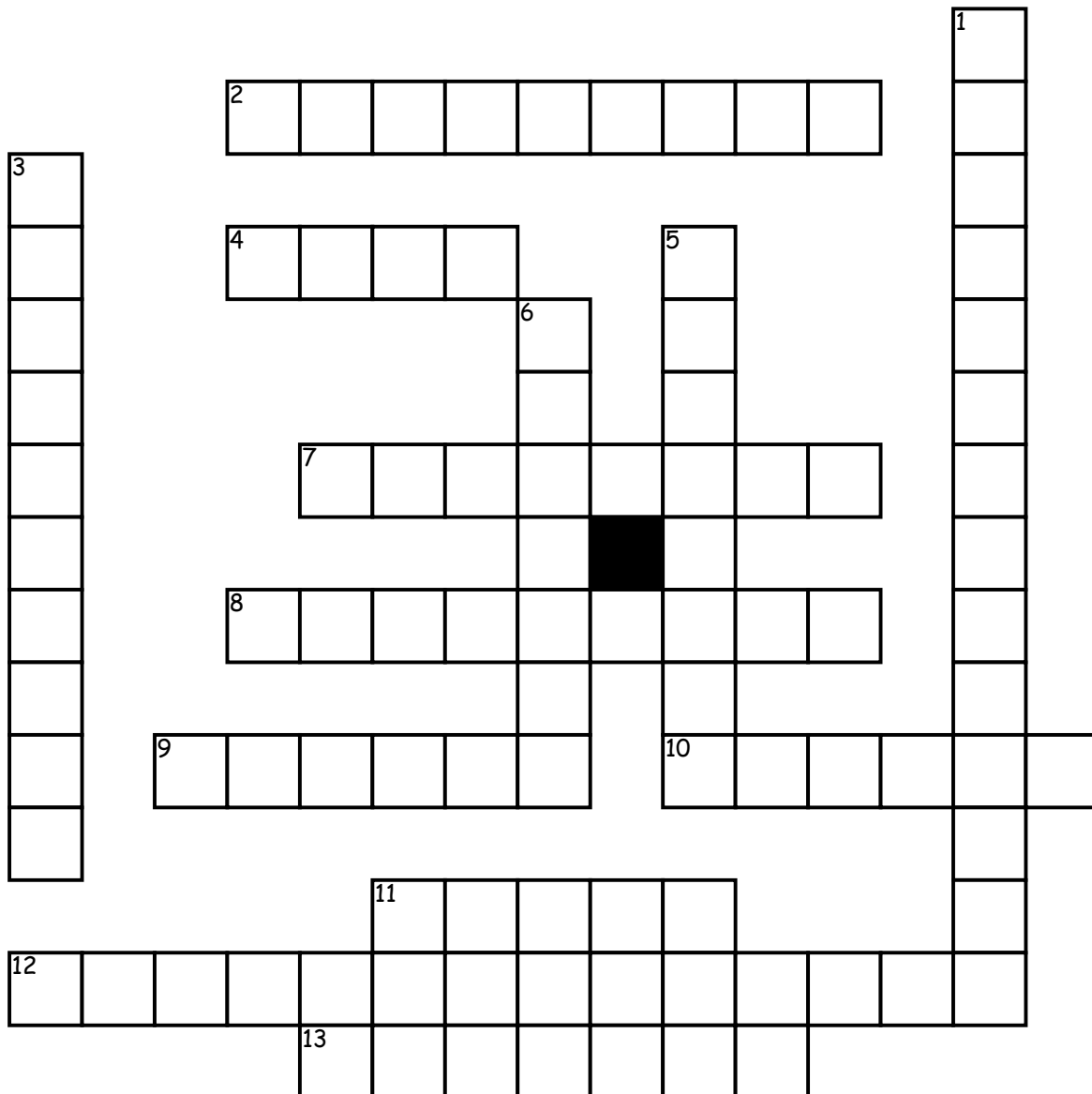


Name: \_\_\_\_\_

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

# Food Technology



## Across

2. Another word for the goodness in our foods that fuel us
4. We need a balanced one of these
7. Zinc and Iron are these
8. Your body needs lots of water for this

9. To give someone the tools for the job

10. Used to weigh ingredients out

11. 70% of the planet is this

12. What's required in large amounts in our diets

13. If you feel fit you are this

## Down

1. What's required in small amounts in our diets

3. The largest piece of cutlery for measuring

5. Letters we get from food that do us good

6. Making ready the ingredients