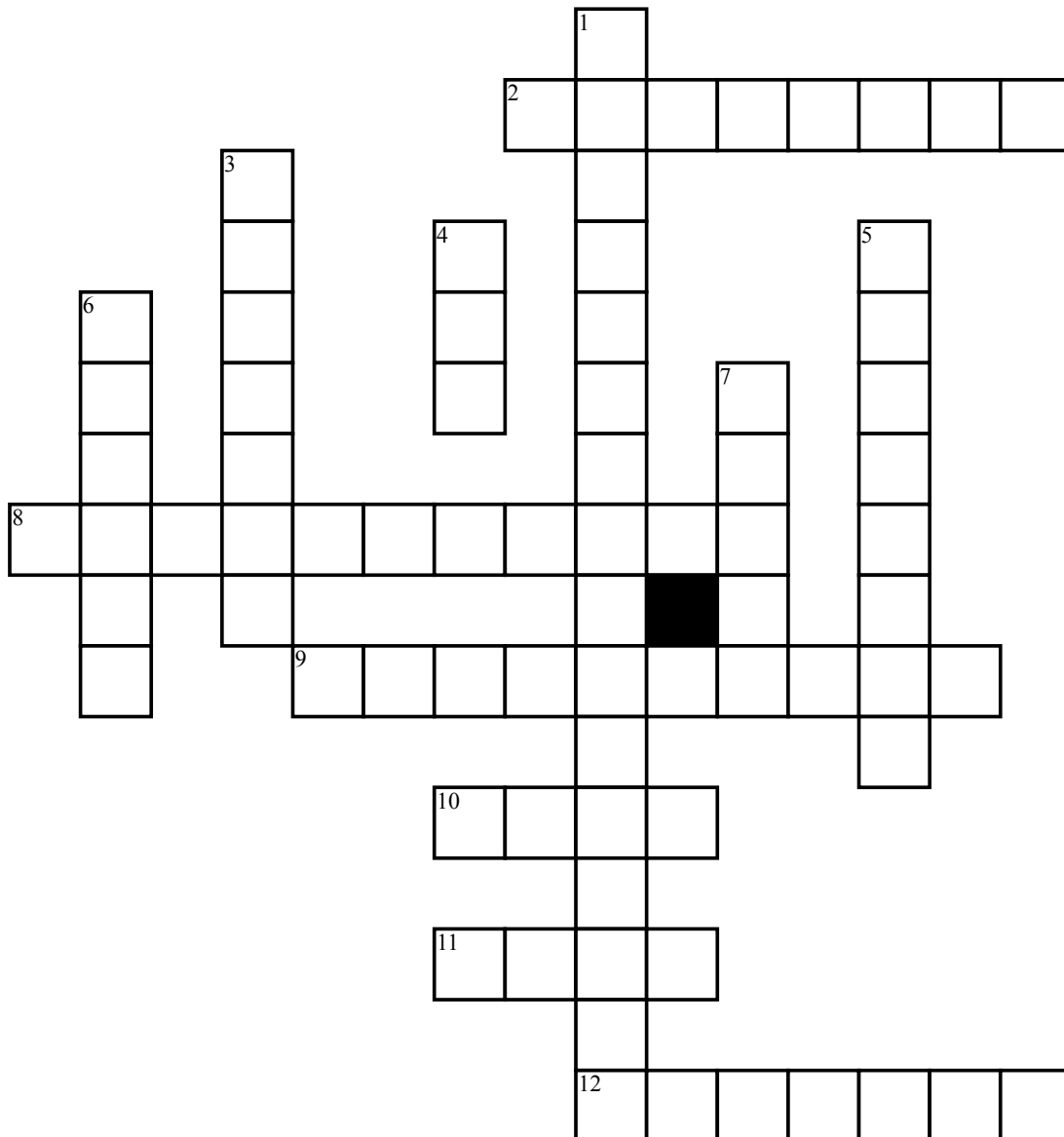


Meat



Across

2. _____ is tough, elastic strands that are converted to gelatin during cooking

8. This method of cooking food is not as effective

9. _____ - _____ is only for tender cuts

10. _____ is non digestible

11. Out of all meats, _____ is the healthier option

12. _____ resists being tenderized by heat, moisture, or any other condition

Down

1. strands of fibrous tissues are called _____

3. _____ is all tender and can be cooked using dry heat methods

4. when checking the temperature of a chicken, the the body temperature should be _____

5. _____ is the distribution of fat cells throughout the lean meat

6. _____ is known as the layer of fat under the animal skin

7. _____ meat is leaner and has a more mild flavour