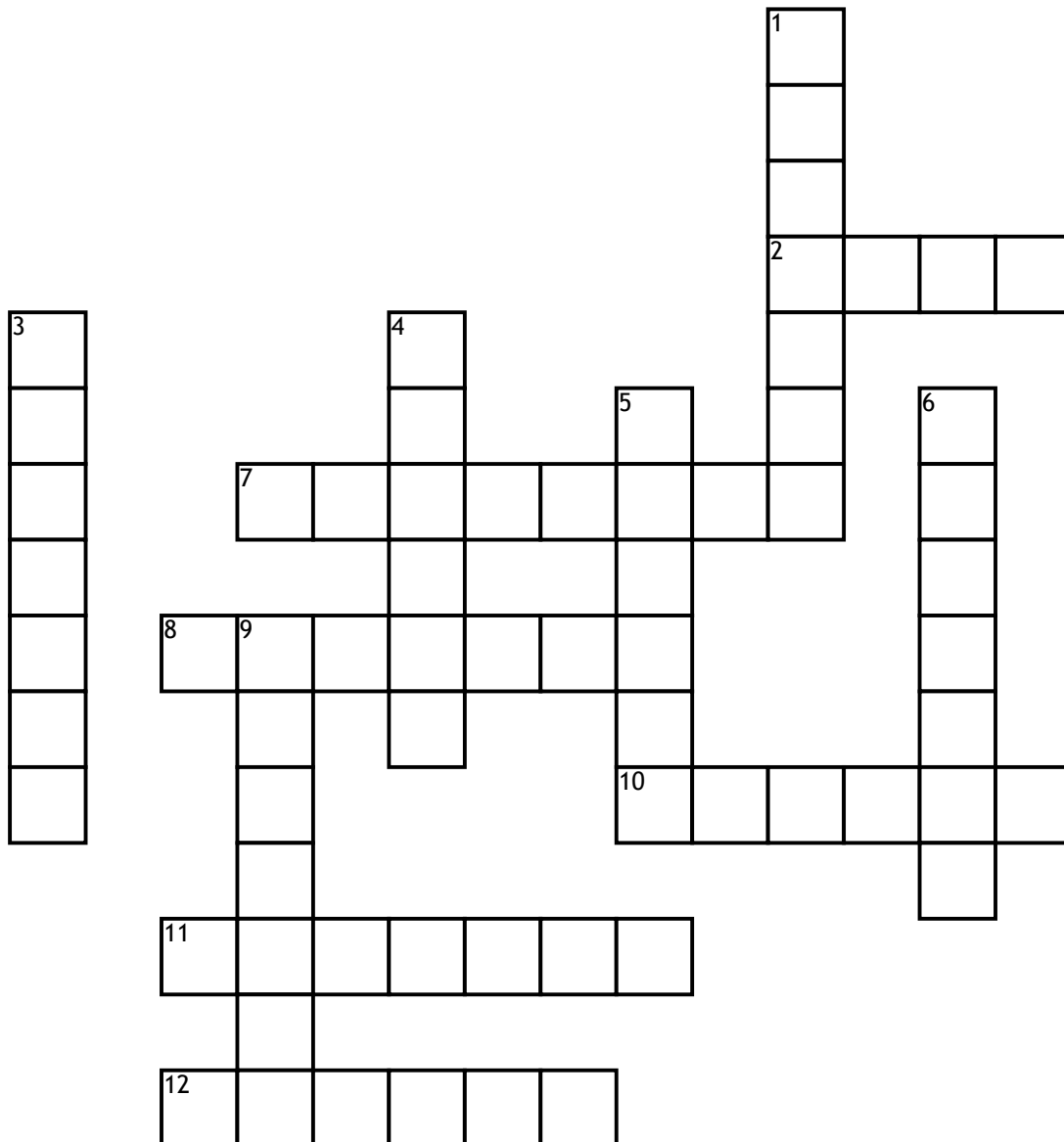


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# 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 its 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