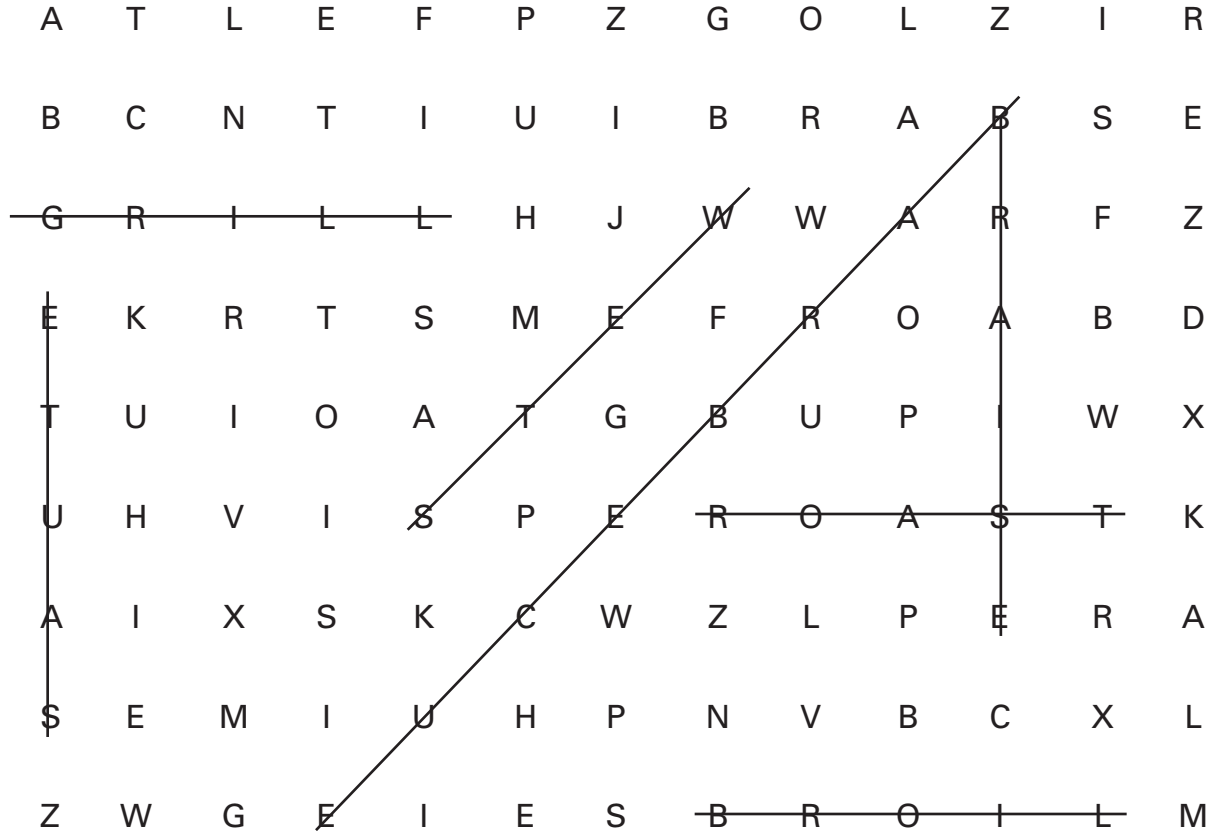


Name \_\_\_\_\_

# Meat Cookery Word Find

Complete the sentences below using terms of various methods of cooking meat. Then, search to find those words within the puzzle.



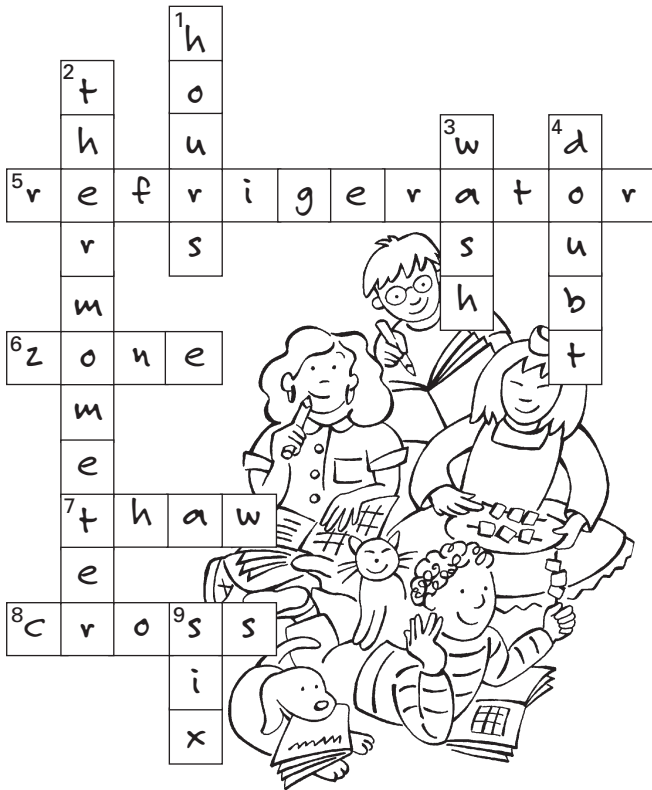
1. Similar to baking, this cooking method works well for large cuts of meat. Roast
2. This popular cooking method is often done outdoors. Grill
3. This slow-cooking process, popular in the southern region of the U.S, cooks meat over burning wood chips or live coals and often basting with a seasoned sauce. Barbecue
4. Cooking food from the top using high heat. Broil
5. To fry in an uncovered skillet in a small amount of fat. Saute
6. To cook in a covered pan with a small amount of liquid. Braise
7. To simmer slowly in liquid in a covered pot to tenderize less tender cuts of meat. Stew



For the answers to these puzzles, and for more fun puzzles, games, and recipes— visit [www.Pork4Kids.com](http://www.Pork4Kids.com).

# Safe Meat Handling Crossword

Complete the following sentences with the missing words and insert them in the crossword puzzle.



## Down

1. Food should not be kept at room temperature for more than two \_\_\_\_\_.
2. A meat \_\_\_\_\_ should be used to check the internal temperature of meats and poultry.
3. Be sure to \_\_\_\_\_ your hands with warm soapy water before and after handling raw meats.
4. One rule for safe food handling is, "If in \_\_\_\_\_, throw it out!"
9. Meat may be stored in the freezer for up to \_\_\_\_\_ months.

## Across

5. The ideal \_\_\_\_\_ temperature is between 36 and 40 degrees F.
6. The temperatures between 40 and 140 degrees F. are called the Food Danger \_\_\_\_\_.
7. Never \_\_\_\_\_ meat on the counter top at room temperature. Instead, place it in the refrigerator.
8. Using the same cutting board for both raw meats and vegetables without sanitizing it between uses is called \_\_\_\_\_ contamination.

# Meat & Beans Jumble

Unscramble the letters below to create words for foods that are found in the Meat and Beans Group of MyPyramid. Then unscramble the circled letters to form the bonus word.

1. K P R (O) S (P) C O H  
 \_\_\_\_\_ Pork \_\_\_\_\_ Chops
2. R B H A G E M U (R)  
 \_\_\_\_\_ Hamburger
3. G S (E) G  
 \_\_\_\_\_ Eggs
4. R D D E (I) A S E N B  
 \_\_\_\_\_ Dried \_\_\_\_\_ Beans
5. T P A (N) U E T R (T) E B U  
 \_\_\_\_\_ Peanut \_\_\_\_\_ Butter



Bonus word - All of these foods are sources of (P)(R)(O)(T)(E)(I)(N).