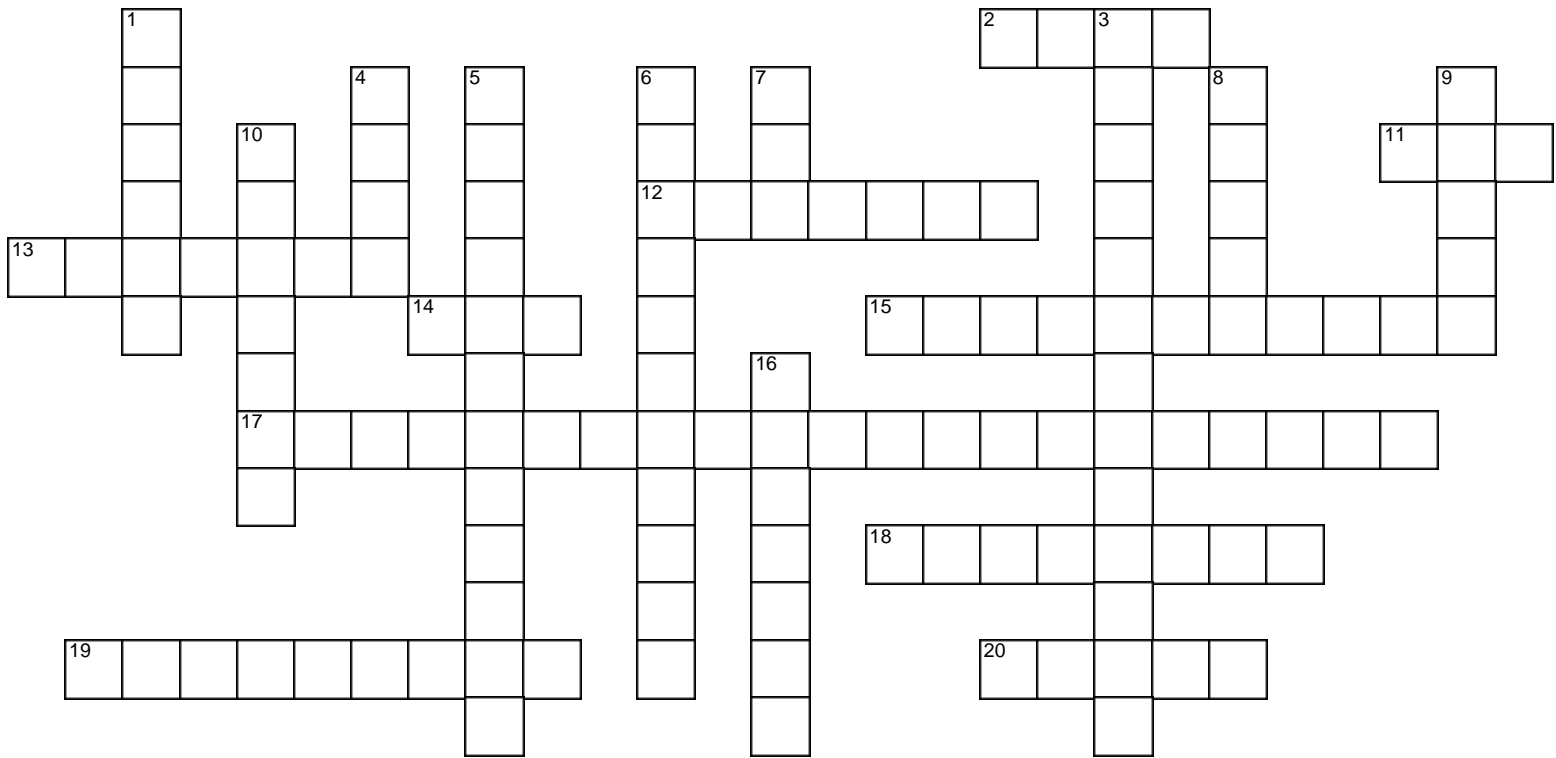


Name _____

Breakout Room Activity 1

Functional Foods



ACROSS

- 2 It is recommended that you eat this functional food at least 2 times a week. It is loaded with omega-3 fatty acids.
- 11 The colour of foods that improve heart and blood health and supports joints.
- 12 The juice of this functional food contains more vitamin c than the fruit.
- 13 A functional food that is "nature's candy". It is very high in antioxidants, can be eaten raw and are one of the nation's most liked fruits.
- 14 This functional food has been recognized for its cholesterol lowering properties.
- 15 Chemicals found naturally in many plant products that act as antioxidants which prevent free radical damage in the body.
- 17 Sheldon will no longer be eating this functional food despite the fact that it is associated with a reduced risk of cancer of the lung, stomach, colon, and rectum.
- 18 When this functional food has been processed it is even more effective at preventing prostate cancer.
- 19 This tasty treat is rich in antioxidants. Though the dark version is best.
- 20 The colour of foods that are powerful detoxers, which fight free radicals and improve the immune system.

DOWN

- 1 This functional food is often made with probiotics.
- 3 This functional food is preferred in the South over the Irish ones, whereas in the North the opposite is true.
- 4 This functional food is high in unsaturated fat, low in sodium and does not contain cholesterol.
- 5 Natural chemicals found in foods that helps to prevent degradation due to free radicals.
- 6 Avoid refined versions of this functional food. During the milling process it loses a lot of the fibre, iron and b vitamins.
- 7 This functional food is one of the most widely consumed beverages in the world. Its catechins provide numerous health benefits.
- 8 The colour of foods that activate our natural killer cells and reduce cancer risk.
- 9 This functional food contains saponins.
- 10 Popeye's favourite functional food contains a natural antioxidant mixture.
- 16 This functional food that is high in beta carotene and its seeds both provide health benefits.