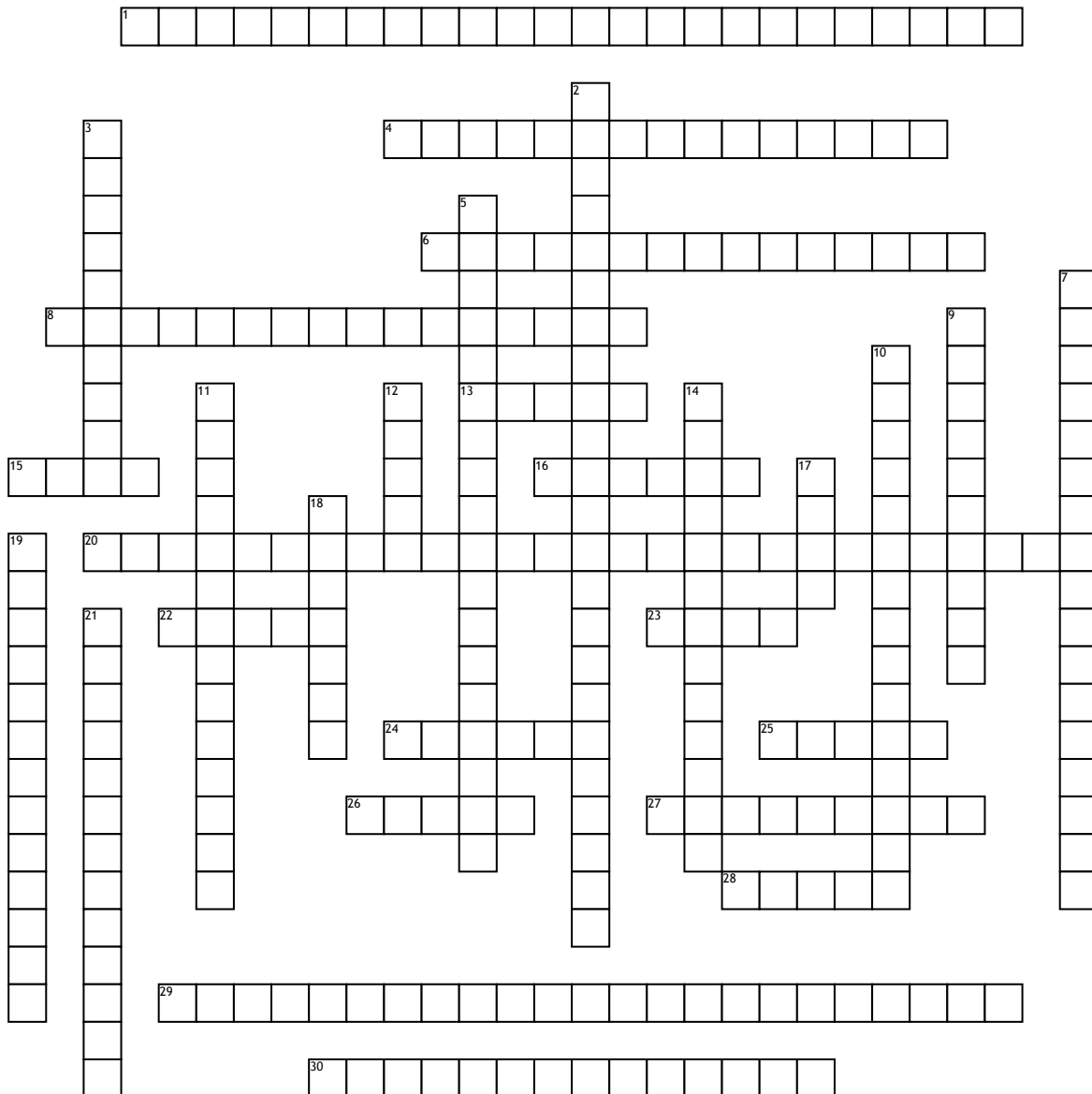


Foods 1 Unit 2 Crossword



Across

- 1. Smell (flavor + aroma), texture, color, shape + size, temperature
- 4. measuring ingredients like flour and sugar
- 6. the sum total of all the involuntary activities that are necessary to sustain life (ie. circulation, respiratory, nerve activity etc)
- 8. A pair of calipers used to form and measure the thickness of skinfolds in order to estimate the amount of body fat
- 13. to beat sugar and fat together until fluffy
- 15. to remove the skins of fruit and vegetables
- 16. to mix ingredients by gently turning one part over another with a rubber spatula
- 20. 1. Protein (Beans, legumes, tofu, soy milk) 2. Calcium (almonds, dark greens veg, broccoli, Kale) +vit D 3. Iron (beans, lentil, peas, tofu ,dark greens) +vit C 4. Vit B12 (take a pill or shot, fortified something)
- 22. to work dough with the "heel" of the hands until it is smooth and elastic
- 23. to cut into cubes

- 24. to heavily coat food with an ingredient like breadcrumbs
 - 25. one who eats only plant based foods and avoids meat, fish and products derived from animals
 - 26. to chop food as finely as possible
 - 27. for beating ingredients together and incorporating air
 - 28. to cut fat into flour with a pastry blender
 - 29. one who eats plant based foods, dairy products, eggs and small selections of poultry or fish, but no beef or pork (ex pescatarian, pollotarian)
 - 30. Range of weight the body has to preform the best
- Down**
- 2. is the rate at which the body uses energy to support its basal metabolism
 - 3. for cutting or chopping large ingredients
 - 5. Can be used to obtain a rough estimate of the fat stored in the abdomen called visceral adipose tissue (VAT)

- 7. GRAINS - 3 or more VEGETABLES & FRUIT - 4 or more MILK & ALTERNATIVES - 4-5 MEAT & ALTERNATIVES - 2 or more
- 9. for flattening foods, like biscuit dough
- 10. One who etas dairy products like milk and cheese and also plant based foods but does not eat meat, poultry, fish or eggs
- 11. Range of weight the body has to preform the best
- 12. to finely shred food by rubbing it on a tool with sharp projections
- 14. Is used to more accurately estimate the amount of visceral adipose tissue (VAT)
- 17. to cut food into small, irregular pieces
- 18. A diet that promises quick weight loss through what is usually an unhealthy and unbalanced diet (south beach diet, Mediterranean diet)
- 19. Cuts fat into flour
- 21. for scraping sides of bowls or folding-in delicate ingredients