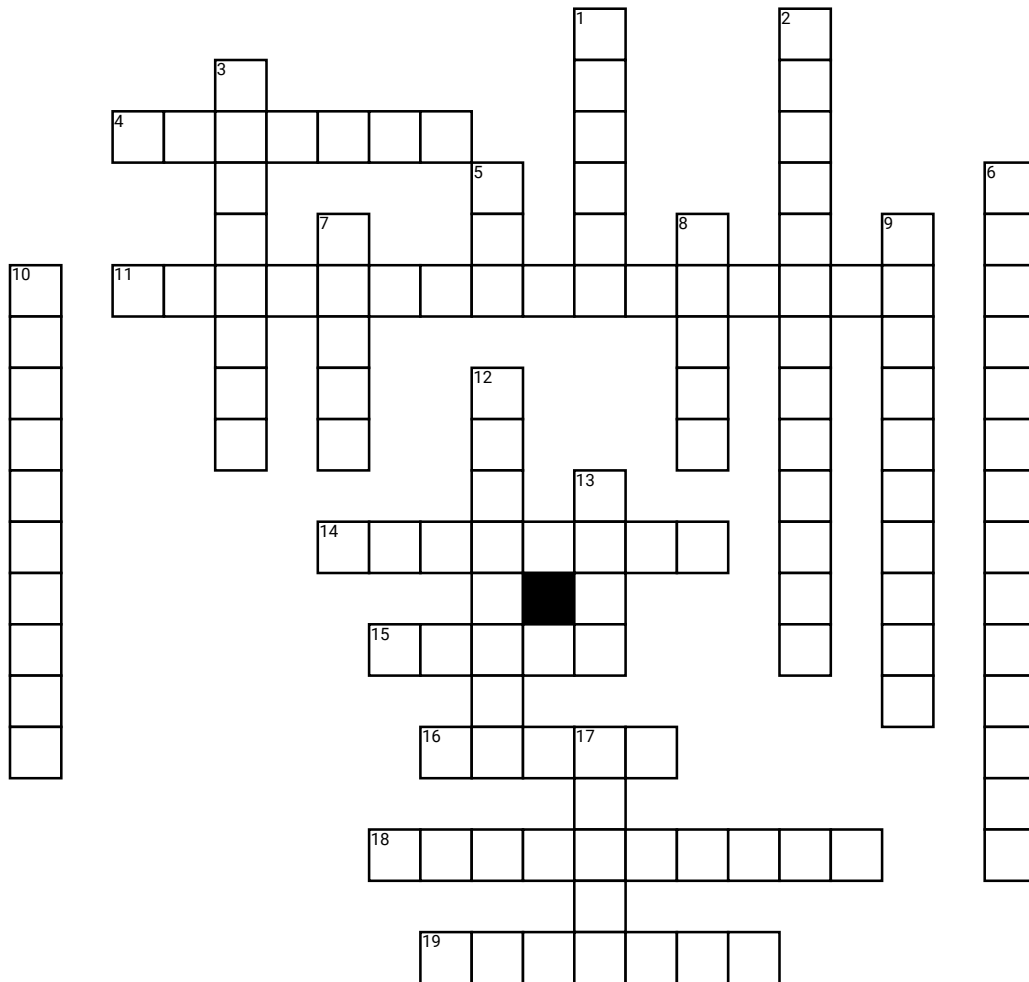


Name: \_\_\_\_\_

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

# food tech for lesson 4



## Across

4. eggs come from what animal  
 11. what do you use to test the temperature of the inside of your foods  
 14. what vitamin helps your bones  
 15. you need to carry a ..... pointing down  
 16. its important to drink plenty of  
 18. what do you use to stop you from burning yourself when you put something in the oven

19. what group is eggs and meat in

## Down

1. who takes the food to people in a restraunt  
 2. you need to ..... before you start to cook  
 3. what vitamin helps blood clotting  
 5. what is chocolate high in  
 6. what is the smalles group on the eat well guide

7. what ingredient is used to make bread rise  
 8. is worn to protect your clothes when cooking  
 9. fruit and ..... make up 1/3 of your diet  
 10. if you raw meat you will get  
 12. what vitamin helps good vision  
 13. how many portions of fruit or veg should you have a day  
 17. how many glasses of fluid should you drink a day

## Word Bank

chicken	waiter	oven gloves	food poison	temperature probe
yeast	protein	fat	water	vitamin d
knife	vitamin a	five	vegetables	vitamin k
wash your hands	eight	apron	oils and spreads	