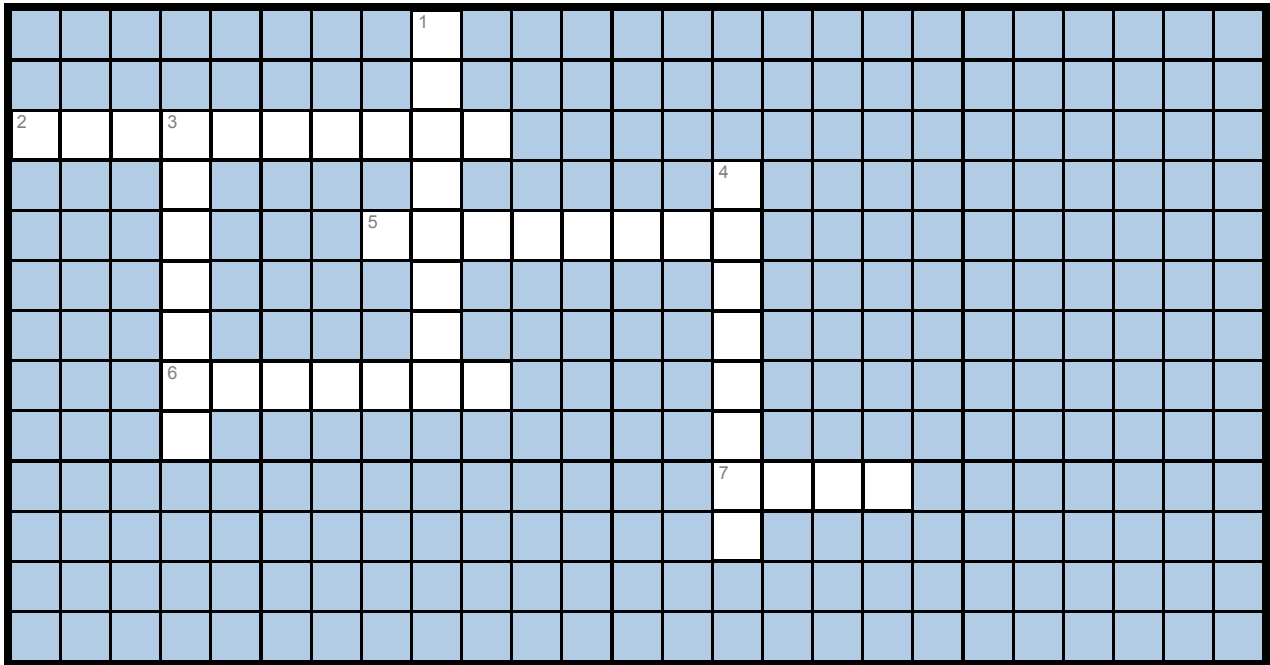


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Chapter 23: Incredible Eggs and Legumes

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Across

2. Person who does not eat meat, fish, or poultry.
5. Shining a very bright light on eggs in order to judge their quality.
6. High-protein seeds, such as dry peas, dry beans, lentils, and peanuts, that grow in a pod.
7. A soft, custard-like food made from soybeans.

Down

1. Two white stringlike structures that hold the yolk in the middle of an egg.
3. Part of the egg where most of the nutrients, fat, and cholesterol are found.
4. Part of the egg that is almost pure protein and is fat-free.