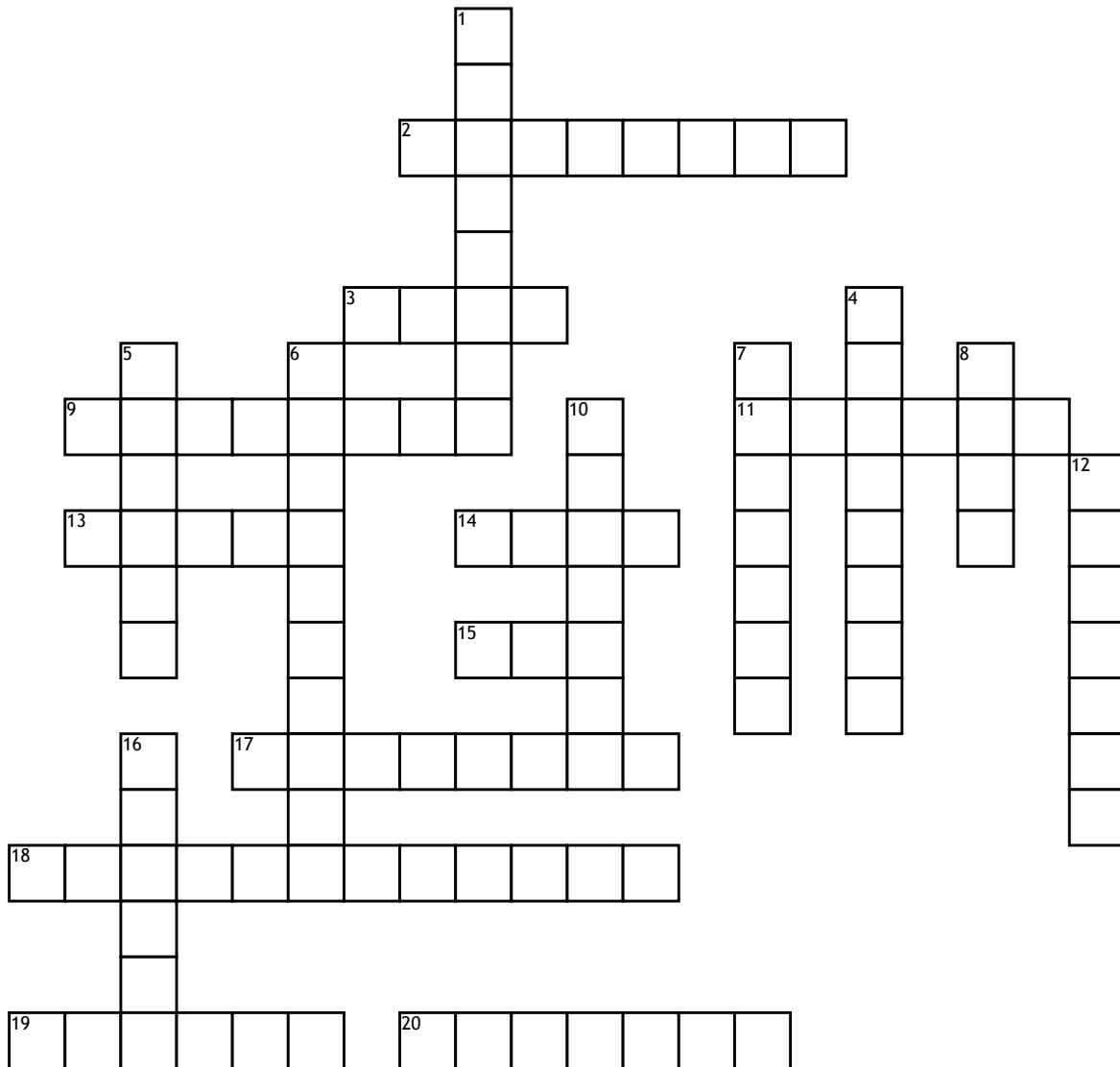


meat and poultry puzzle



Across

- 2. Used to break down elastin
- 3. Most fat is found here in poultry
- 9. A dry method of cooking meat
- 11. Mostly eaten for thanks-giving
- 13. A type of variety meat
- 14. Provides protein of high biological value
- 15. Dark meat has higher amount
- 17. Not found in meat/poultry

- 18. Thawing should be done here
 - 19. Meat without bones or fat
 - 20. Type of vitamin found in pork
- Down**
- 1. Flecks of fat throughout the meat
 - 4. To soak in a solution to make softer
 - 5. High percentage in processed meats
 - 6. Suitable for tender cuts of meat/poultry

- 7. Long ,slow method of cooking
- 8. The flesh of young cattle
- 10. Protein that cannot be softened by cooking
- 12. Flesh of birds eaten for food
- 16. Extremeties of animals eaten for food