



# Organic farming and nutrition crossword

Name: \_\_\_\_\_

On page 2 and 3 you will find some facts about organic farming and nutrition, but there are words missing. It's your job to fill in the words and then put them in the correct place on the crossword grid.

(Hint: you will find the facts in the 'Organic for body, brain and bounce' and 'From the farm to me' sections of the Organic Schools website [www.organicschools.com.au](http://www.organicschools.com.au))

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[www.organicsschools.com.au](http://www.organicsschools.com.au)



- For a product to be certified organic, it must be grown or manufactured without using any nasty synthetic \_\_\_\_\_ (16 ACROSS), \_\_\_\_\_ (24 ACROSS), hormones or antibiotics.
- Seeds used to grow things must be non-genetically \_\_\_\_\_ (4 ACROSS).
- All organic \_\_\_\_\_ (3 DOWN) must be \_\_\_\_\_ (8 ACROSS) to roam the farm and feed mainly on pasture.
- When you go shopping, look for the Australian \_\_\_\_\_ (1 DOWN) Organic \_\_\_\_\_ (27 ACROSS) logo.
- You can be sure that products with the Bud logo have been grown, \_\_\_\_\_ (13 ACROSS) or prepared without the use of additives, synthetic chemicals or hormones and no \_\_\_\_\_ (12 DOWN) to animals.
- Organic farmers use methods like composting and \_\_\_\_\_ (1 ACROSS) \_\_\_\_\_ (7 ACROSS) to help maintain the healthy soil without synthetic fertilisers.
- Organic farmers look after any waterways or \_\_\_\_\_ (28 ACROSS) on their property and monitor water use.
- Organic farmers use processes such as mulching and appropriate irrigation (watering) equipment to \_\_\_\_\_ (14 DOWN) the amount of water used on their farms.
- \_\_\_\_\_ (15 DOWN) farmers make sure that any water leaving the farm is as good, or better, than the quality of the water that has been used on their crops.
- Organic farmers must consider the impact of their \_\_\_\_\_ (5 DOWN) practices on native \_\_\_\_\_ (18 ACROSS) and fauna, water and biodiversity (impact on all living things).



- Everyone needs to \_\_\_\_\_ (9 DOWN) a variety of fruit and vegetable colours to make sure we get all the nutrients we need – green, blue or purple, yellow or orange, white or brown and \_\_\_\_\_ (25 DOWN).
- Whole grains such as brown rice, \_\_\_\_\_ (2 DOWN) and quinoa, and wholemeal bread, pasta, and cereal should be chosen over highly processed and refined grains.
- Lean meat, poultry, fish, \_\_\_\_\_ (17 DOWN), nuts and seeds are our main source of protein with nutrients including iodine, iron, zinc, B12 vitamins and healthy fats.
- Dairy products provide us with calcium, \_\_\_\_\_ (21 ACROSS) and other vitamins and minerals.
- Non-dairy products include \_\_\_\_\_ (20 DOWN), \_\_\_\_\_ (23 DOWN) and cereal milks and should have at least 100mg per 100ml of added calcium.
- Plain water helps support essential functions in the body and is the best drink to \_\_\_\_\_ (10 DOWN) your body.
- Enjoy herbs and spices to add colour and flavour to your meals. Many herbs and spices also have \_\_\_\_\_ (11 ACROSS) properties.