

Healthy Cooking

Medium · 13 × 13 · 12 words · across, down and diagonal

O	M	C	T	E	I	T	H	N	D	C	R	E
S	R	T	F	F	J	L	N	S	P	L	O	L
T	E	U	S	P	I	Y	O	G	I	H	A	T
E	L	E	M	O	G	E	A	O	L	N	S	N
A	D	B	B	E	A	R	R	T	I	T	T	E
M	S	C	L	D	A	B	I	R	S	T	W	N
E	R	I	S	A	E	L	L	L	A	S	W	A
T	E	A	M	A	N	E	P	E	L	W	I	E
A	U	P	S	M	U	C	A	R	C	O	E	E
E	S	F	O	A	E	T	H	N	E	U	P	H
V	F	F	C	A	A	R	E	I	H	P	S	C
A	O	D	E	T	C	S	A	E	U	S	E	H
F	B	A	K	E	I	H	O	G	S	I	A	N

☐ STEAM

☐ BAKE

☐ GRILL

☐ ROAST

☐ POACH

☐ SAUTE

☐ BLANCH

☐ BROIL

☐ SIMMER

☐ BOIL

☐ RAW

☐ MEAL PREP

Healthy Cooking: answer key

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