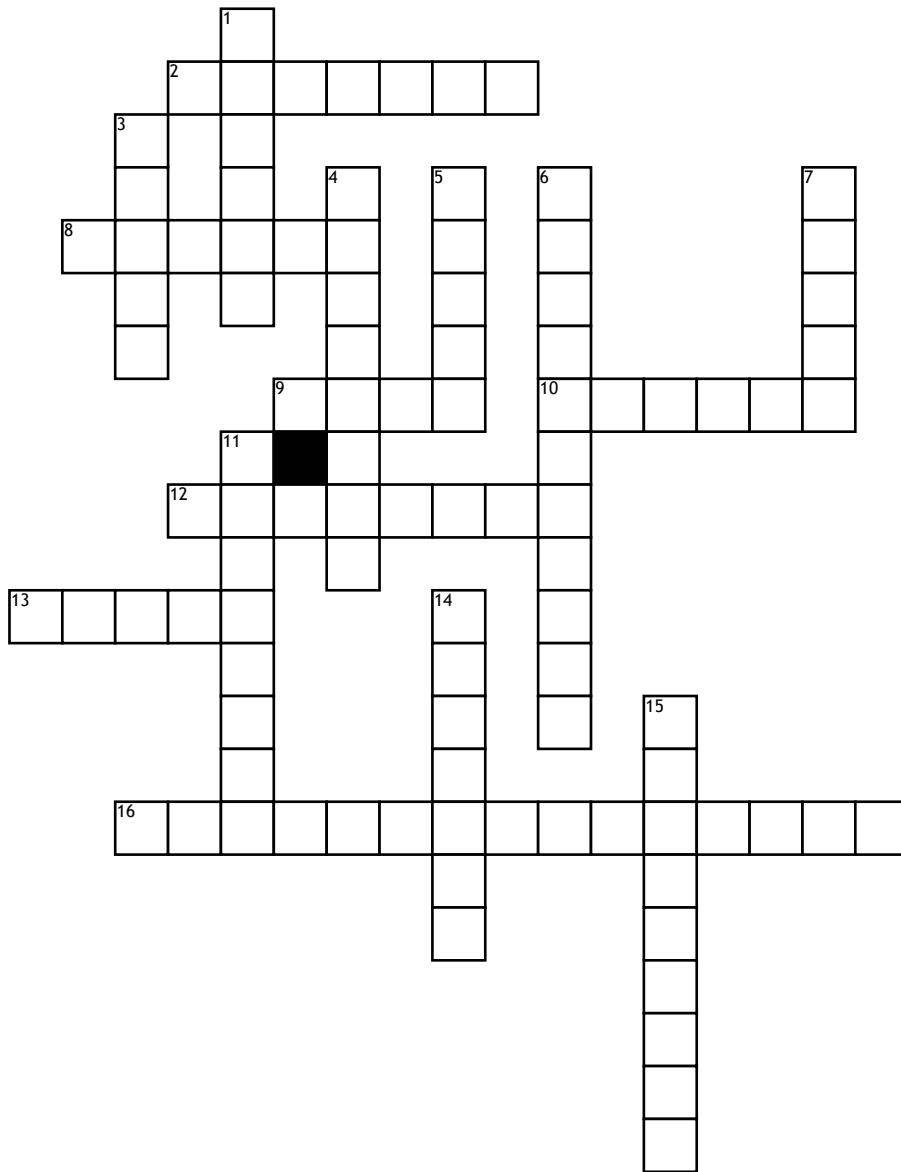


# Chapter 8 Vocabulary - Nutrition



**Across**

- 2. an amount that does not level off a measurement giving almost double
- 8. a set of directions for making a food or beverage
- 9. to cut a very thin layer of peel from fruits and vegetables
- 10. the amount of space an ingredient takes up
- 12. fit tasks together smoothly
- 13. a balloon shaped device used for mixing, stirring, beating, and whipping

- 16. used to measure small amounts

**Down**

- 1. measuring system based on multiples of ten
- 3. number of servings/amount a recipe makes
- 4. a saw toothed pattern on a knife blade used for cutting coarse items
- 5. making a food smooth and thick by using a blender or food processor

- 6. different units of equal measure

- 7. to make shallow cuts in the surface of a food to tenderize it
- 11. a list of all the tasks and approximate time required to complete a recipe
- 14. gently mixing delicate ingredients
- 15. units of weights and measures used in the United States