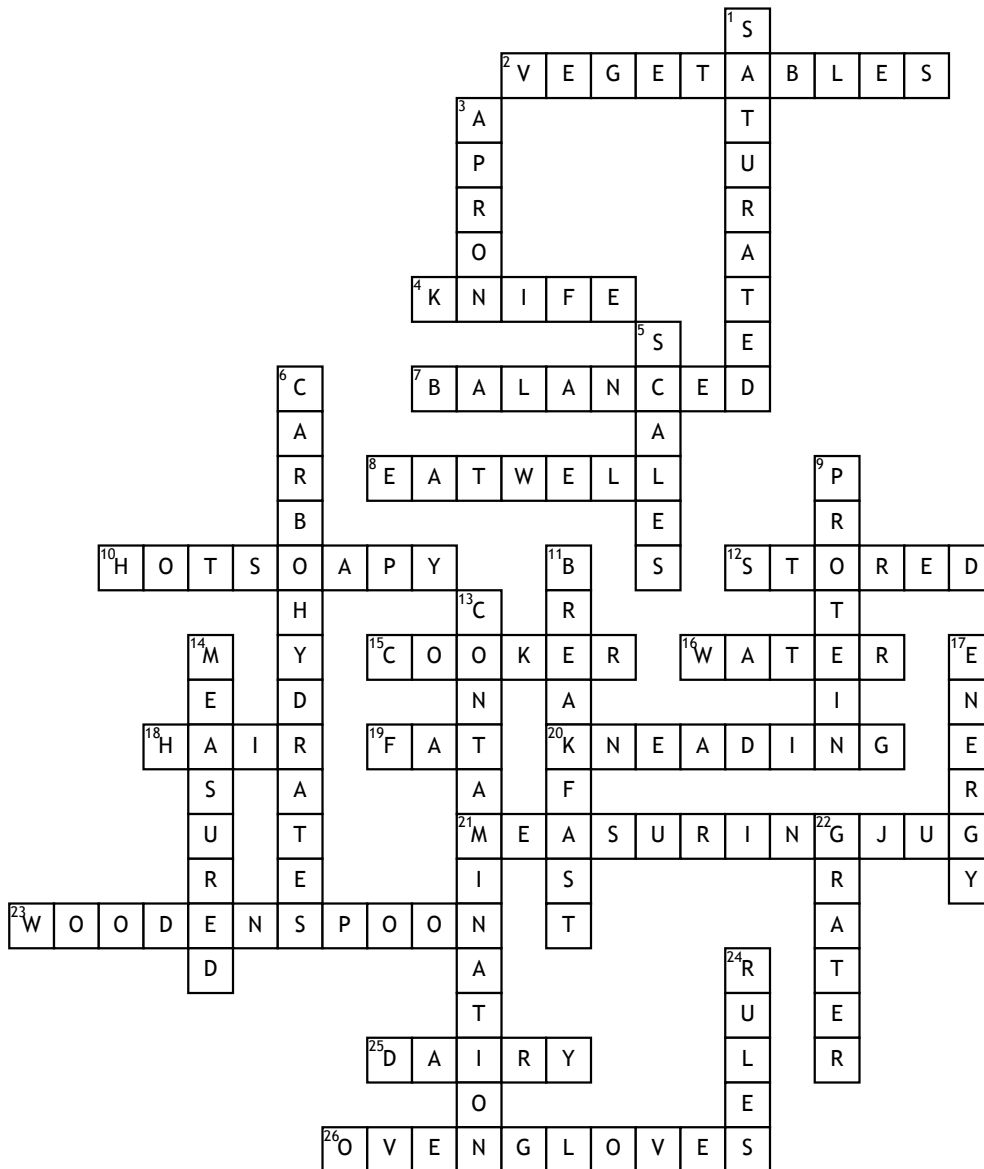


Name: _____

Food Technology



Across

2. Fruit and _____ should make up 1/3 of your diet.
4. It is important to carry a _____ with the point down.
7. It is important to eat a _____ diet
8. The _____ Plate shows the proportions of food we need to have to be healthy
10. All dishes must be washed in _____ and _____ water
12. Food needs to be _____ correctly to avoid food poisoning
15. Temperature controls, Hob and oven are all part of the
16. It is important to drink plenty of

18. _____ must be tied up before cooking
19. The smallest section of the Eatwell Plate
20. Working dough together on the bench is called
21. Liquid ingredients are measured in this
23. Piece of equipment to mix cakes batters and cookie dough together
25. The blue section of the Eatwell Plate
26. When removing things from the oven you need to use

Down

1. A type of fat

3. Is worn to protect clothing whilst cooking

5. Used when weighing dry ingredients.

6. Bread, Rice, Pasta are all

9. Red Meat is a source of

11. The most important meal of the day.

13. One of the four C's: Cross

14. All ingredients should be _____ accurately

17. Carbohydrates provide the body with

22. Most commonly used to cut carrot or cheese in to small pieces.

24. Safety _____ are extremely important in the classroom.