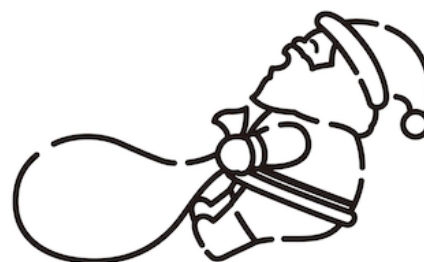
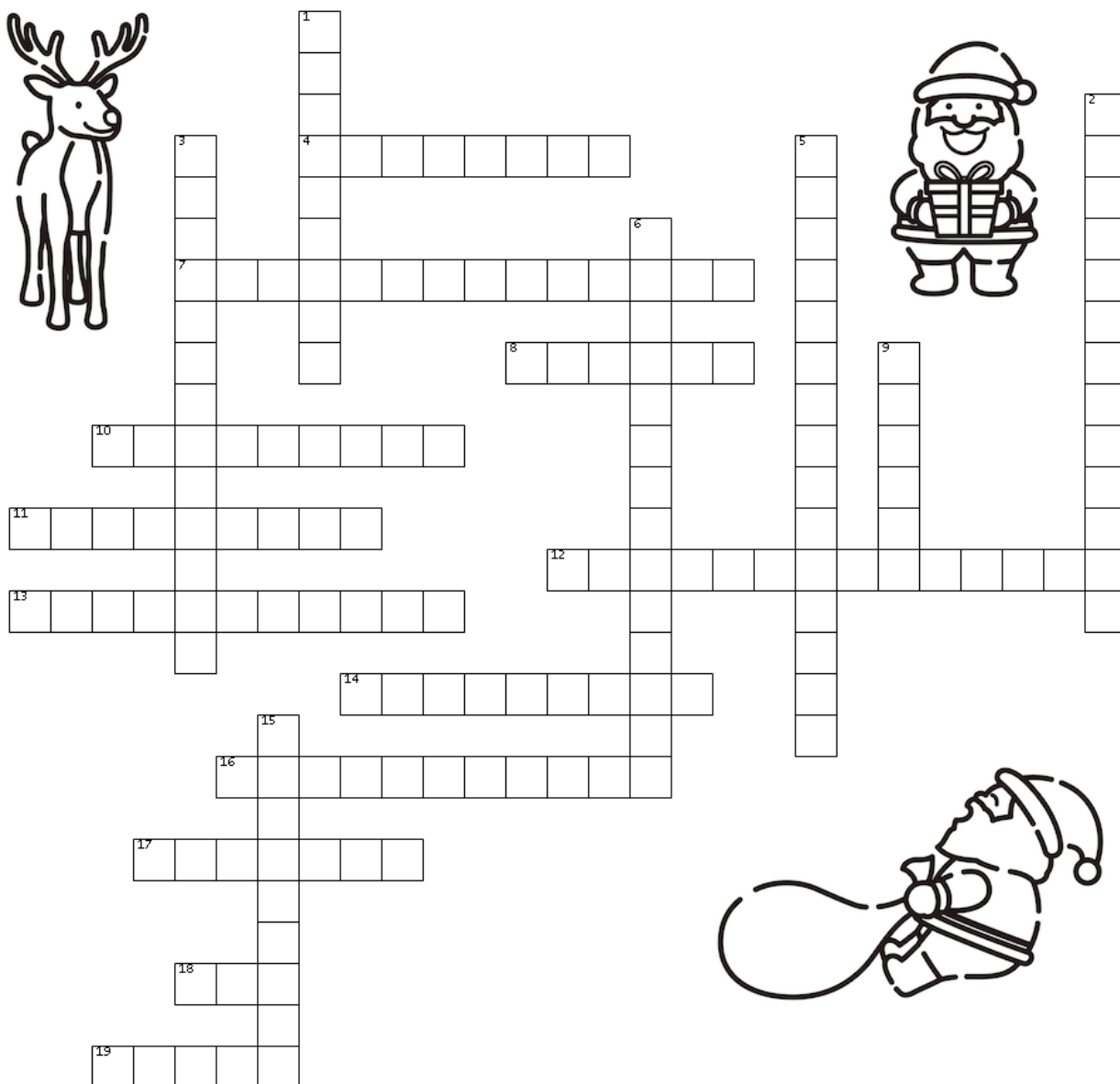
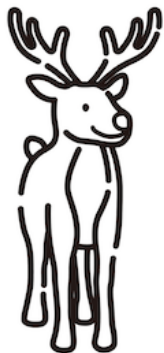


The Nutrition Program Christmas Crossword 2023



ACROSS

4. Vegetarian alternative to turkey.
7. A chemical compound more commonly known as 'Salt'.
8. Sparkly Christmas decoration.
10. A nutrient which controls the balance of fluids in the body. If you have parsnips for Christmas dinner you'll get a decent amount of this.
11. These are lovely roasted on an open fire. No, not marshmallows - think of the Christmas song.
12. Something you might have on the side with Christmas dinner. Kind of sweet, but made from something a bit tangy and sour.
13. Good for making houses at Christmas (and for making people the rest of the year)
14. You might eat a few of these sweet treats over the holidays. Nice heated up with a dollop of clotted cream.
16. A famous Christmas song. Oh what fun.
17. Christmas dinner turkey is one of the best sources of this stuff. There's plenty of it in egg, cottage cheese and fish too.
18. A macronutrient that supplies the body with energy
19. Plant material that cannot be digested by the human body - lots of it is found in foods like beans, vegetables and bran.

DOWN

1. An adult needs around 300mg of this stuff per day to help the body use energy. If there are any nuts or spinach in your Christmas dinner you'll get a bit of this.
2. Bread, potatoes and pasta all contain lots of this stuff. Sugar and starch are two different types of this.
3. You can mash them or make chips or have them in their jackets, but nothing beats this kind on Christmas day.
5. Christmas vegetables, named after a town in Belgium. A decent source of Vitamin C.
6. A Christmas side dish made from sausage and bacon.
9. A very popular Christmas dinner food. It's also the name of a country.
15. I saw mummy kissing Santa Claus underneath this. And don't think of eating it - it's toxic to humans.