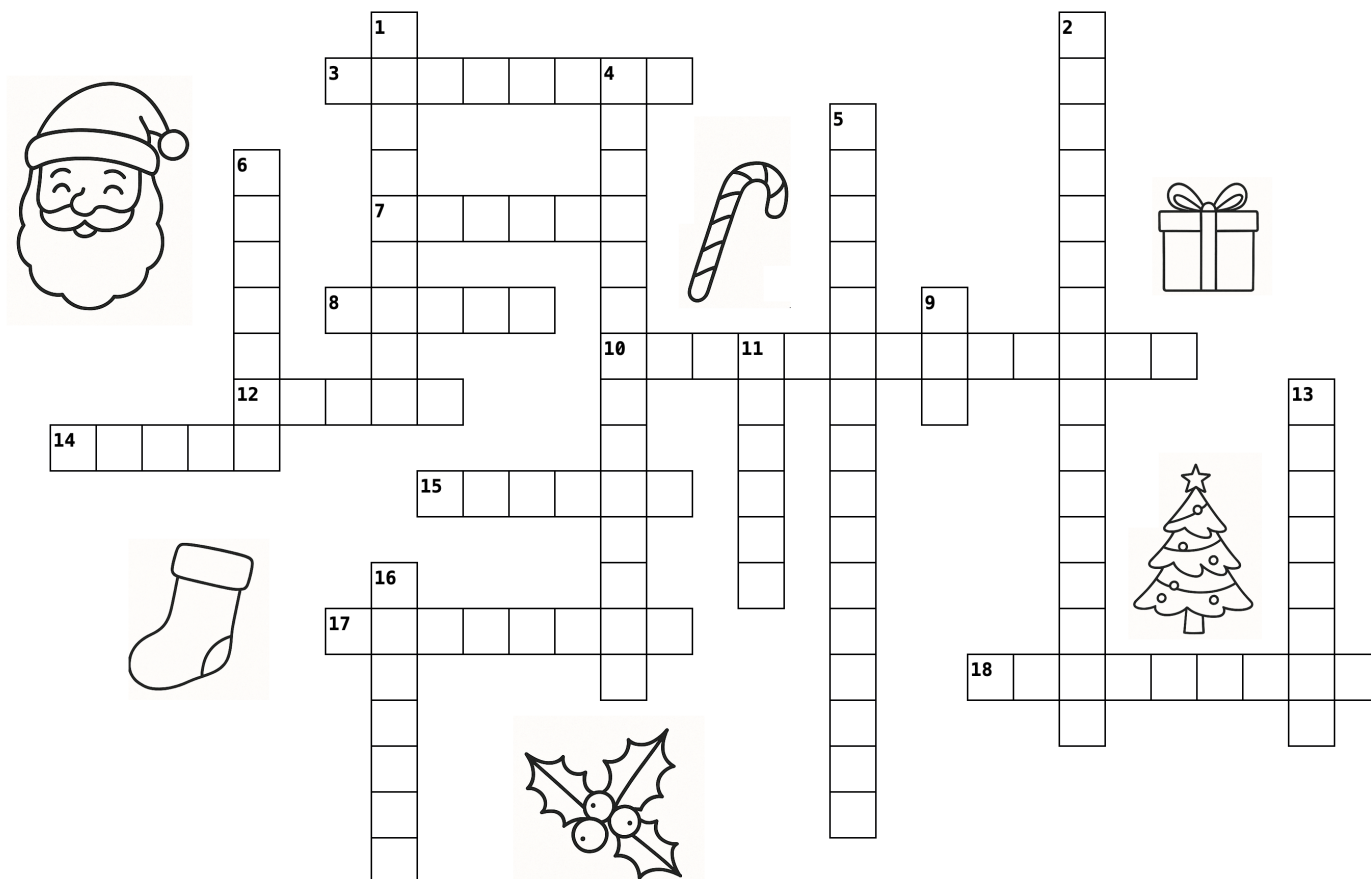




# The Nutrition Program Christmas Crossword 2025



## ACROSS

3. You might find this yellow or beige layer under the white icing on a Christmas cake; it's made from almonds.
7. How many days of Christmas are there according to the famous song?
8. The most exciting Christmas present ever. Guaranteed. You get two of them. If you're lucky, they'll be soft and fluffy.
10. You might find a star or an angel on the top of this. (2 words)
12. Santa's little helpers.
14. A prickly plant that's common as a decoration at Christmas. But don't eat the berries - they're poisonous!
15. A spice sprinkled on eggnog and used in many Christmas recipes.
17. What you might wear on your head for the rest of the day after Christmas dinner. (2 words)
18. A stripy red and white sweet stick with a curved end. Often peppermint-flavoured.

## DOWN

1. Tall, sweet Italian cake becoming more and more popular at Christmas in the UK.
2. Made from batter, puffs up in the oven, perfect for filling with gravy - delicious! (2 words)
4. This has a little door for every day in December leading up to Christmas. Sometimes there might be a chocolate or a gift behind each door. (2 words)
5. Pull this and it'll go bang. Inside you'll find a crown, a toy and terrible joke. (2 words)
6. How Santa gets in?
9. Nutrient that whipped cream is mostly made of (a macronutrient your body uses for energy).
11. This mineral found in smoked salmon can help your thyroid work properly.
13. Leave one of these out on Christmas Eve and it might just be full when you wake up.
16. Orange fruit, originally from Japan. Contains a decent amount of Vitamin C. You might find one in the toe of your Christmas Stocking.