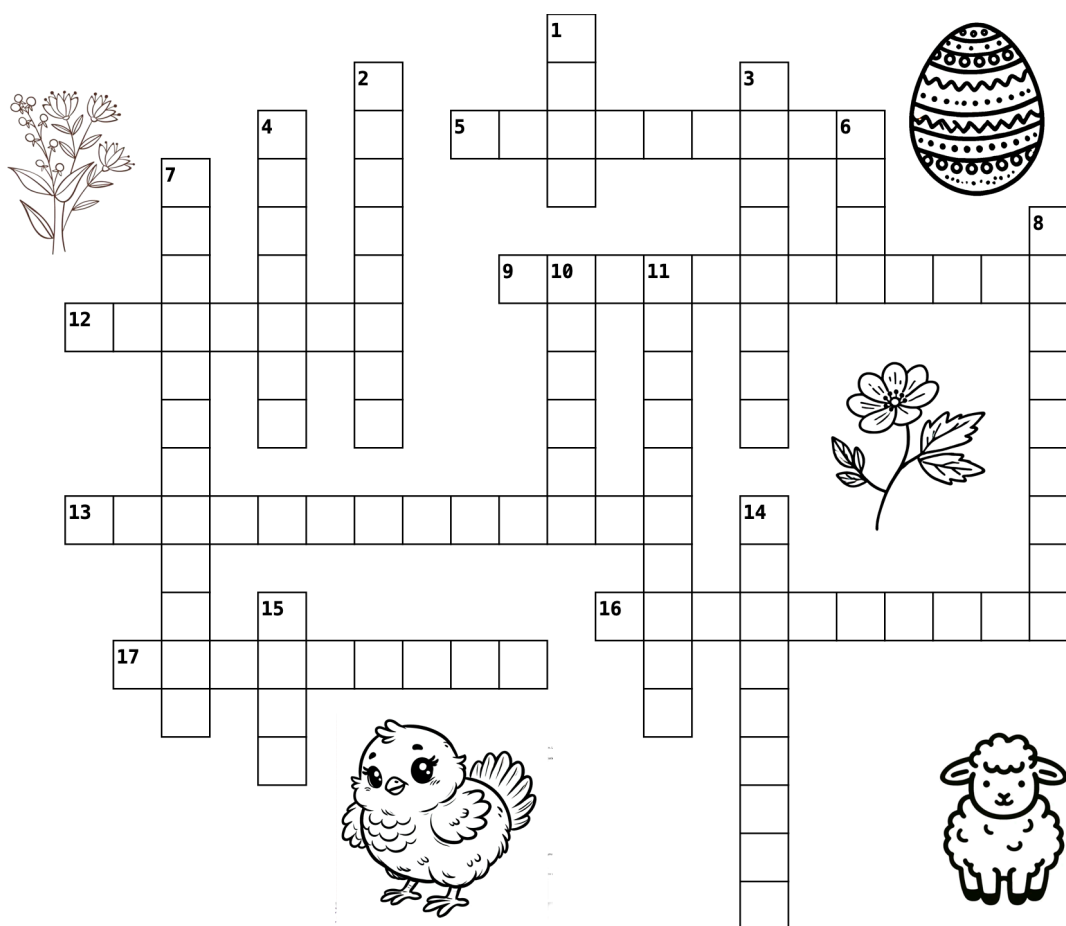


The Nutrition Program Spring Crossword 2025



ACROSS

5. Traditional Easter main course, rich in protein and iron, often served with mint sauce. (2 words)
9. Sweet buns with a cross on top, traditionally eaten on Good Friday. (3 words)
12. Popeye's favorite leafy green, rich in iron and vitamin K.
13. Easter treat that's easy to make from chocolate and cereal - perfect for beginners. Often topped with mini eggs. (2 words)
16. Chocolate usually eaten around Easter time. (2 words)
17. A thorny bulbous looking vegetable covered in leaves, whose base is edible. The fleshy edible base of the plant is known as the 'heart'. It is a rich source of fibre as well as potassium and vitamin C.

DOWN

1. Small, round and green. Popular in spring cooking. A decent source of plant protein.
2. Peter Rabbit stole these from Mr McGregor's garden. They are a good source of vitamin C and fibre. Crisp and crunchy.
3. Yellow flower that grows from a bulb and is springing up everywhere at this time of year.
4. Long red fruit used in pies and jams and crumbles. High in fibre, and good for digestion.
6. Insects that make honey and get busy in Spring!
7. Short periods of rainy weather in the Spring. (2 words)
8. One of the first vegetables to appear in spring, often sold in bundles of shoots. Rich in folate and vitamin K.
10. Popular citrus fruit - at its peak in spring. High in vitamin C.
11. The kind of cake that Bugs Bunny might be partial to. (2 words)
14. A soup that is eaten on the Passover table as a starter. (2 words)
15. Fragrant herb which is often used in spring with fish or potatoes.