

Name: _____

Preparing Foods and Vegetables

N Z B N I H J Y S T E A M F L A Z
G U J P J R V E P T J S U V R V M
K M T H C L C L E E W W P L E A U
Q W I R W A M T Q X I J B Y V J Y
I T Y M I V V O V T Y K I D O L B
S Q K R X E W C S U S Y R Z C P L
I D O E F A N C X R R E M M I S A
G U O R V R P T V E U Y V P L I N
M G C F E A I T S S O D E O O A C
E L N T R D W T H I V V W A A X H
A T L P Q B F O S V A C V C I Z I
F U A I L M O K R P L Z S H F K L
O I B R R P S I O C F D U T O E L
O O Q E A G K R L N I O M Z X P W
D F P C N P A M G U Z M R Y D Z V
H R N N E T E B T N F W C I I S W
N O U U E T O S H G N G Q L Y B Z

nutrients
textures
blanch
cover
cook

microwave
stir fry
grill
chill

evaporate
separate
steam
food

flavours
simmer
poach
boil