**Food Studies 8 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Block: \_\_\_\_ Unit #: \_\_\_\_**

**![MCj02159430000[1]]()Eggs**

**Across**

2. Eggs may be eaten as an alternate to \_ \_ \_ \_

3. Eggs are most commonly available in this grade **G R A D E A**

6. A place to keep eggs in at home

7. The mineral found in eggs needed for healthy blood

9. Eggs should be cooked at \_ \_ \_ to moderate temperatures

10. This type of fat is found in egg yolk and can block arteries

11. Egg should be simmered not **­B O I L E D**

**Down**

1. The process used to grade eggs **C A N D L I N G**

4. It is best to keep eggs in a \_ \_ \_ \_ \_ \_ when storing

5. The centre of the egg; it contains most of the nutrient value found in eggs

6. This B vitamin is found in eggs

8. The eggs used in baking are usually sizes medium and \_ \_ \_ \_ \_

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