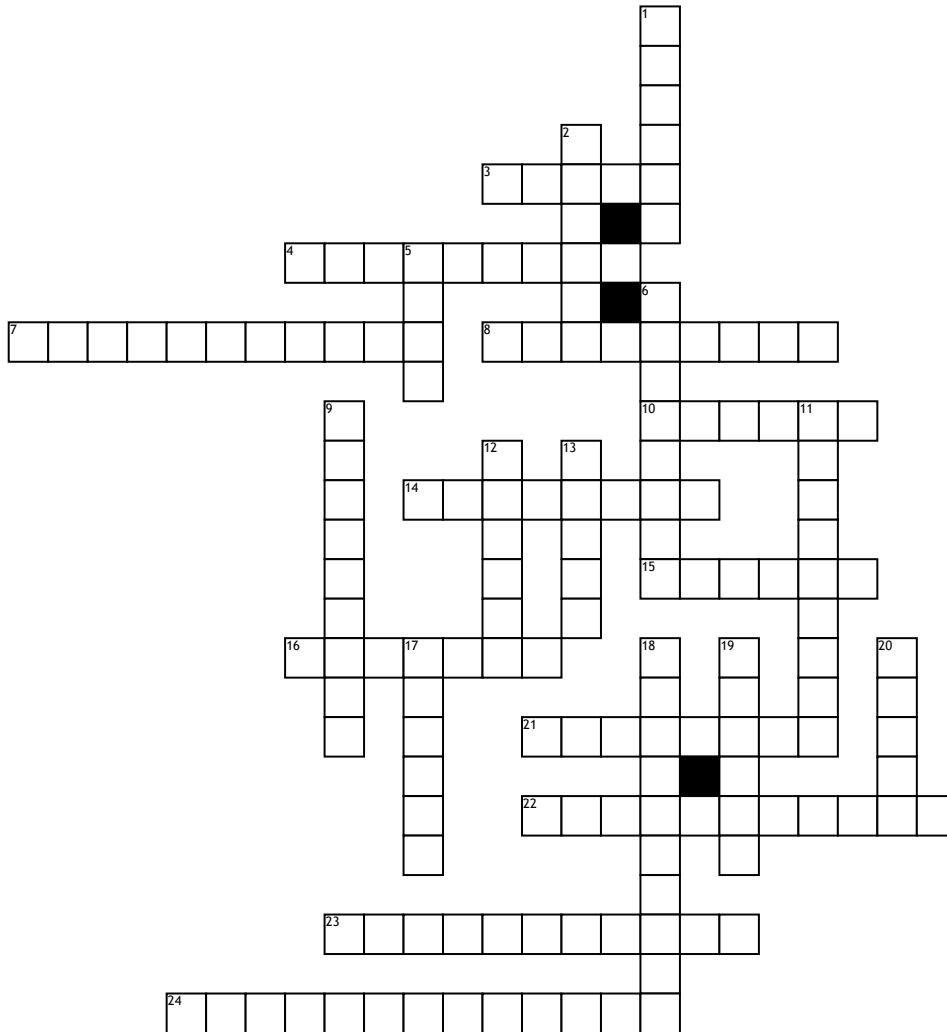


Foods & Nutrition



Across

3. a peach or cherry where they have a pit seed in the middle and grow on tree
 4. tends to be a fluffy type of rice
 7. Is a thick, sugar-sweetened beverage of fruit juice and pulp, which contains fiber.
 8. Results in fruits turning brown when exposed to air.
 10. Less tender cuts of meat.
 14. Meat less than 1 inch thick such as hamburgers and pork chops.
 15. is the edible internal organ of poultry, such as heart and liver.
 16. A fruit that continues to ripen after its been picked.

Word Bank

- | | | | | | |
|-------------|------------|---------------|-----------|--------|-------------|
| Apples | Brown | Carbohydrates | Steaming | Swell | Chlorophyll |
| Enzyme | Flavonoids | Cured Meat | Simmering | Braise | Drupe |
| Peaches | Citrus | Fruit Nectar | Marbling | Surimi | Panbroil |
| Carotenoids | Long grain | Quinoa | Oxidation | Germ | Giblet |

21. few nutrient leak out when using this method
 22. Is the pigment that makes vegetables green.
 23. Give many vegetables, their deep-yellow, orange, and red colors.
 24. a source of.....that provides us energy
- ## Down
1. A fruit that stops ripening after its been picked.
 2. Contains chopped fish plus other ingredients for flavor.
 5. The small base of the seed.
 6. Flecks or fat throughout meat.

9. Is treated with salt, sugar or sodium nitrate to slow spoilage.
 11. uses liquid close to the boiling point that has small bubbles around the edge of the pan.
 12. Is a special protein that helps chemical reactions happen.
 13. a healthy type of rice
 17. a type of fruit that has a thick rind and juicy pulp
 18. Are the pigments that give vegetables their red, purple and blue colors.
 19. a type of ancient grain,
 20. putting pasta in water makes it....