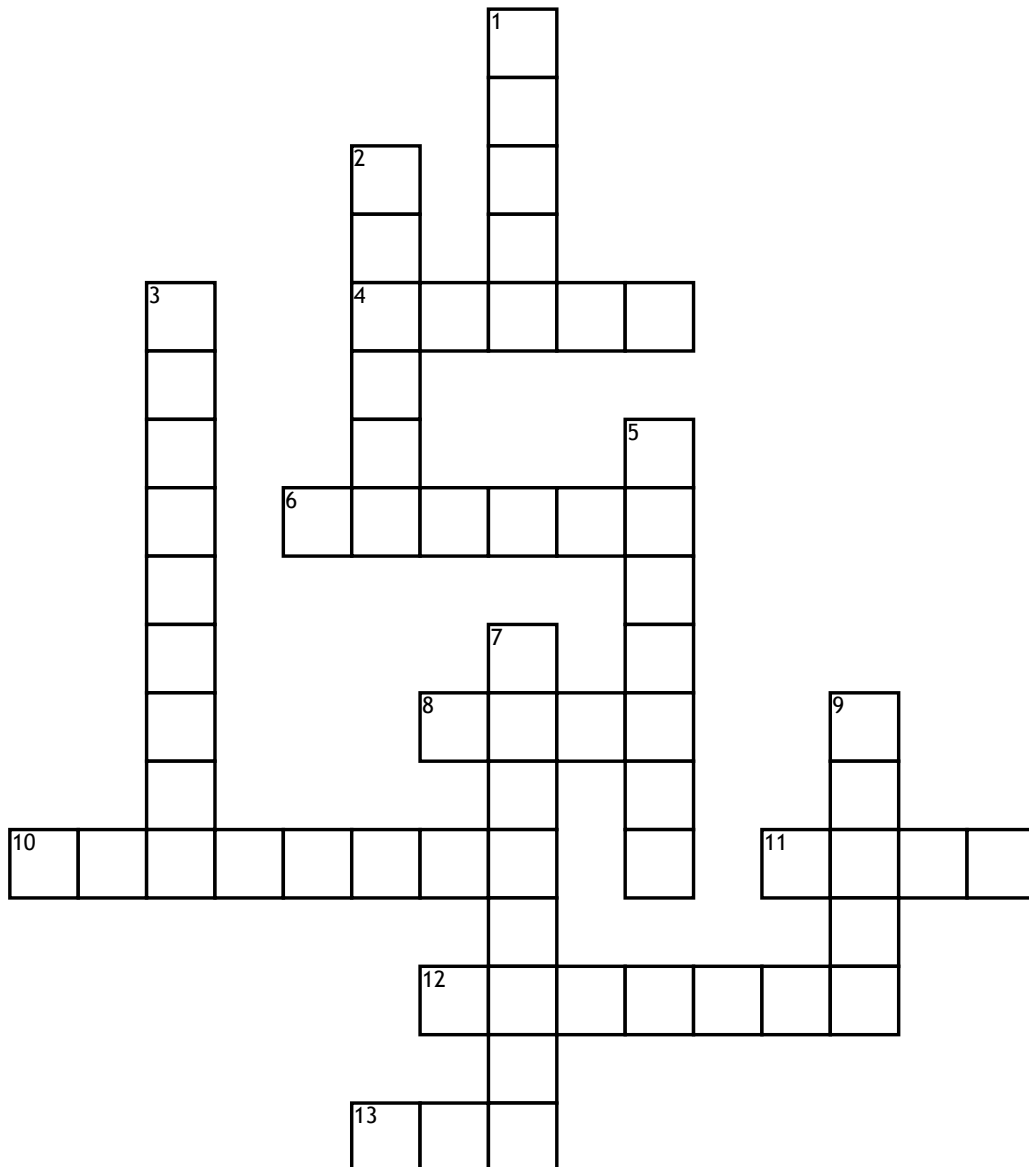


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Asian Foods and Nutrition



## Across

- 4. a sweet orange or yellow fruit popular in southern Asia
- 6. a root commonly used to flavor many Asian cuisines. It is served as a condiment with sushi.
- 8. a carbohydrate-rich food served at almost every meal in many Asian countries
- 10. one of the countries neighboring Vietnam

11. an important mineral for our bodies found in tofu and green vegetables

12. a common way of cooking in Asia

13. a popular Vietnamese soup

## Down

1. the country where sushi was invented

2. an alternative to soy sauce

3. an important mineral found in many fruits and vegetables, including avocado and bananas

5. an important nutrient found in soy, fish, meat, nuts, and seeds

7. the most common herb in the world - used from Asia all the way to South America

9. a mix of spices or ingredients used to flavor dishes, most commonly known to us from India or Thailand