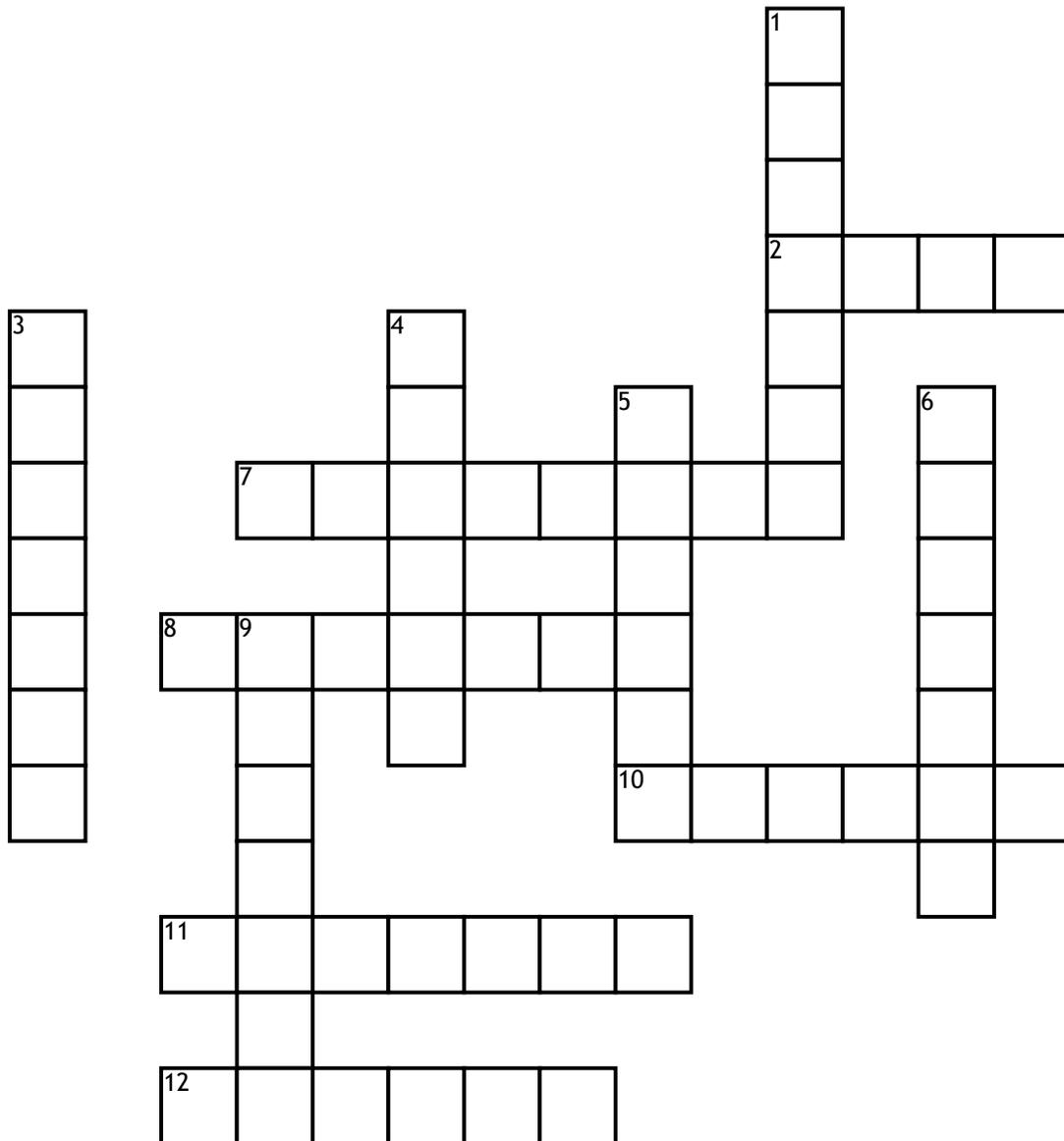


Soya, Beans, Nuts and Seeds



Across

- 2. The name of the only plant food to provide high biological value protein
- 7. Another name for tofu
- 8. Term used to describe beans, peas and lentils

- 10. The type of tofu that can be used to make vegan desserts
- 11. Beans used to make baked beans
- 12. Made from cooking and slightly fermented soya

Down

- 1. Type of seed used for it's oil and to provide essential fatty acids

- 3. Nutrient provided by all of these food products
- 4. nut that is actually a pulse
- 5. Edible seeds that grow in pods are called?
- 6. To make tofu, soya milk is and pressed
- 9. Fresh soya beans