

Name: _____

Date: _____

Beef: It's What's For Dinner

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

PORTERHOUSE
PHOSPHORUS
BRISKET
SELECT
NIACIN
STRIP
KNIFE
LEAN
COW

PREPARATION
SATURATED
SIRLOIN
CHOICE
GRILL
KABOB
GRASS
BEEF
RUB

CHOLESTEROL
NUTRITION
CHOLINE
RIBEYE
SKIRT
CHUCK
GRAIN
ZINC

PERISHABLE
TENDERIZE
PROTEIN
GROUND
FLANK
ROUND
COOK
IRON

TENDERLOIN
MARINADE
VITAMIN
CATTLE
PRIME
ROAST
RARE
DRY

RIBOFLAVIN
SELENIUM
MEDIUM
ACIDIC
BLADE
SHARP
STEW
RIB