated fat
18. the acid that sets yoghurt
19. this type of milk has sugar added to it
20. a source of vitamin d
22. a lack of iron causes this
23. the reaction between amino acids and sugar to cause meat for example to go brown
24. this is also called vitamin b1

26. we need this to prevent constipation

27. a heat process applied to milk

29. A type of cereal

30. the word used to describe nutrients added to food

31. a type of polysaccharide

## Down

1. a type of blue cheese

2. a type of potato

6. a nutrient added to margarine

7. the process of adding turning oils to fats is called this

8. the scientific word for the ability of starch to thicken

10. an acronym that describes dietary fibre

11. the protein needed to be keep in short strands in pastry mkaing

14. a nutrient that enables you to see in the dark

15. the type of flour used in breadmaking

16. type of fat that raises bad blood cholesterol

17. what tofu is made from

21. a cooking method used for meat/fish

25. a type of disaccharide

28. vitamin c helps absorb this nutrient