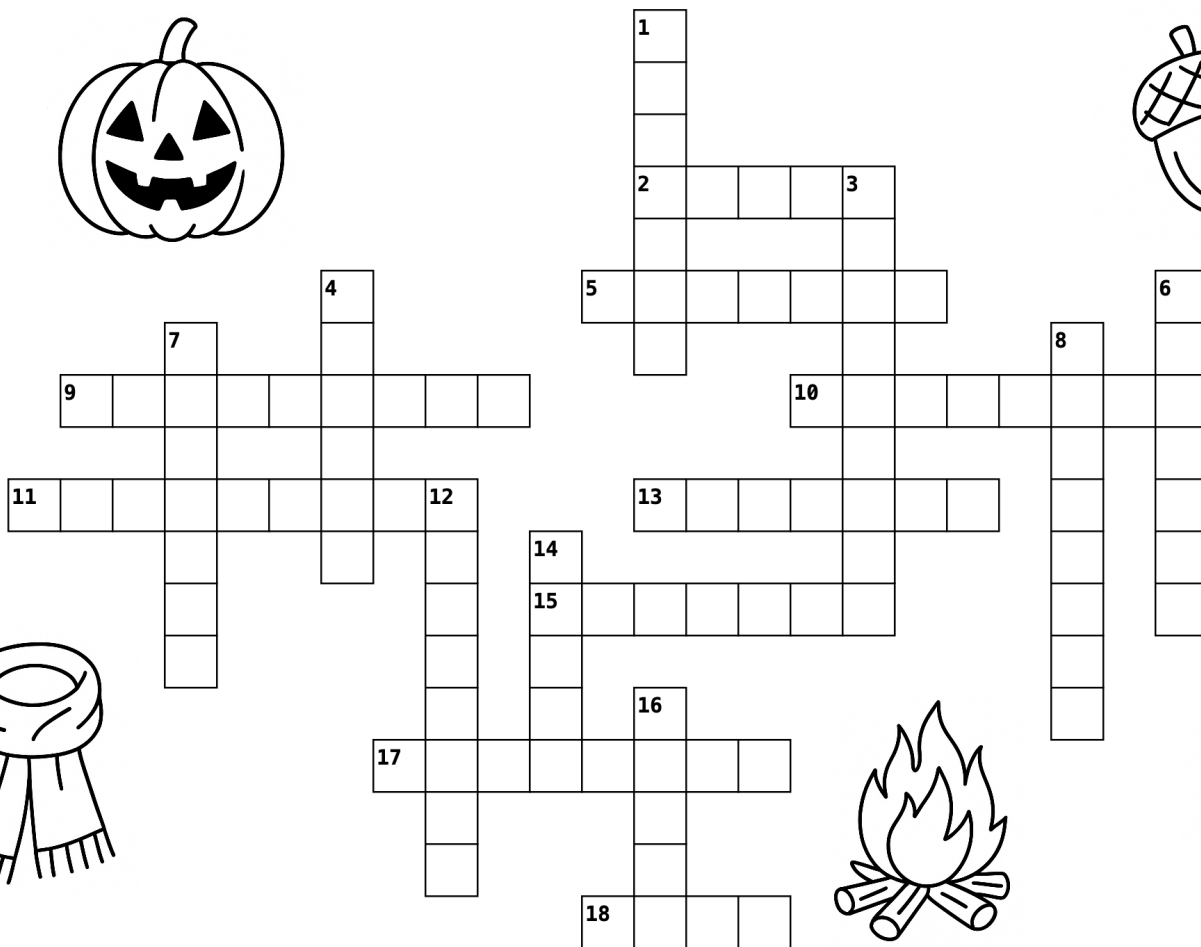




The Nutrition Program Autumn Crossword 2025



ACROSS

2. Remember remember the... which day of November?
5. Classic autumn dessert made with fruit and topping. Best served with custard.
9. When you see this label on a food product, it means the producer has been treated well and not exploited.
10. Cooking method used for meat and root vegetables - a popular way to cook a main meal on a Sunday.
11. Children wave these around on bonfire night to make shapes in the dark.
13. This is a vital macronutrient that is essential for growth, repair and maintenance of the body's tissues. Meats are a great source of this. Beans are a good veggie alternative.
15. An orange-coloured vegetable carved into a scary face for Halloween.
17. If you had some leftover food, you might use this storage method to preserve it by lowering its temperature to below zero so you could have it on another day.
18. Mild vegetable related to onions but shaped like a stalk - often used in soups. (Sounds like a hole in a pipe!)

DOWN

1. You might find a Guy sitting on top of one of these on Guy Fawkes Night.
3. A night in October when you might just find yourself eating a few too many sweets.
4. In America, this is the most common food at a Thanksgiving meal.
6. Food grown without artificial pesticides or fertilisers.
7. What lots of birds do at this time of year - some leave the UK for winter, others arrive from further North.
8. Nutrient found in citrus fruits like oranges and limes.
12. This fluffy-tailed animal gathers and hides nuts in autumn, preparing for winter.
14. A popular fruit used in pies and crumbles.
16. Plant matter that helps digestion - autumn fruits like pears provide lots of this.