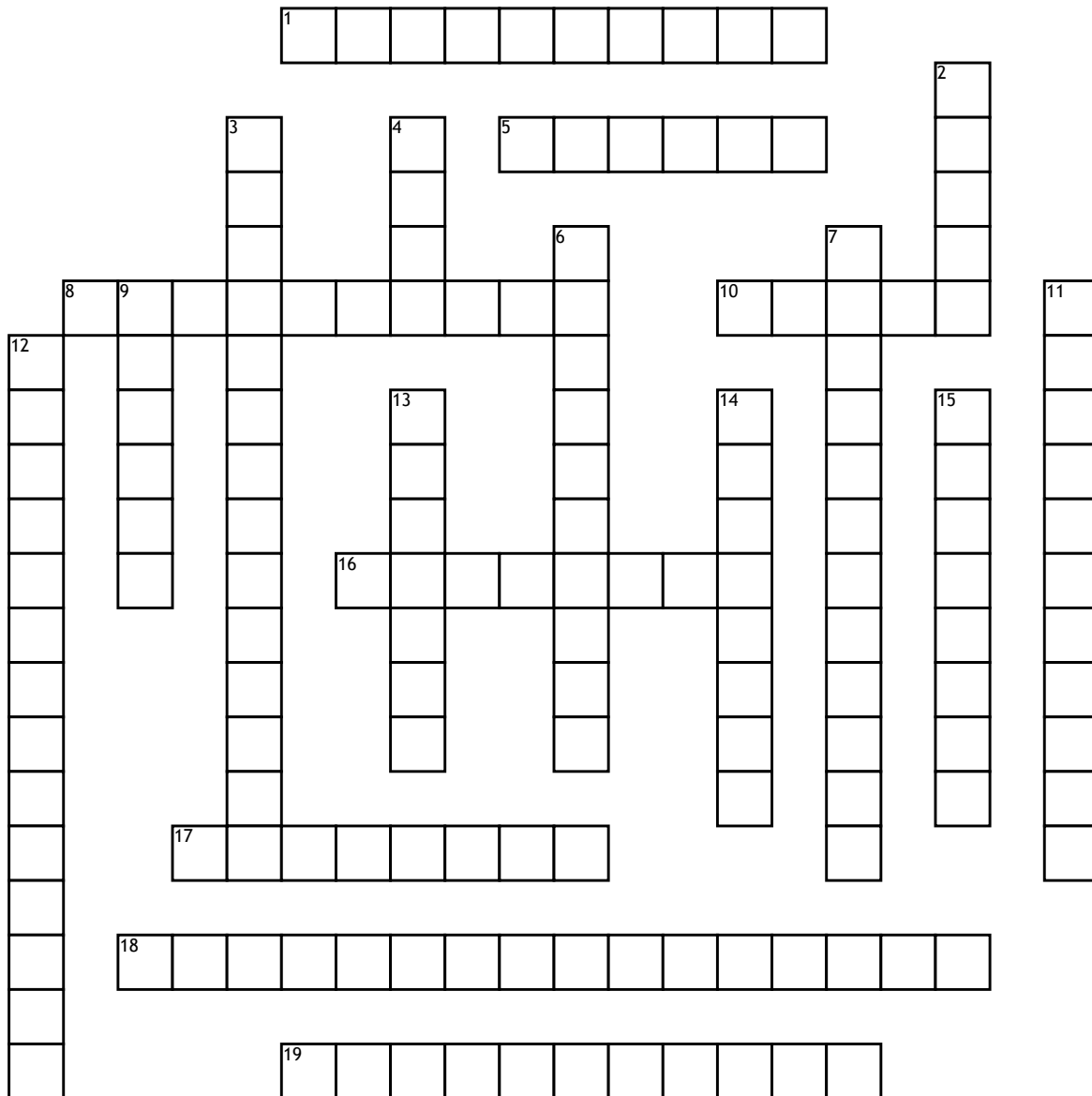


FACS Unit6: Foods and Nutrition



Across

1. the same amount expressed in different ways by using different units of measures
 5. detailed instructions for preparing particular foods
 8. maintaining a clean condition in order to promote hygiene and prevent disease
 10. indigestible carbohydrate
 16. chemical substances in food that help to maintain the body
 17. the process of acquiring and maintaining physical, mental, emotional, and social health

18. method in which food is cooked in hot liquid, steam, or combination of both

19. a waxy substance produced and needed by the body also found in animal and some plant fats

Down

2. the arrangement of the table ware that each diner will need for a meal
 3. the last day a product is considered fresh
 4. all the food and drink a person regularly consumes
 6. any one of the individual food item needed to make a recipe

7. a shortened form of a word

9. a condition that results from deficiencies of various nutrients, characterized by a reduced number of red blood cells in the blood stream

11. The amount of food item customarily eaten at one time

12. cooking food uncovered without added liquid or fat

13. dry beans and peas

14. forks, spoons, knives and serving utensils used to serve and eat food

15. the last day a product may be sold