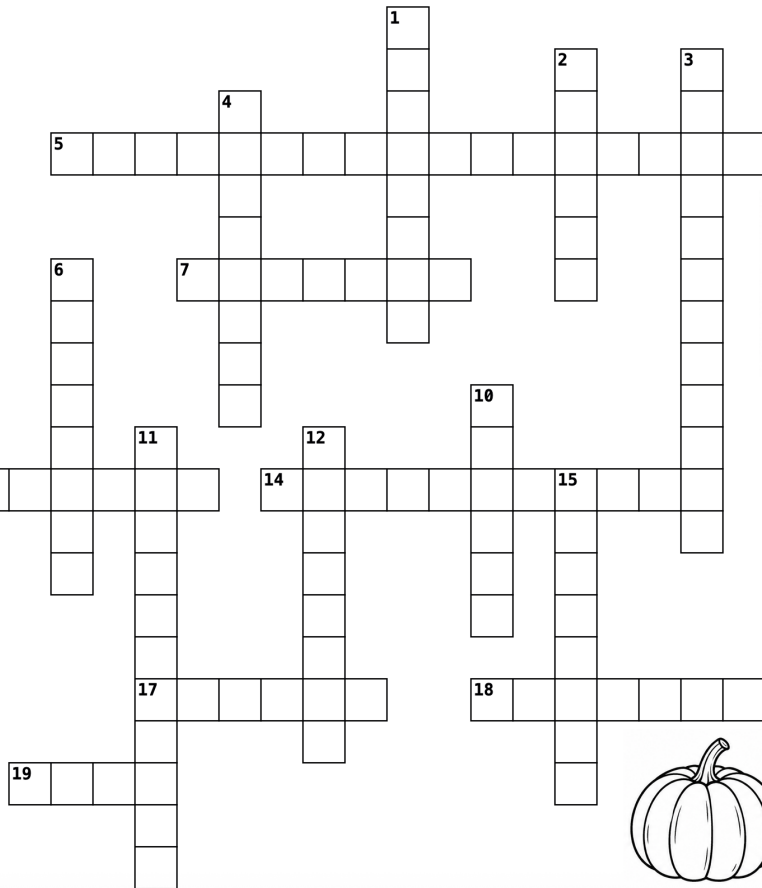
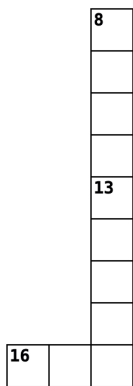




The Nutrition Program Autumn Crossword 2026



ACROSS

- 5.** A raising agent you might use in a seasonal spiced fruit loaf or in gingerbread.
- 7.** Cooking food slowly in liquid over a low heat until it becomes tender and full of flavour.
- 13.** A place where you can put vegetable peelings and fruit scraps to create natural, nutrient-rich soil for plants.
- 14.** A ruby-red fruit with lots of seeds that can be eaten on its own or sprinkled over salads. It is also a source of vitamin C.
- 16.** A fruit that is high in fibre and contains calcium. It can be eaten fresh or dried and used as an ingredient in puddings.
- 17.** Squirrels collect these from underneath oak trees in autumn.
- 18.** You might find lots of these hanging in every corner of a haunted house.
- 19.** Something you might wrap around jacket potatoes to help distribute heat and prevent the skins from burning in the oven.

DOWN

- 1.** This micronutrient can be found in oily fish and egg yolks, and your body can also make it when your skin is exposed to sunlight.
- 2.** Apples are dipped into this to make a traditional sugary Bonfire Night treat.
- 3.** Everyone loves jumping in these, but remember to wear your wellies!
- 4.** A natural type of sugar found in autumn fruits such as pears, plums and apples.
- 6.** This spiky garden visitor is getting ready to hibernate at this time of year.
- 8.** Quickly plunging autumn vegetables into boiling water and then ice water. This method helps preserve flavour, nutrients and colour.
- 9.** A micronutrient that's important for building haemoglobin, which carries oxygen through the blood. Found in red meat, spinach and beans.
- 10.** A traditional ginger and treacle cake eaten on Bonfire Night.
- 11.** A soft, white (or sometimes pink) sweet that is sometimes roasted on a bonfire.
- 12.** Searching in the wild for food, such as berries, mushrooms or nuts.
- 15.** The month when fireworks light up the sky.