



### Organic farming and nutrition crossword

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- 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.