



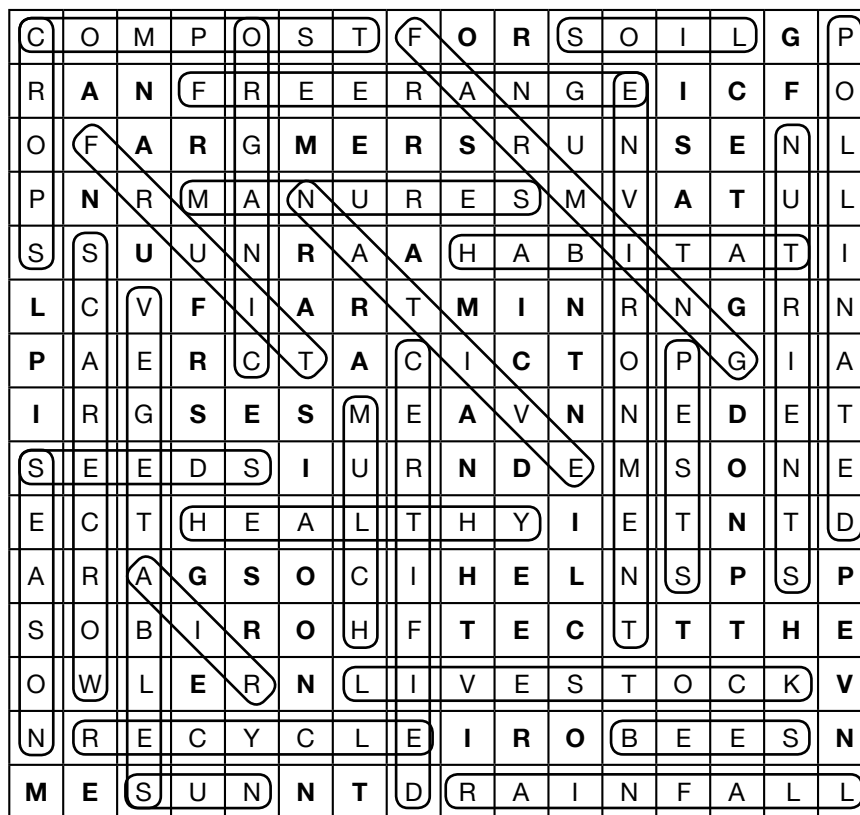
## Solutions

### Crack-the-Code

A	B	C	D	E	F	G	H	I	J	K	L	M
6	35	24	3	40	9	21	42	11	56	15	30	8
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
32	29	2	18	45	4	26	7	36	14	1	12	5

If a fruit or vegetable is Australian Certified Organic, you can be sure it has been grown without the use of chemicals, synthetic fertilisers and it hasn't been genetically modified.

### Wordsearch



**Solution:** Organic farmers use natural farming practices, and in doing so, help protect the environment.



## Organic farming and nutrition crossword

1	C	R	2	O	P		3	A		4	M	O	D	I	5	F	I	E	D
	E		A				N								A				
6	R	O	T	A	T	I	O	N			7	F	R	E	8	E			
	T		S				M			9	H		M		A				
	I			10	H	E	A	L	T	H	Y		I		T				
	F		11	C			L				D		N						
	I		12	R	A	I	S	E	D		R		G		13	R			
	E		U								A				E				
	D		E		14	O		15	P	16	E	S	T	I	C	I	D	E	S
		17	F	L	O	R	A		G		E						U		
			T		G				G				18	S		C			
			Y		A				S		19	P	R	O	T	E	I	20	N
					N			21	R					Y					
22	H	E	23	R	B	I	C	I	D	E	S								
			E		C			C											
24	B	U	D					25	W	E	T	L	A	N	D	S			



## Organic farming and nutrition crossword

- For a product to be certified organic, it must be grown or manufactured without using any nasty synthetic **pesticides**, **herbicides**, hormones or antibiotics.
- Seeds used to grow things must be non-genetically **modified**.
- All organic **animals** must be **free** to roam the farm and feed mainly on pasture.
- When you go shopping, look for the Australian **Certified Organic Bud** logo.
- You can be sure that products with the Bud logo have been grown, **raised** or prepared without the use of additives, synthetic chemicals or hormones and no **cruelty** to animals.
- Organic farmers use methods like composting and **crop rotation** to help maintain the healthy soil without synthetic fertilisers.
- Organic farmers look after any waterways or **wetlands** on their property and monitor water use.
- Organic farmers use processes such as mulching and appropriate irrigation (watering) equipment to **reduce** the amount of water used on their farms.
- **Organic** 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 **farming** practices on native **flora** and fauna, water and biodiversity (impact on all living things).
- Everyone needs to **eat** 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 **red**.
- Whole grains such as brown rice, **oats** and quinoa, and wholemeal bread, pasta, and cereal should be chosen over highly processed and refined grains.
- Lean meat, poultry, fish, **eggs**, 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, **protein** and other vitamins and minerals.
- Non-dairy products include **soy**, **rice** 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 **hydrate** your body.
- Enjoy herbs and spices to add colour and flavour to your meals. Many herbs and spices also have **healthy** properties.



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## Coordinate drawing

