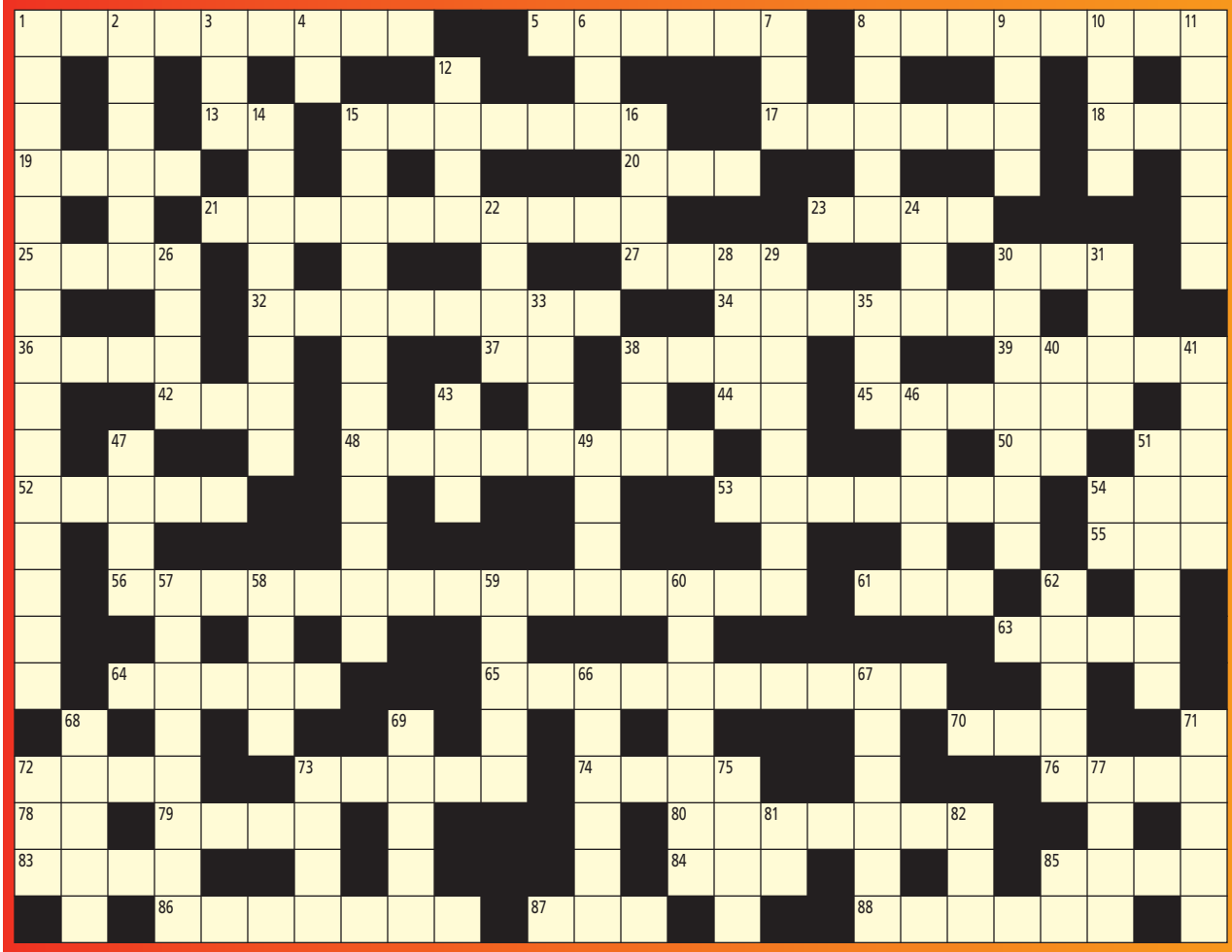


# CROSSWORD PUZZLE



**Across**

- 1 This little oven is a big convenience.
- 5 Vitamin that contributes to healthy skin and good appetite.
- 8 When complete, these help build body tissues.
- 13 "Pound," abbreviation.
- 15 Beef cut used for corned beef.
- 17 Also called a wholesale cut.
- 18 Another term for "also."
- 19 From its head to its \_\_\_\_\_, a beef animal provides valuable by-products.
- 20 \_\_\_\_\_ a variety of foods for good health.
- 21 The arm and shoulder and the foot are examples of \_\_\_\_\_ (two words).
- 23 Moist or dry, it's essential to cookery.
- 25 Back of your foot.
- 27 At football games, it's fun to root for the home \_\_\_\_\_.
- 30 Droop.
- 32 An identification method that tells shoppers what's in a meat package.
- 34 Expresses the energy-producing value of foods.
- 36 Ground beef patties should never be eaten \_\_\_\_\_ (degree of doneness).

- 37 Ground beef should be stored in the refrigerator no longer than 1 \_\_\_\_\_ 2 days.
- 38 Two of a kind.
- 39 To act in response to an event.
- 42 Another word for family "relatives."
- 44 Abbreviation for "decibel."
- 45 What's added by herbs and spices.
- 48 \_\_\_\_\_ beef in a frying pan adds good color.
- 50 Opposite of "out."
- 51 Spanish for "yes"
- 52 Heat methods used for less-tenner cuts.
- 53 \_\_\_\_\_ steak comes from the loin.
- 54 Abbreviation for "et cetera."
- 55 Noah's \_\_\_\_\_.
- 56 A method that can shorten beef cooking time. (two words)
- 61 In \_\_\_\_\_ minutes you can cook a stir-fry beef meal.
- 63 Vegetable sometimes served with carrots.
- 64 The type of farm that produces milk.
- 65 The beef grade \_\_\_\_\_ contains less marbling than USDA Choice (two words).
- 70 Is beef an important source of iron?

- 72 Beef is one type.
  - 73 Rib-eye or T-bone \_\_\_\_\_.
  - 74 What you see out a window.
  - 76 The freezer can be used for long-\_\_\_\_\_ beef storage.
  - 78 Two letters that follow hours of the morning.
  - 79 Short for "information."
  - 80 This should be done across the grain.
  - 83 A vegetable that's also used in making a type of yellow bread.
  - 84 Holds cookies.
  - 85 Lima, navy, kidney, string or pinto.
  - 86 Done to indicate beef cut quality.
  - 87 Stir \_\_\_\_\_ can be a quick Chinese-style beef meal.
  - 88 An old phrase is that "silence is \_\_\_\_\_."
- Down**
- 1 Best implement for measuring roasts' doneness (two words).
  - 2 The USDA beef grade with less marbling than prime.
  - 3 Adding a little bit of this to frying pans can prevent foods from sticking.
  - 4 Beef \_\_\_\_\_ jus means "served with natural juices."
  - 6 Added to picnic coolers, helps keep foods cold.

- 7 A short sleep.
- 8 USDA beef grade that contains the most marbling.
- 9 Kitchen show and \_\_\_\_\_ is a good way to learn recipes.
- 10 Spring turns \_\_\_\_\_ summer.
- 11 This flavorful type of beef should not be frozen for long periods of time.
- 12 Someone who does not tell the truth is a \_\_\_\_\_.
- 14 A dry heat cooking method used for tender steaks.
- 15 A dish cooked outside over an open fire, served with tangy sauce (two words).
- 16 Inspection is a federal \_\_\_\_\_ for beef wholesomeness.
- 22 A word that means "leave out."
- 24 Exposure to this changes beef's color from purplish to red.
- 26 A relative of the onion, this looks like a giant scallion.
- 28 Marinades contain a food \_\_\_\_\_ such as vinegar or citrus, to soften meat fibers and add flavor.
- 29 Flecks of fat throughout the lean.
- 30 To compare meat prices, determine cost per \_\_\_\_\_.
- 31 Another word for "equipment."

- 33 Lunch time.
- 35 The opposite of "on."
- 38 A wide, shallow container used for frying meat.
- 40 Two or more eras.
- 41 A 3-ounce cooked serving of ground beef is about 3 inches wide and a half-inch \_\_\_\_\_.
- 43 A female beef animal.
- 46 A wrapping job that's not good for beef stored in the freezer.
- 47 A word meaning "soggy" or "wilted" when describing vegetables.
- 49 Beef can be prepared \_\_\_\_\_ many different ways (two words)!
- 51 Emotional pressure that can result from doing too much at one time.
- 54 Abbreviation for "each."
- 57 A dry heat method that uses a rack and open pan.
- 58 To separate into different categories.
- 59 Shoulder area of the beef animal.
- 60 Federal officials \_\_\_\_\_ beef for wholesomeness.
- 62 A sumptuous spread.
- 66 To eat entirely and with gusto.

- 67 A tenderizing process done by machines at meat counters, to break down beef's tough fibers.
- 68 Juice from this yellow citrus fruit can be used in marinades.
- 69 The number after six.
- 71 \_\_\_\_\_ acids are proteins' building blocks.
- 72 Short for macaroni.
- 73 Something that's been bought has been \_\_\_\_\_.
- 75 Another word for "delay" or "postpone."
- 77 In a microwave oven, uniformly-shaped roasts help make cooking more \_\_\_\_\_.
- 81 Abbreviation for Registered Nurse.
- 82 What pudding and some pies must do.
- 85 Nutrients help people \_\_\_\_\_ active and alert.

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