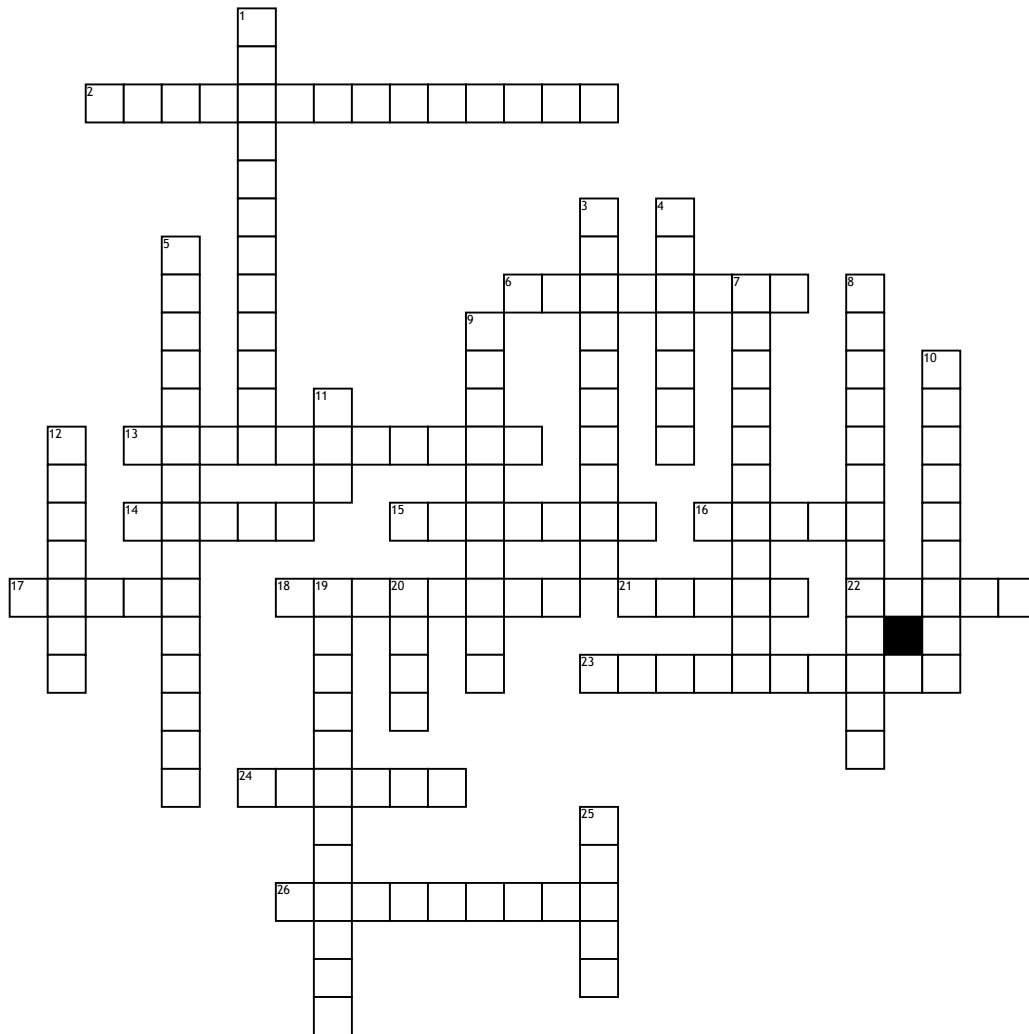


Protein



Across

- 2. Milk that is heat treated to remove or kill harmful organisms
- 6. What part of the egg holds the yolk in the center?
- 13. People who choose not to eat meat are called _____
- 14. Milk products are essential for growing and maintaining bones and _____
- 15. 4 ways that eggs can be prepared: hard cooked, scrambled, fried and _____
- 16. Milk that contains 3.25% or more fat
- 17. Besides being high in protein, dry beans are also a good source of _____
- 18. We get protein mainly from the _____ food group

- 21. You must eat protein from good food sources _____
- 22. Milk is fortified with 2 vitamins
- 23. An _____ help two unmixable substances mix together
- 24. Egg acts as this in meatloaf
- 26. Egg acts as this in Angel food cake

Down

- 1. Your body will use protein as an _____ if carbs and fat are not present
- 3. Milk that has all the water evaporated
- 4. Choose _____ products in place of some meat/poultry
- 5. There are 9 essential amino acids that make up a _____
- 7. A specialized milk to help those with digestive disorders

- 8. Someone who only eats foods from plant sources and eggs
- 9. All proteins are made up of _____
- 10. An egg acts as this in pudding
- 11. Eggs contain protein, iron, vitamins and minerals and _____
- 12. Milk products provide the following minerals: Phosphorus, Iron, _____
- 19. A classic combination of incomplete protein is _____ to form a complete protein
- 20. The only complete protein from a plant source is _____
- 25. Someone who only eats food from plant sources

Word Bank

- | | | | | | |
|---------------|----------------|---------------|---------|------------------|----------------|
| Amino Acids | poached | ovovegetarian | A and D | Complete Protein | Vegetarians |
| Evaporated | Rice and Beans | Chalazae | Tofu | Proteins | Thickener |
| Daily | binder | vegan | fat | Leavening | pasteurization |
| acidopholis | Emulsifier | Teeth | Fiber | Whole | Seafood |
| Energy Source | Calcium | | | | |