

Puzzle For the Month of September- December 2018

FILL WITH MILK AND MEAT PRODUCTS

1 6			8		2			
			3					
			4		9			10
		7						
	5							

ACROSS

1. A shell fish rich in calcium (4)
2. A sea food rich in DHA (4)
3. Poultry famous for Christmas (4)
4. A product from poultry good source of protein (3)
5. It is also called as cottage cheese(6)

UP - DOWN

6. A Milk Product which has elastic nature (6)
7. A shell fish rich in zinc (5)
8. Milk Product with full of fat, hydrogenated fat in a alternate for this (6)
9. A Milk Product widely used for sweet preparation, known for its tempting aroma (4)
10. Seen in 4th row of ICMR table, which has complete Nutrients (4)