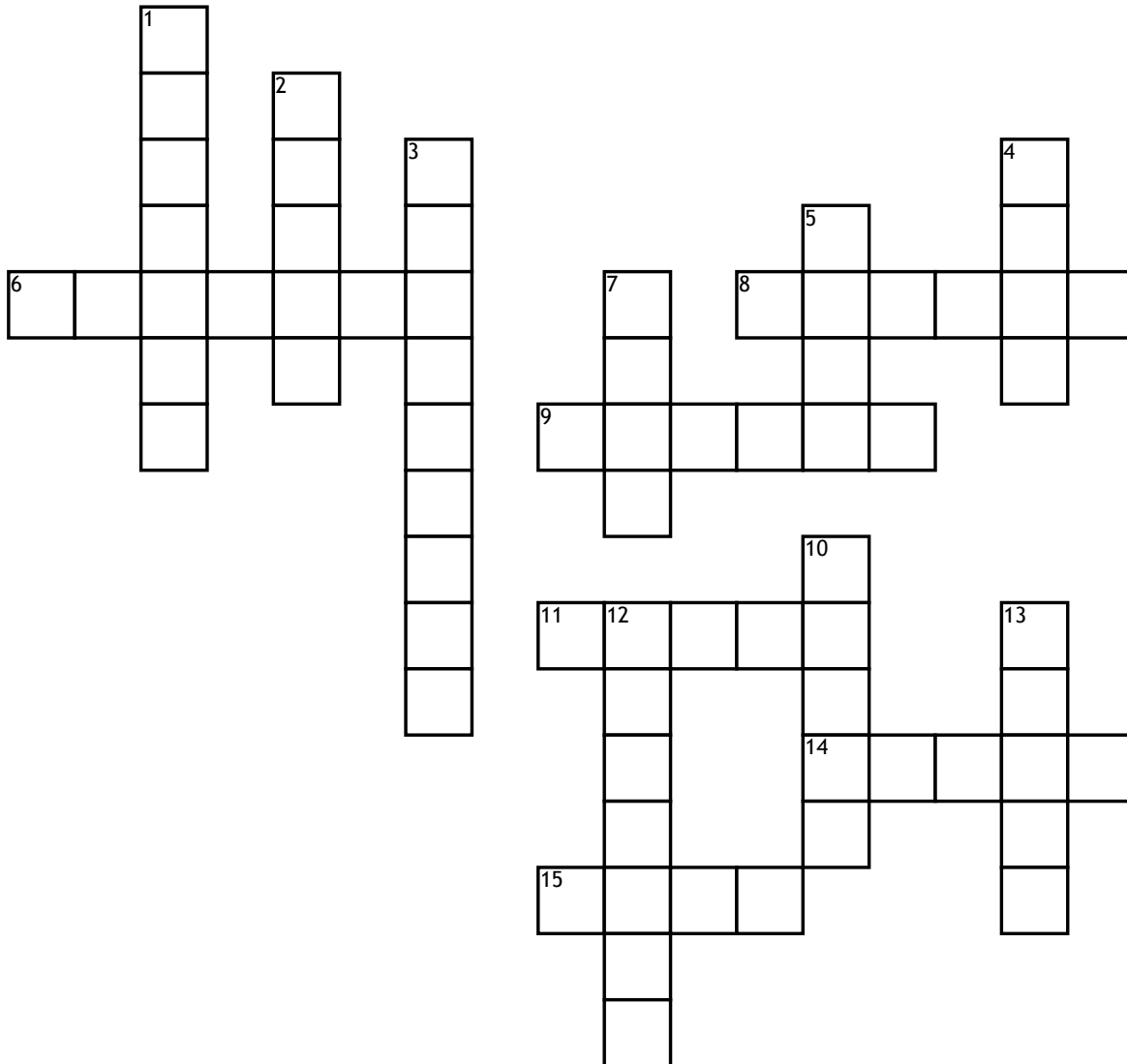


# Life Skills



## Across

6. to add air into a mixture.

8. a unit of weight equal to 437.5 grains.

9. oily or fatty matter, in particular.

11. a utensil for use in eating, stirring, measuring, ladling, etc., consisting of a small, shallow bowl with a handle.

14. the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

15. a list of dishes available in a restaurant.

## Down

1. is the current nutrition guide published by the USDA.

2. wheat or any other cultivated cereal crop used as food.

3. a plant or part of a plant used as food.

4. the kinds of food that a person, animal, or community habitually eats.

5. a unit of capacity, equal to 8 fluid ounces.

7. an instrument having two or more prongs or tines, for holding, lifting, etc.

10. an instrument for cutting, consisting essentially of a thin, sharp-edged, metal blade fitted with a handle.

12. a substance thought to be the essential nitrogenous component of all organic bodies.

13. containing or made from milk.