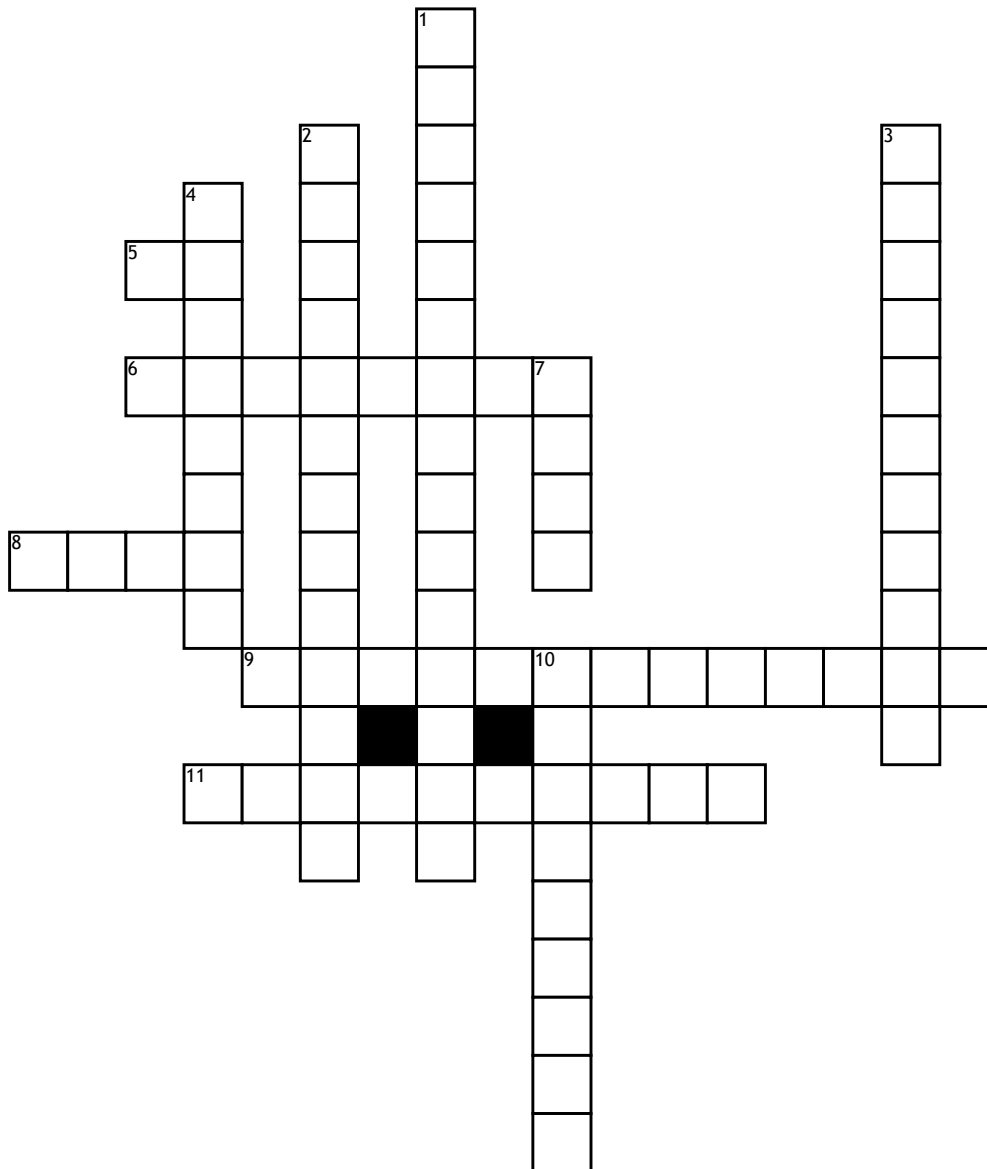


Name: _____

Date: _____

Buddhist Nutrition



Across

5. Do monks eat salt and preservatives?
6. What do they do before they eat?
8. Spices repel gods & attract hungry ghost & demons
9. What is the desired practice by Buddhist?
11. Blood oxygen levels and circulation are multiplied during what?

Down

1. What are very limited and ONLY for special occasions?

2. Calcium, Iodine, Vitamin D, and Zinc are some examples of Buddhist _____.

3. If animal flesh is eaten, the animal should be killed by _____.

4. All meals are shared _____.

7. Due to belief of non-violence to all creatures, monks do not eat meat, dairy or _____.

10. When don't monks eat solid foods?