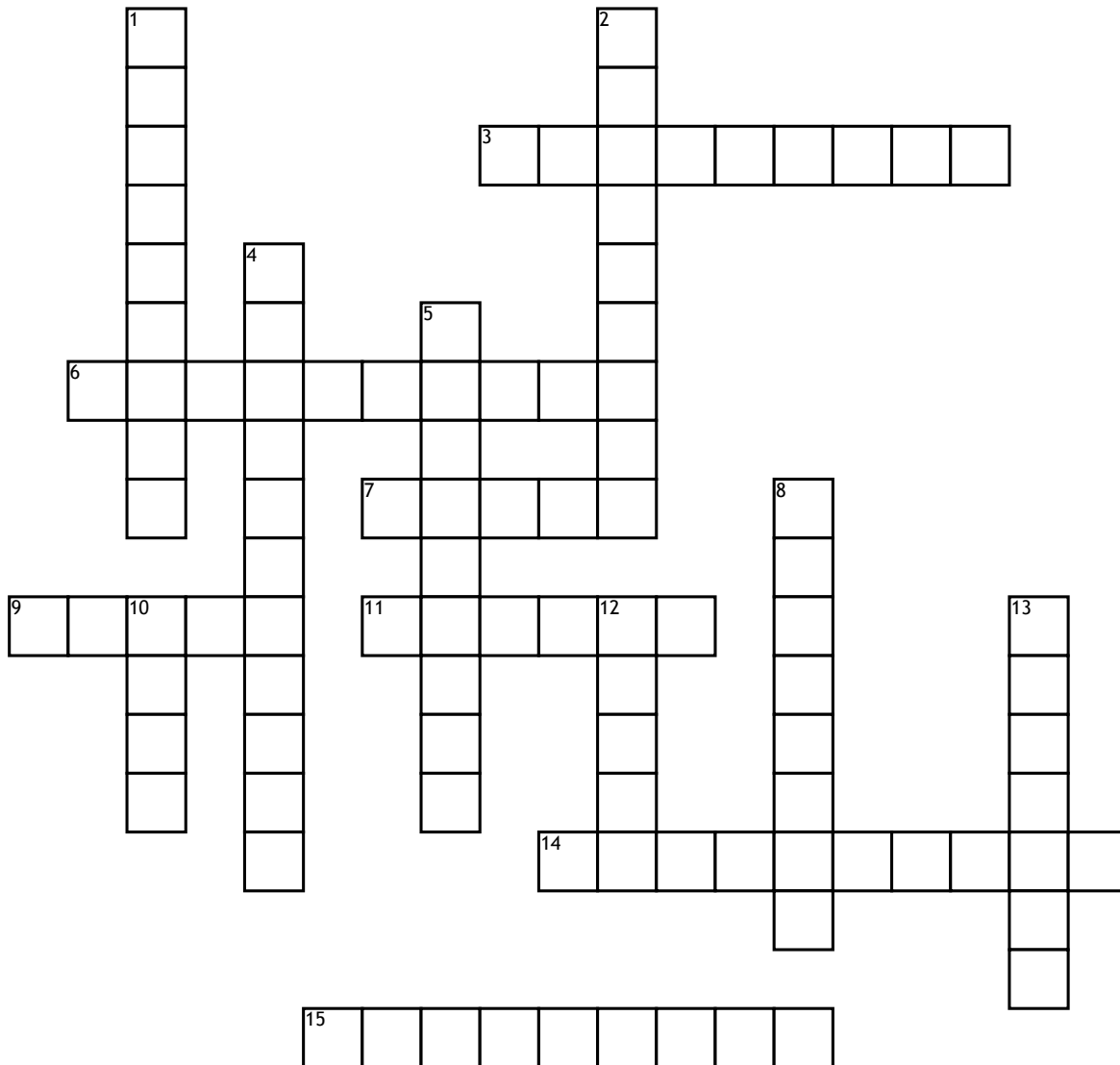


Food For Thought



Across

3. Word used to describe an enjoyable meal.
 6. Primary dish in a multi stage meal. (4-6)
 7. A healthy source of sugar and fibre.
 9. One a day keeps the doctor away.
 11. Follow this to produce a tasty meal.

14. A diet rich in these is considered healthy.

15. 95% of this is produced in the gut.

Down

1. Start the day with this healthy meal.
 2. Safe space to grow vegetables and fruits.
 4. A great kitchen tool for creating soups and sauces. (4-7)

5. Substance required for an organism to survive and grow.

8. Hard work builds a big one.

10. Narrow at the top and wide at the base, grows on a tree.

12. Food can be served on this.

13. A shop which sells food.