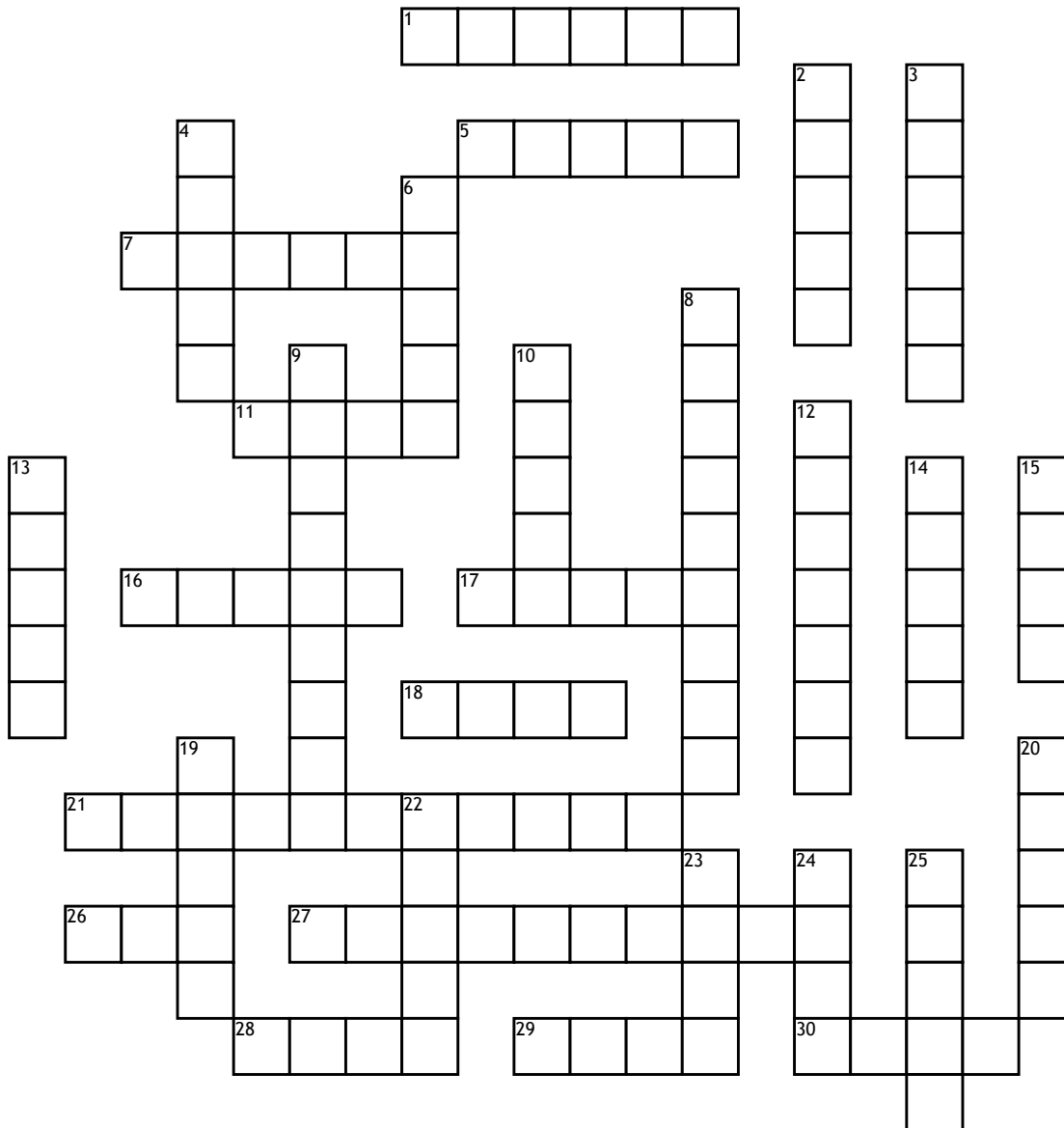


Nutrition/Wellness



Across

1. dip food briefly in boiling water and then in cold water to stop the cooking process
5. Coat food with a liquid that forms a glossy finish
7. Cut a food into very thin strips
11. Crush food into a smooth mixture with a masher or beater
16. Crush food into a smooth mixture with a masher or beater
17. Use a grinder to break up a food into coarse, medium, or fine particles
18. lightly sprinkle a food with flour or confectioners' sugar
21. Cut food into smaller pieces or shred by pressing and rubbing the food against the rough surface of a grater
26. put small pieces of food on the surface of another food

27. Cut food into small pieces finely

28. cut off thin layer of peel
 29. Beat quickly and vigorously to incorporate air into a mixture
 30. Mix ingredients by tumbling them with tongs or a large spoon or fork
- ## Down
2. Break or tear off small layers of food
 3. Coat food heavily with flour, bread crumbs, or cornmeal
 4. cut a food into large, thin pieces with a slicing knife
 6. use a pastry brush to coat a food with a liquid
 8. Cutting food into small, square pieces
 9. Heat sugar until it liquefies and darkens in color
 10. To coat a food with flour

12. Divide a food into 4 equal pieces
13. coat a food with three different layers

14. Cook food in a sugar syrup
15. Used to gently mix a light mixture into a heavier one
19. Pour liquid over a food as it cooks
20. Beat ingredients until soft and creamy
22. Make straight shallow cuts with slicing knife
23. Cut food into small pieces with kitchen shears
24. mix thoroughly and add air to foods
25. pulverize food into crumbs, powder, or paste with a rolling pin, blender, or food processor