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Soya, Beans, Nuts and Seeds

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| **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 it's 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 |