



Food etc uses food that would otherwise be wasted to provide community meals and basic cooking lessons that include information about reducing food waste, preparing healthy food and the benefits of healthy eating habits.

[www.foodetc.org.uk](http://www.foodetc.org.uk)

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## Food Wordsearch

Hidden here are 26 food items from A to Z. Some are horizontal, some vertical and some diagonal.

F	T	P	Y	B	A	M	Z	L	Q	U	B	L	X	T	C	X	A	M	D	F
J	A	V	M	A	P	P	L	E	S	M	U	S	H	R	O	O	M	B	L	A
O	C	A	M	N	R	E	W	M	G	L	D	X	V	M	D	U	B	Y	Z	U
N	V	E	Y	A	P	B	C	O	X	G	O	B	C	T	Z	B	Y	V	U	D
Y	V	I	S	N	O	M	J	N	A	A	N	R	V	G	R	A	P	E	C	V
O	D	J	C	A	B	B	A	G	E	B	R	N	A	M	L	D	P	N	C	O
D	A	R	M	K	D	H	L	B	P	G	L	V	D	N	M	I	P	T	H	B
N	M	I	B	P	A	R	A	D	I	S	H	N	B	A	G	P	T	V	I	J
T	S	K	C	Y	V	L	P	T	W	W	A	T	E	R	M	E	L	O	N	M
M	O	I	V	C	T	V	E	G	E	T	A	B	L	E	P	S	R	B	I	N
P	N	R	R	T	O	R	N	A	A	Q	U	I	N	I	E	M	O	N	H	Q
G	R	I	T	B	E	Y	O	G	H	U	R	T	N	R	C	A	B	N	X	T
H	T	M	B	I	Y	F	I	D	F	I	G	B	T	H	J	E	L	D	P	M
T	F	A	P	P	L	Z	R	T	L	N	A	A	V	O	P	G	B	A	N	A
B	T	M	A	K	A	L	T	I	S	O	U	P	Z	N	T	E	G	E	G	S
E	C	H	O	L	M	P	A	S	T	A	A	N	P	E	G	G	Z	U	R	T
I	C	E	B	E	R	M	L	O	O	M	N	E	T	Y	T	B	M	E	P	G

APPLE	BANANA	CABBAGE	DAMSON
EGG	FIG	GRAPE	HONEY
ICEBERG	JALAPENO	KALE	LEMON
MUSHROOM	NAAN	ORANGE	PASTA
QUINOA	RADISH	SOUP	TORTILLA
UDON	VEGETABLE	WATERMELON	XOUBA
YOGHURT	ZUCCHINI		



It is often said that Britain and America are two nations divided by a common language! Many foods are called different things in the UK and the US. What they call zucchini we call courgette. Can you match the others?

Fries

Zucchini

Chips

Candy

Cookies

Eggplant

Cilantro

Jelly

Maize

Cotton Candy

Smoked herring

Candy floss

Aubergine

Biscuits

Kipper

Corn

Crisps

Courgette

Chips

Sweets

Coriander

Jam

## **Top Ten Tips for Healthy Eating**

As you get older, it is important you continue to eat well. Changes in your body result in lower energy (calorie) requirements. So you should reduce portion sizes if activity is low and cut down on sugary snacks such as cakes and buns. Preparing food can be an enjoyable activity too. When you are making something that can be frozen consider doubling or even trebling the quantities, less washing up and you'll have meals ready for busy days or when you're not in the mood for cooking.

### **1. Eat more food that you've cooked yourself from scratch**

That way you'll know exactly what you're eating and how it has been prepared. Soups can be a great way of using up vegetables. Simply cook them in a saucepan or roast them in the oven, pour over some stock and add herbs and spices to your taste. Keep them chunky, mash them with a potato masher or whiz them with a stick blender or food processor.

### **2. Eat some fruit every day**

Look out for bargains and store some in the freezer if you have one. Most fruit can be frozen although the very watery sorts may lose some of their texture, but it won't change their nutritional value. Eat them as they are, make them into drinks or serve them with cereal for an extra healthy breakfast. There is rarely a need to add sugar to fruit, it's much tastier and obviously better for you without. If you must have it, try to cut it down. Don't forget that juice counts as a portion of fruit, but don't drink too much of it, the amount of sugar in it can be high.

### **3. Eat salads or vegetables with our main meal**

Try out different combinations. When things are on offer that you haven't tried, consider giving them a go. Even if you didn't like them in the past, our tastes change as we get older and you might find a new favourite food! And if you're still not keen, you can often lose them in a soup rather than waste them.

### **4. Eat fish 2 or 3 times a week**

This doesn't have to be fresh. Tinned mackerel, salmon or tuna are packed full of healthy oils and can be used in a wide variety of ways so are worth keeping in your store cupboard.

### **5. Avoid processed meat products**

They are OK to choose as an occasional treat, but things like bacon, ham, sausages, salami, corned beef are often full of salt and additives. Instead pick healthier alternatives such as chicken and fish and add herbs or spices to your taste.

### **6. Cut down on the salt you add to your cooking**

Try cutting down what you use each week aiming to leave it out totally. After a while you'll probably prefer it without salt. A diet high in salt can raise blood pressure, which can increase your risk of heart disease and stroke. The NHS recommends that adults should eat no more than 6g of salt a day – that's around 1 teaspoon. Remember this includes the hidden salt in, for example, processed foods, bread and cakes.

### **7. Drink plenty of liquid (6 – 8 glasses or mugs a day)**

Try and include water, fruit juice or herbal teas. Drink tea and coffee in moderation as they contain caffeine which can cause digestive problems or headaches.

## **8. Include calcium rich foods**

As we get older our bones get weaker so to keep stronger Drink ½ pint of milk per day (preferably semi-skimmed/green top or skimmed/red top) or eat a low fat yoghurt. Adults need 700mg of calcium a day. Good sources include dairy food, green leafy vegetables, such as broccoli, cabbage and okra, but not spinach, nuts and fish where you eat the bones, such as sardines and pilchards

## **9. Take away the take aways**

Again OK as a special treat, but most takeaways are full of fat, salt and many have lots of unnatural substances too. Pizzas, burgers, kebabs and fried chicken can all be made at home more cheaply and healthily.

## **10. Mix it up**

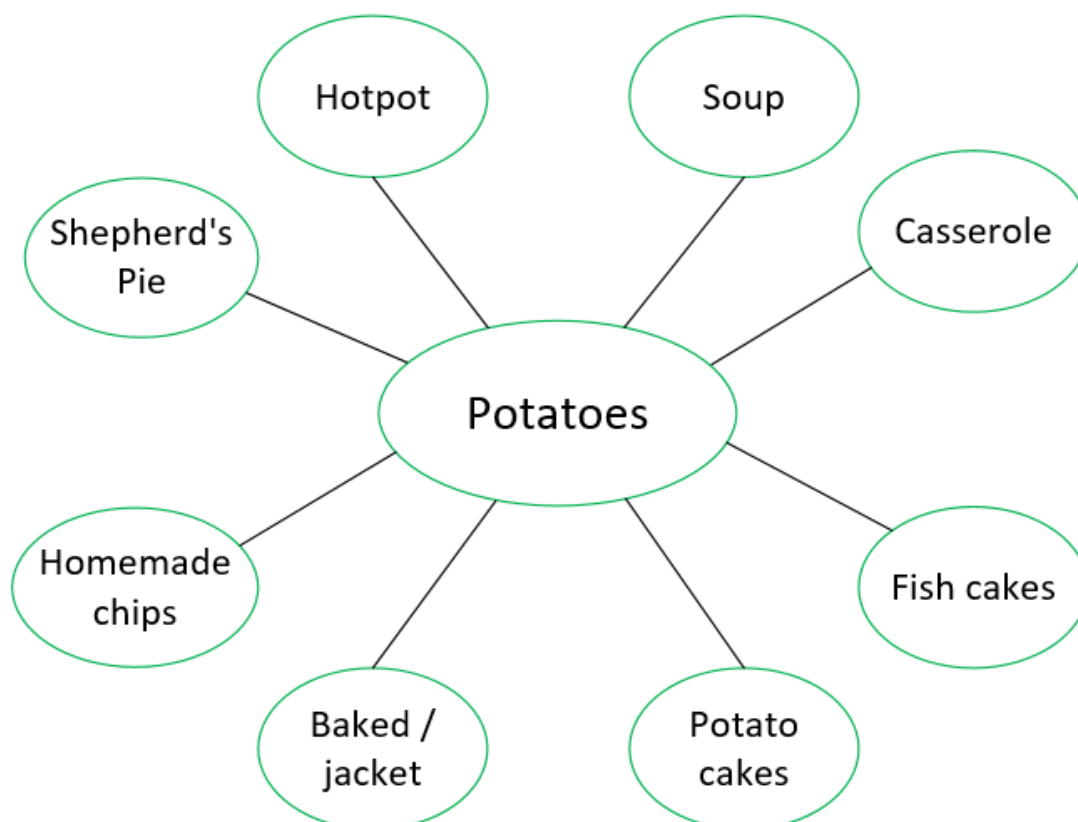
Try to vary your diet as much as your taste and your budget allows. See what you have in the cupboard and try using it in different ways. Experiment with how you cook things and add herbs, spices, sauces and accompaniments. They won't all be a total success, but they won't be inedible and who knows what you might discover along the way.

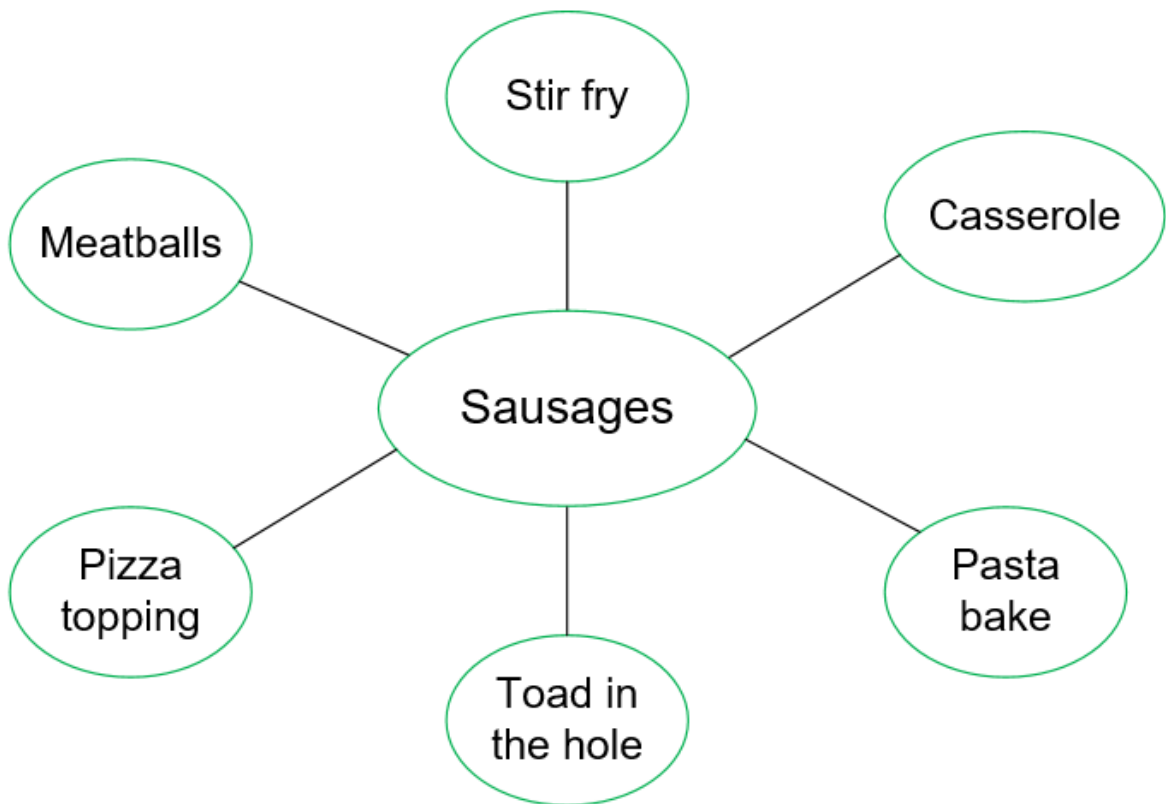
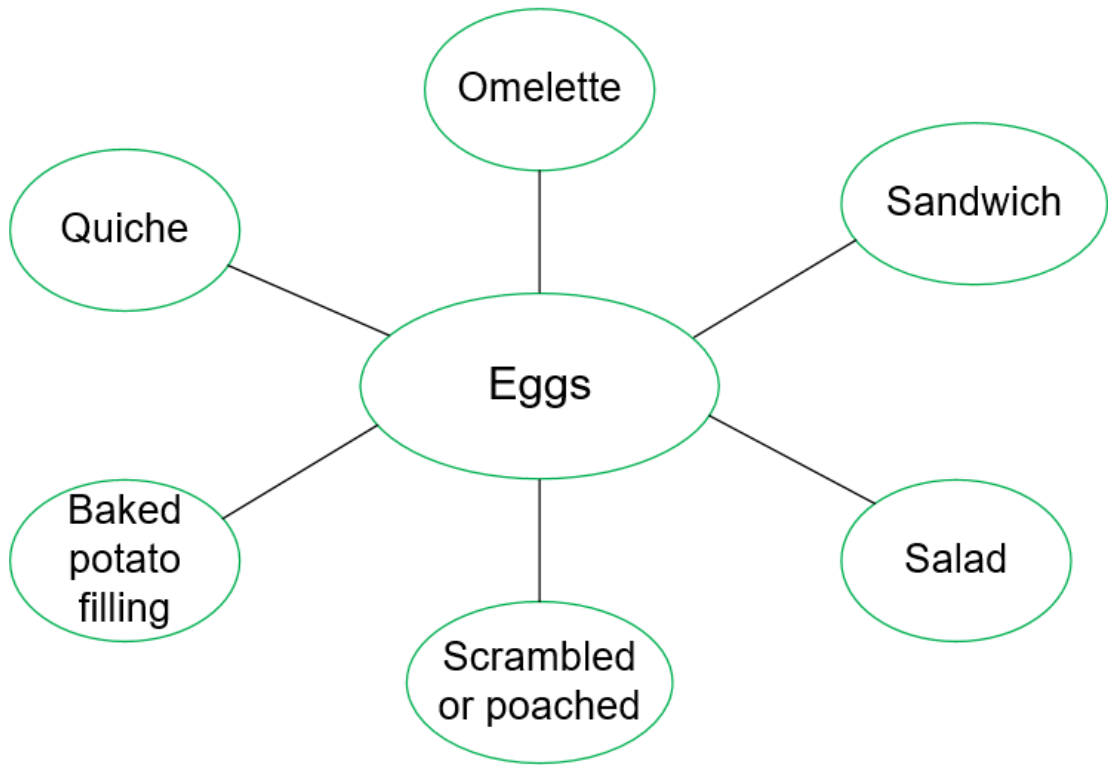
## Getting Creative in the Kitchen

You're probably spending more time than usual at home at the moment. But you might not be able to get all the ingredients you need to make certain dishes. So now is a great time to think about how you can be more creative with the food you already have in your fridge, freezer or store cupboard.

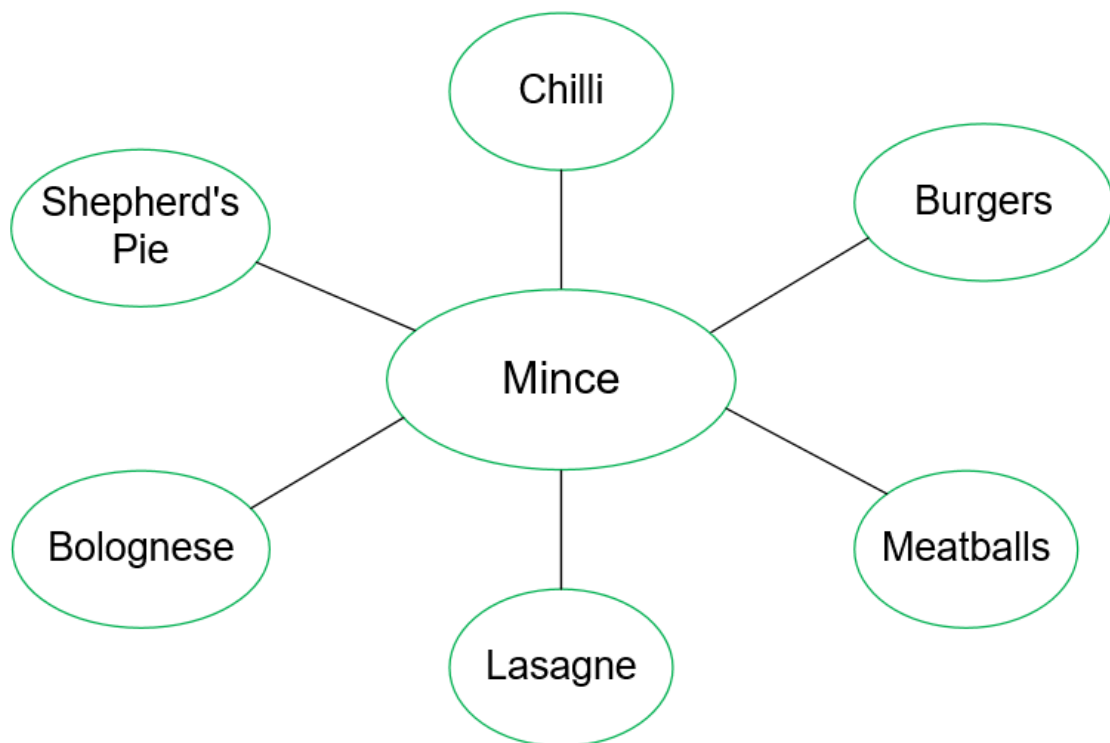
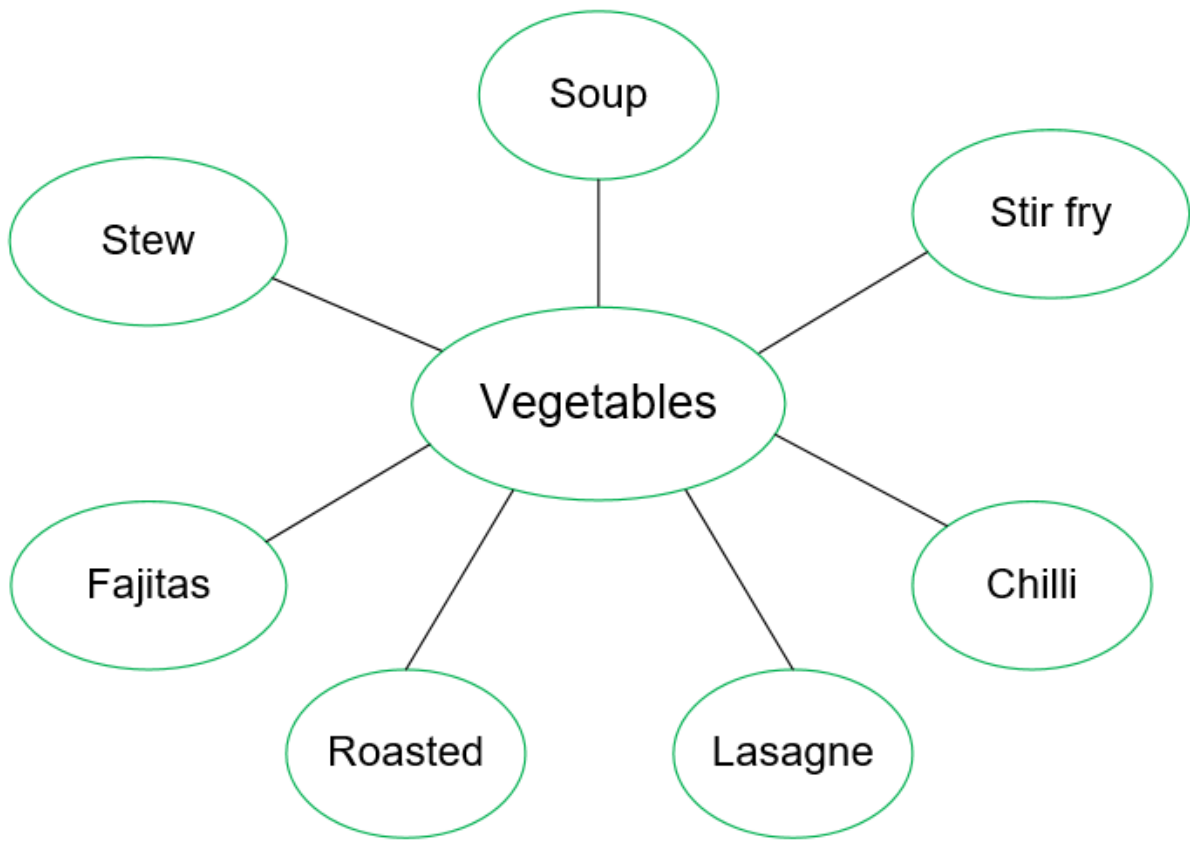
Here are some ideas to get you started but we would love to hear what you come up with. You can call or email us with the details here <https://foodetc.org.uk/#contact> or if you are into social media you can find us on Facebook and Instagram as Food etc – Bedford to share your pictures.

### What Can I Make With?









# ANSWERS

## Wordsearch

				B				L							X				
				A	P	P	L	E		M	U	S	H	R	O	O	M		
				N				M	G		D				U			Z	
				A				O		G	O				B			U	
				N			J	N	A	A	N	R		G	R	A	P	E	C
	D		C	A	B	B	A	G	E				A						C
	A			K			L						D	N					H
	M				A	R	A	D	I	S	H			A	G				I
T	S					L	P			W	A	T	E	R	M	E	L	O	N
	O					V	E	G	E	T	A	B	L	E		S			I
	N	R					N			Q				I			O		
			T			Y	O	G	H	U	R	T			C				N
				I					F	I	G			H		E			
					L					N				O			B		
						L			S	O	U	P		N				E	
						P	A	S	T	A				E	G	G			R
														Y					G

### US vs UK food names

