**Review Puzzle #1**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period: \_\_\_\_\_\_\_\_\_\_\_\_**



Down

1. What kind of carbohydrate is in milk and fruits?

3. Which ingredient is measured by packing into a cup?

7. What is the abbreviation for tablespoon?

8. These type of vitamins need to be consumed daily because they can't be stored in the body.

11. What red fruit is high in Vitamin C?

12. Another name for Vitamin C is \_\_\_\_ acid.

14. What is the cooking term to cut food into small pieces?

15. What is the abbreviation for pound?

18. Use this kitchen utensil to flip pancakes and lift cookies off a cookie sheet.

Across

2. Complete proteins are found in what kind of sources?

4. What color besides red and orange indicates a vegetable is high in Vitamin A?

5. How many seconds should you wash your hands?

6. Microwaves are attracted to \_\_\_, sugar and water molecules.

9. What is the cooking term to cook food in a small amount of fat?

10. What foodborne illness is associated to raw and undercooked poultry and eggs?

13. Which minerals help balance fluid in the body?

16. How many calories are in 1 gram of protein OR 1 gram of carbohydrate?

17. This cleaning product should never be mixed with ammonia.

18. How many teaspoons in a tablespoon?

19. How many fluid ounces in 1 cup?

20. Use this type of blender to cut fat into flour.

**Review Puzzle #2**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period: \_\_\_\_\_\_\_\_\_\_\_\_**



Across

3. What are the four fat soluble vitamins in alphabetical order?

4. Which nutrient satisfies hunger the longest, insulates and protects internal organs.

8. Measure by placing on a flat surface and checking it at eye level.

12. Eggs should be stored in the refrigerator in their \_\_\_ carton.

14. Which type of fat makes the HDL go up and LDL go down?

16. Use this to drain water out of pasta (not a strainer).

19. Water, air and \_\_\_\_ kill vitamins in fruits and vegetables.

20. This process helps kill bacteria in milk.

21. Measure this ingredient by spooning into a cup and leveling off.

22. Eggs act as a \_\_\_\_ in meatloaf.

23. How many tablespoons in 1 cup?

Down

1. Which B vitamin helps prevent neural tube defects in unborn babies. (hint: 2 words)

2. Minerals needed in relatively large amounts.

3. acids What are the building blocks of protein? (hint: 2 words)

5. Which nutrients helps our muscles, skin and nerves.

6. Which type of fat makes LDL and HDL go down?

7. What is the process to break fat up and mix permanently into milk.

9. To cook over boiling water.

10. Which type of fat makes LDL and HDL go up?

11. These are the only plant food that make a complete protein.

13. Use this kitchen utensil to scrape the sides of bowls.

15. How many tablespoons equal 1/8 cup.

17. This type of oil is high in monounsaturated fats.

18. What are the amino acids called that we can't make.

**Review Puzzle #3**

Across

3. The dietary guidelines recommend we exercise \_\_\_ minutes a day.

10. These minerals are needed in relatively small amounts, also called trace minerals.

13. Which nutrient is our main energy source.

17. This is caused by not enough calcium in the diet.

18. These type of foods have fiber and carbohydrates.

19. Foodborne illness caused by undercooked or raw hamburger

20. What should be washed first?

21. Cook this to 155 degrees.

22. This mineral helps us grown and repair.

23. What is the best type of fat?

Down

1. What is another name for roughage or cellulose?

2. This is caused by not enough iron in the diet.

4. One cup of uncooked rice equals \_\_\_ cups cooked rice.

5. The temperature between 41-135 is called the \_\_\_ (hint: 2 words)

6. How many calories in 1 gram of fat?

7. What should you wear if you have a cut on your hand?

8. Which ingredient provides structure for baked goods.

9. Whole cuts of seafood, beef, lamb and \_\_\_ should be cooked to 145 degrees.

11. To extinguish a grease fire use salt, fire extinguisher or \_\_\_\_. (hint: 2 words)

12. Staphylococci is caused by spread of germs through human \_\_\_.

14. Nuts, refried beans and grain foods are a good source of \_\_\_ carbohydrates.

15. What does pasta do in size when it cooks?

16. Cook \_\_\_ to 165 degrees

**Review Puzzle #4**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_



Down

1. Foods high in nutrients and low in calories are called nutrient \_\_\_.

3. Store cleaning supplies separate from \_\_\_.

5. Americans don't eat enough \_\_\_ and whole grains.

8. Choose lowfat or \_\_\_ dairy foods. (2 words)

9. Sugar that the body uses for energy.

11. This is the abbreviation for ounce.

12. Use this utensil to level ingredients and frost cakes.

13. For someone being electrocuted disconnect the main power \_\_\_.

17. Another name for complex carbohydrates.

Across

2. How much of your grains should whole grains?

4. Stir and \_\_\_ foods in the microwave for even cooking.

6. Americans eat more fat, \_\_\_, sugar and calories than recommended.

7. You should eat 8 oz. of \_\_\_ once a week.

10. 1/2 cup plus 1/4 cup equals \_\_\_ cup.

14. 4 cups equal 1 \_\_\_.

15. Lift a lid from a pot so the steam is directed \_\_\_ from you.

16. Defrost foods safely in refrigerator, microwave or sink with \_\_\_ water.

18. \_\_\_ calorie foods are high in calories and low in nutrients like chips and soda.

19. Make half your plate \_\_\_ and vegetables.

20. For a severe cut apply direct \_\_\_.

21. This knife is good for cutting, chopping and slicing.

22. Abbreviation for teaspoon.

**Review Puzzle #5**



Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_\_\_

Across

2. Pasta dishes are usually \_\_\_ cost dishes.

6. What is the whole grain form of rice?

8. This vitamin helps prevent neural tube defects in unborn babies.

11. Eggs function as an \_\_\_ in salad dressing and mayonnaise.

12. Blood cholesterol should be below \_\_\_. (hint: two words and a number)

13. Sugar and \_\_\_ provide flavor for quick breads.

14. Don't stir, put the lid on and simmer to cook this food.

15. Soybeans make a curd called \_\_\_.

18. Eggs cooked out of the shell in boiling water.

19. Baking powder and baking soda are examples of \_\_\_ agents which help quick breads rise.

20. Milk, fruit, candy are all examples of \_\_\_ carbohydrates.

22. This process kills the bacteria in milk.

Down

1. Fruits and vegetables are NOT a good source of fats and \_\_\_.

3. Fat is a \_\_\_ source of energy.

4. Animal foods provide \_\_\_ proteins.

5. This ingredient helps quick breads to be tender.

6. Fiber helps keep you 'regular' and can reduce \_\_\_ cholesterol.

7. How many calories in 1 gram of fat?

9. 20-35 grams a fiber a day can help reduce the risk of \_\_\_, colon and rectal cancer.

10. High LDL levels are associated with \_\_\_ disease and stroke.

16. Substitute \_\_\_ for mayonnaise to reduce the fat in recipes.

17. The part of the grain kernel with the most fiber.

21. This vitamin helps blood clot.

**Review Puzzle #6**



Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_

Down

2. Energy is the same as \_\_\_. They measure the energy in food.

4. Water is the most \_\_\_ nutrient.

5. To mix ingredients gently by turning one part over another.

6. Folic acid helps prevent \_\_\_ tube defects in unborn babies.

8. To mix fats and sugars until smooth and fluffy.

9. Use this knife to peel or cut small foods.

11. The time when the microwave turns off but food continues to cook.

12. Vitamins A&D are added to \_\_\_\_.

13. Fruits and vegetables are mostly \_\_\_-free.

17. Diets low in \_\_\_ can cause anemia.

20. Water helps carry \_\_\_ throughout the body.

21. You should drink \_\_\_ cups of water a day or 64 ounces.

Across

1. Calcium, phosphorus and magnesium are all \_\_\_ minerals.

3. Anemia is \_\_ \_\_ cell formation.

7. A healthy way to cook vegetables is to steam, stir-fry or \_\_\_.

10. Water helps carry \_\_\_ out of the body.

14. This most important nutrient helps regulate body temperature.

15. This vitamin helps prevent night blindness

16. This vitamin helps wounds heal and strengthens our immune system.

18. What is it called when fruits turn brown after cutting them?

19. Calorie needs are based on age, \_\_\_ and activity level.

**Review Puzzle #7**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_\_



Across

3. Which ingredient provides structure for baked goods.

7. These minerals are needed in relatively small amounts, also called trace minerals.

12. One cup of uncooked rice equals \_\_\_ cups cooked rice.

13. This is caused by not enough calcium in the diet.

15. The temperature between 41-135 is called the \_\_\_ (hint: 2 words)

17. This is caused by not enough iron in the diet.

19. How many calories in 1 gram of fat?

20. To extinguish a grease fire use salt, fire extinguisher or \_\_\_\_. (hint: 2 words)

21. Cook this to 155 degrees.

22. What should be washed first?

Down

1. Whole cuts of seafood, beef, lamb and \_\_\_ should be cooked to 145 degrees.

2. What should you wear if you have a cut on your hand?

4. Cook \_\_\_ to 165 degrees

5. What is another name for roughage or cellulose?

6. Which nutrient is our main energy source.

7. Staphylococci is caused by spread of germs through human \_\_\_.

8. Nuts, refried beans and grain foods are a good source of \_\_\_ carbohydrates.

9. The dietary guidelines recommend we exercise \_\_\_ minutes a day.

10. What does pasta do in size when it cooks?

11. This mineral helps us grown and repair.

14. What is the best type of fat?

16. These type of foods have fiber and carbohydrates.

18. Foodborne illness caused by undercooked or raw hamburger

**Review Puzzle #8**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_\_\_\_



Across

5. Use this utensil to level ingredients and frost cakes.

6. This is the abbreviation for ounce.

7. \_\_\_ calorie foods are high in calories and low in nutrients like chips and soda.

8. Another name for complex carbohydrates.

12. Stir and \_\_\_ foods in the microwave for even cooking.

16. Americans don't eat enough \_\_\_ and whole grains.

17. Defrost foods safely in refrigerator, microwave or sink with \_\_\_ water.

20. 1/2 cup plus 1/4 cup equals \_\_\_ cup.

21. You should eat 8 oz. of \_\_\_ once a week.

Down

1. 4 cups equal 1 \_\_\_.

2. Abbreviation for teaspoon.

3. For someone being electrocuted disconnect the main power \_\_\_.

4. Foods high in nutrients and low in calories are called nutrient \_\_\_.

9. How much of your grains should whole grains?

10. Store cleaning supplies separate from \_\_\_.

11. Sugar that the body uses for energy.

13. Lift a lid from a pot so the steam is directed \_\_\_ from you.

14. Make half your plate \_\_\_ and vegetables.

15. Choose lowfat or \_\_\_ dairy foods. (2 words)

17. This knife is good for cutting, chopping and slicing.

18. For a severe cut apply direct \_\_\_.

19. Americans eat more fat, \_\_\_, sugar and calories than recommended.