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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 |