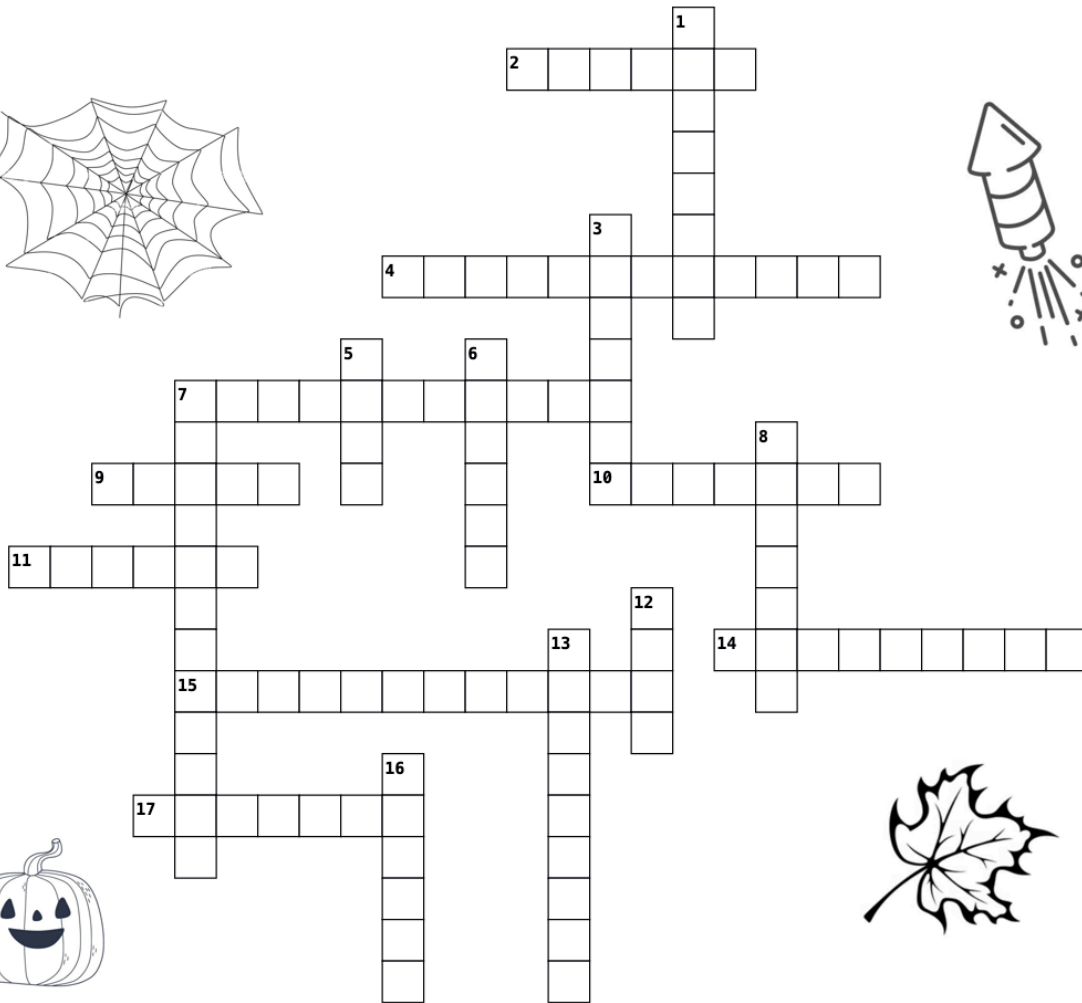


The Nutrition Program Autumn Crossword 2024



ACROSS

2. What is the most useful piece of clothing in the winter that is also the name of the most popular kind of potato eaten on Bonfire Night?
4. A sweet drink that is rich and creamy, perfect for warming you up after coming in out of the rain.
7. Fruit on a stick, covered in hard sweet stuff! You might eat it on Bonfire night.
9. This is a dish that is often eaten around a bonfire. There is a great vegetarian version that is high in fibre and lower in fat than the meaty version. Sounds like a country in South America (different spelling though!)
10. These tasty citrus fruits, originally from Japan, provide lots of vitamin C and are in peak season in the Autumn.
11. These go back at this time of year, but they go forward in the Spring.
14. What do bears do at this time of year?
15. A big holiday over in America on the last Thursday of November, centred around a feast with friends and family, all about gratitude.
17. This autumnal vegetable is high in vitamins C and K, and also high in fibre. Often green but you do get red varieties. There's a kind called "Savoy".

DOWN

1. Purple vegetable. Sometimes comes in a yellow version. Great antioxidant properties.
3. Horse chestnuts - we can't eat them, but you can play this game with them!
5. Delicious sweet fruit that comes in varieties called "Conference" and "Bartlett". Contains lots of Fibre!
6. Eight-legged mini beasts that seem to appear everywhere at this time of year.
7. What someone might say when you answer the door on 31st October!
8. A great source of Vitamin A, you might make a delicious warming soup out of this, or make a scary face out of it.
12. A fruit that is eaten dried or fresh and can be a good veggie source of calcium.
13. Things that flash and bang in the sky in early November.
16. These change colour in autumn. Normally green, they turn to reds, browns, yellows and oranges.