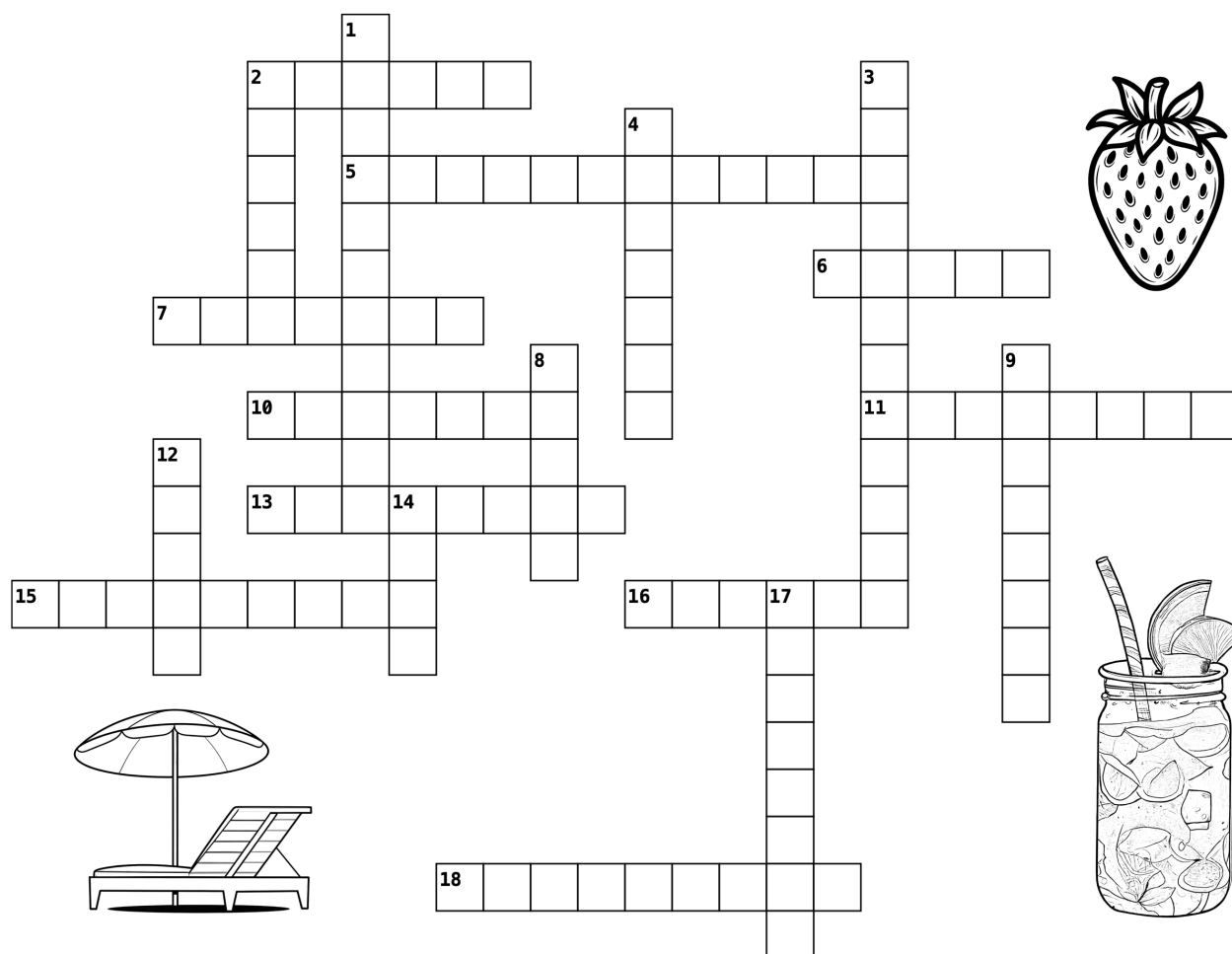


The Nutrition Program Summer Crossword 2024



ACROSS

2. Something that is let off by plants in the summer and makes some people sneeze.
5. These are eaten with cream at Wimbledon. A great source of Vitamin C
6. Tropical fruit. Often has green skin and yellow flesh. It'll give you a decent dose of Vitamin C. It's the national fruit of India!
7. Tropical fruit. Very hard on the outside. We can drink the liquid from inside.
10. Often eaten at a barbecue. Originally meaty, but there are great veggie ones available these days.
11. Long green salad vegetable. Mostly water, and doesn't provide much in the way of vitamins (except maybe a little Vitamin K)
13. Every four years - a big summer sporting event. Taking place in Paris this year.
15. Long yellow vegetable - good on a summer barbecue!
16. These come in black or green varieties. Pitted or not. Made into a delicious oil. A good source of Vitamin E and Sodium.
18. If you go to France on holiday you might have this for breakfast!

DOWN

1. Lots of people gathered to listen to music and dance and camp and eat. Dua Lipa headlined.
2. A feast for the outdoors - usually eaten on a blanket
3. Hot dinner, sometimes eaten out of an old newspaper, walking along the pier.
4. This bird might try to pinch your chips when you're walking on the pier.
8. Comes in sandy or pebbly varieties. We have one here in Brighton
9. You must wear this in the summer to protect against the sun's harmful rays.
12. You must drink lots of this in the summer
14. This herb is often used in summer recipes and creates a cool feeling in the mouth.
17. You need a little bit of sun exposure to get this (but see clue 9 down)