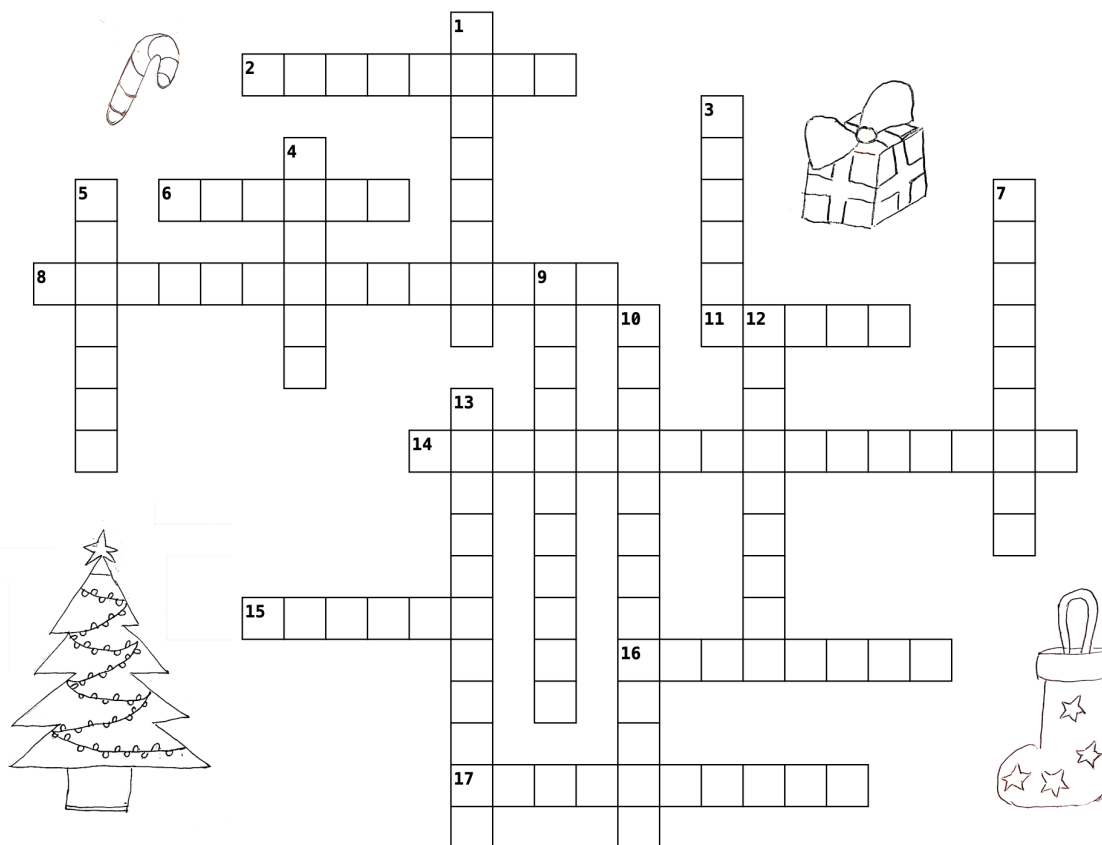


The Nutrition Program Christmas Crossword 2024



Illustrations by Penny (year 8) and Agatha (year 6)

ACROSS

2. A tasty green herb used a lot in Christmas cooking - it's also a girl's name.
6. Indian festival of lights when you might enjoy some Pistachio barfi, Gulab jamun, and Samosas.
8. A sauce made of bright red berries and cooked down with some sugar. It is very high in Vitamin C, fibre and antioxidants (2 words)
11. A brown sauce that is often poured over parts of your Christmas dinner. Sometimes runny, sometimes thick, sometimes just right.
14. Iconic hot dessert, eaten at this time of year - sometimes comes with a coin baked into the middle of it (2 words)
15. A traditional English dessert with layers of sponge, fruit, custard and whipped cream. Great for Boxing Day
16. A seasoned mix of breadcrumbs, sausage, sage and onion. Usually served alongside (or inside!) a meat dish.
17. Bright purple-ish vegetable sometimes served as a side dish with Christmas dinner. Rich in antioxidants (2 words)

DOWN

1. Jewish festival of lights - some foods eaten at this time of year include Latkes and Sufganiyah (delicious jelly doughnuts)
3. A Christmas drink that is traditionally made with milk, sugar, and egg yolks.
4. An orange root vegetable that you might leave out for Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen (and, of course, Rudolph). They'll get a good dose of potassium and Vitamin K from it.
5. A white root vegetable that is a common side dish on the Christmas table. It is high in fibre and a good source of vitamin C.
7. A green furry pot bellied creature with a cat-like face who tried to steal Christmas! (2 words)
9. A white vegetable sometimes served in a creamy white sauce. It is an excellent source of vitamin C, folate and vitamin K.
10. Famous Christmas tune by Wham! (2 words)
12. A meat that's sometimes served instead of turkey for a Christmas main course. It's known as the 'national dish' of England (2 words)
13. A selection of items that come from a dairy and eaten with crackers. A great source of calcium (2 words)