

PORK CUTS CROSSWORD

Fresh pork is a natural source of high-quality protein that is both healthy and affordable. What are some of your favourite cuts of pork?

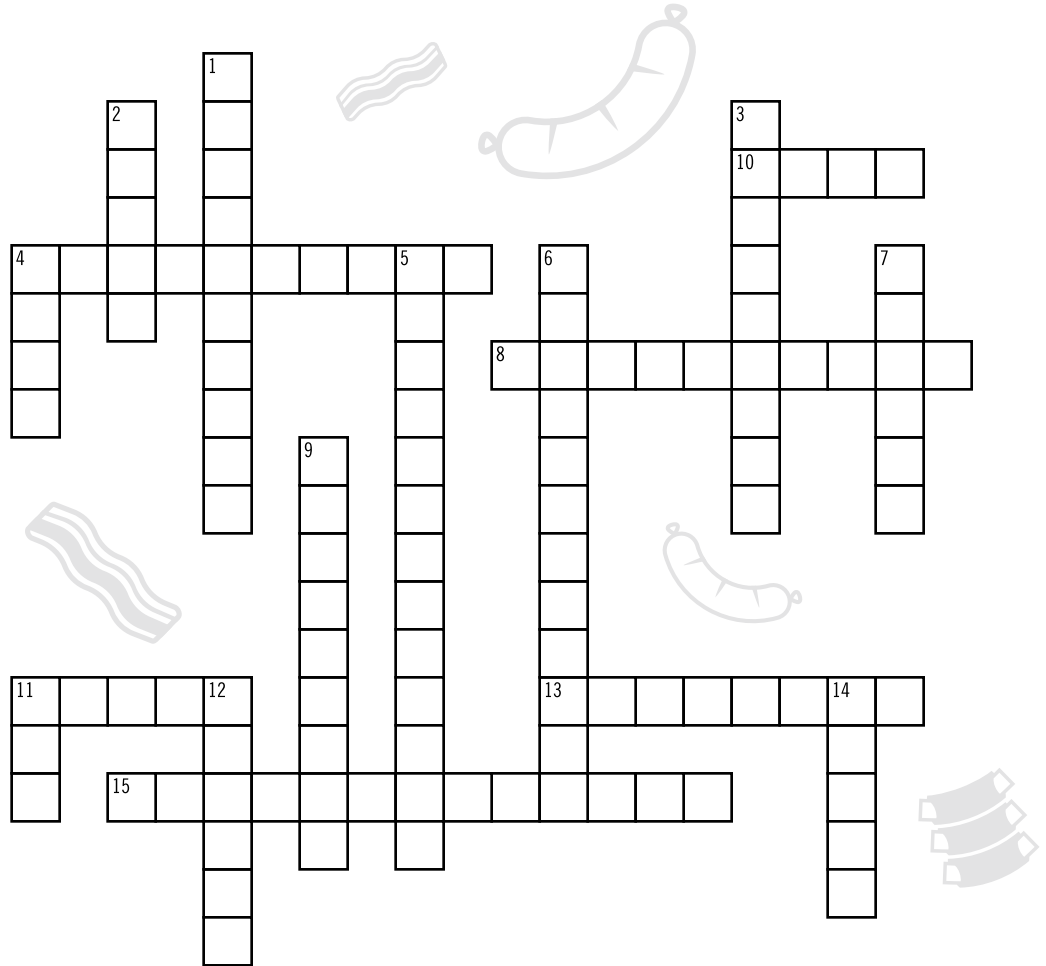
Solve the clues below to complete the crossword.

Across:

- 4. A royal roast
- 8. The leanest cut of pork
- 10. The meat we get from pigs
- 11. Rhymes with socks
- 13. The kind of ribs found on a restaurant menu
- 15. A tradition in Manitoba's Mennonite communities

Down:

- 1. Used in burgers, meatballs and meat pies
- 2. _____ & eggs
- 3. A popular Chinese food item
- 4. Tender, juicy and cut like a steak
- 5. The best cut for pulled pork
- 6. Used for soups and stews
- 7. Hot dogs, chili dogs and cheese dogs all have this
- 9. A thin, breaded pork cutlet that's fried
- 11. A popular deli meat for sandwiches
- 12. Quick-cooking pieces of pork used in stir-frys
- 14. The part of the pig that bacon comes from



Word Bank

Backribs	Farmer sausage	Schnitzel	Tenderloin
Bacon	Ground pork	Shoulder roast	Weiner
Belly	Ham	Spareribs	
Chop	Hocks	Stewing cubes	
Crown roast	Pork	Strips	

DID YOU KNOW?

All fresh cuts of pork, except ribs, are considered lean or extra lean.

