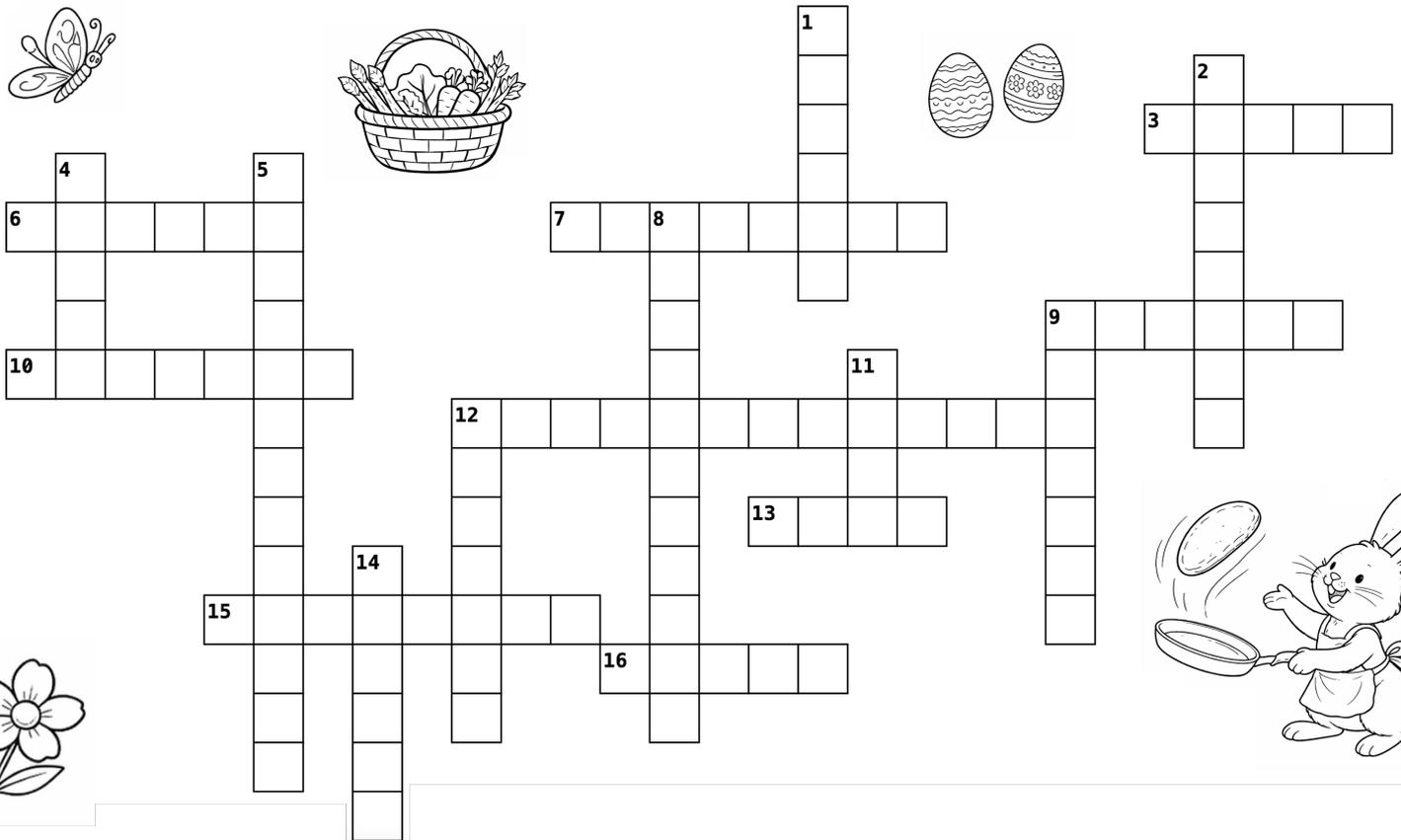
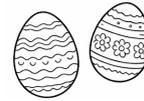




The Nutrition Program Spring Crossword 2026



ACROSS

3. Sweet dried fruit often eaten to break the fast during Ramadan.
6. A light savoury dish often eaten in spring picnics, made with eggs and pastry.
7. A popular picnic food made with bread and a filling.
9. A spring leafy green. Or something you might fly to the moon.
10. Eggs are rich in this nutrient which is needed for growth and repair - chocolate Easter eggs, less so!
12. Nutrient group that includes sugars and starches; the main source of energy in the diet.
13. A fresh spring herb often served with lamb.
15. Method of cooking where the food is held above boiling water; helps retain nutrients in vegetables.
16. A sour yellow citrus fruit often used in baking and cooking.

DOWN

1. A small pulse that is a good source of plant-based protein and fibre - used in soups and dal.
2. Traditionally eaten on Shrove Tuesday before Lent begins - try not to stick them to the ceiling!
4. Chocolate Easter eggs contain a lot of this - great for quick energy, but too much isn't so good for your teeth!
5. Keeping food cold to slow bacteria growth.
8. Spring root vegetables often served with butter, or used in salads (2 words)
9. A creamy Italian rice dish, often made with seasonal vegetables like asparagus or peas.
11. Mineral found in some leafy greens, or in meats like lamb; important for oxygen transport in the blood.
12. A deficiency of this mineral can lead to weak bones; found in dairy products.
14. A cooking method using dry heat, used to turn spiced dough into hot cross buns.