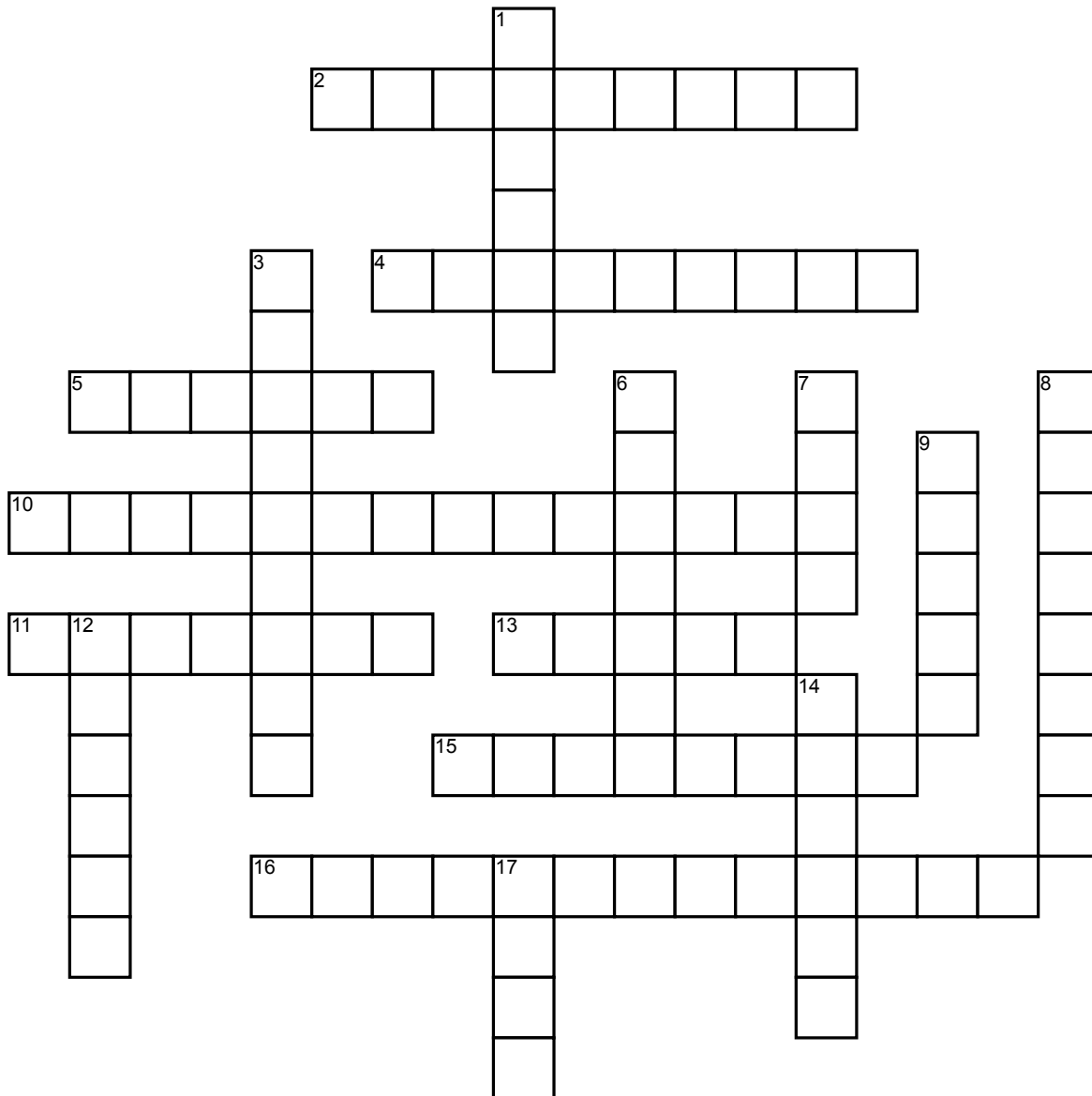


# General Knowledge



## **Across**

- 2.** These protect the eye from debris, dust and small particles  
**4.** The most important meal of the day  
**5.** What type of carbohydrate is found in potatoes  
**10.** The largest muscle in the body  
**11.** The month for national cholesterol awareness in 2020

**13.** World's healthiest nation in 2019

**15.** High potassium fungi

**16.** Which cockney singer/comedian first performed 'a little bit of cucumber' in 1915

## **Down**

**1.** The last name of the chef who initiated a campaign originally called 'Feed Me Better'

**3.** Emblem for Manchester

**6.** The 'brain food' Popeye eats

**7.** What is traditionally eaten on Good Friday

**8.** A small fish with high omega-3 content

**9.** One of the most iconic foods to order in Italy

**12.** Walking is considered what type of exercise

**14.** Signature dish created by Coronation Street bar maid

**17.** Exercise with spiritual, physical and mental benefits