



# Meat Free Monday Crossword

## Activity 1: Complete a Crossword

Distribute photocopies of the Meat Free Monday Crossword to students and ask them to complete the puzzle in pairs or groups. Strongly discourage students from calling out the answers.

## Answers



## Background

Solving crossword puzzles helps one develop reasoning skills and improves one's vocabulary and spelling. Crossword puzzles are also associated with recreation, so they can provide an engaging activity during subject reviews. This lesson goes one step further, allowing students to create their own crossword puzzles, thereby improving their ICT skills and getting them to think in greater depth about the reasons for having a weekly meat free day.

## Learning Objectives

Students should learn the following:

- To explore Meat Free Monday issues in the context of crossword puzzles
- To use ICT skills such as cell formatting in spreadsheets
- To consider and create definitions for a variety of words

## Accompanying Materials

- Meat Free Monday Crossword (student worksheet)
- Meat Free Monday Crossword Calculators (student handout)

## Activity 2: Create a Crossword

Help students create their own Meat Free Monday crossword puzzles.

After they finish, students can complete each other's puzzles. Alternatively, the puzzles can be compiled in a "Meat Free Monday Puzzle Compendium" (a necessary addition to the staff room coffee table and the head teacher's office!).

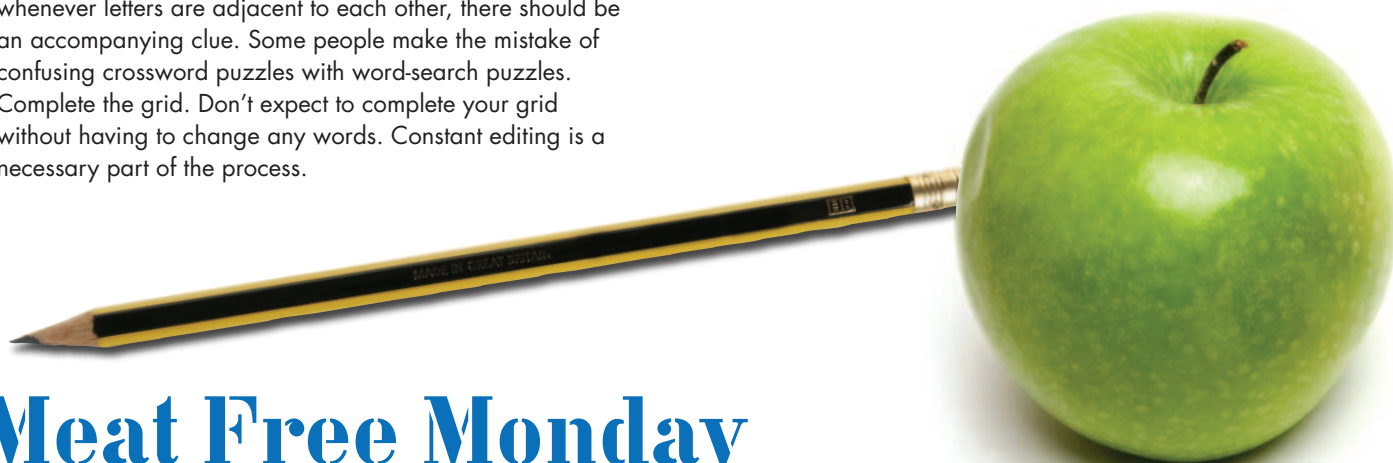
Students can see how "dense" and "green" their crossword puzzles are by using the "How Crossed Are Your Words?" and "How Green Are Your Words?" calculators. These should be photocopied or displayed for your students so they can assess their puzzle-making skills. The aim is to have as many blank squares and as many words that relate to Meat Free Monday as possible.

Students who find this task too challenging might enjoy creating a word-search puzzle instead.



## How to Make a Crossword Puzzle in 10 Easy Steps

1. Open spreadsheet software such as Excel, highlight all cells and manually resize into squares.
2. Make a grid by adding cell borders. (A 10-by-10 grid would allow for an easy percentage calculation at the end of the lesson.)
3. Think of words you would like to include in the crossword puzzle. Make sure that words related to topics such as the environment, the Earth, animals and health are prioritised.
4. Add these words to the grid, placing one letter in each square.
5. Highlight the whole grid and neaten it up by formatting the cells so the letters are centred and appropriately sized. Fill in the remaining blocks with a solid colour.  
 Note: Pay close attention to where the solid blocks go. At the end of each word, there should usually be a solid block, and whenever letters are adjacent to each other, there should be an accompanying clue. Some people make the mistake of confusing crossword puzzles with word-search puzzles.
6. Complete the grid. Don't expect to complete your grid without having to change any words. Constant editing is a necessary part of the process.
7. Highlight and copy the completed grid to another part of the spreadsheet and delete all the letters.
8. Insert a number into every square of the grid where a word should begin (across and down). See other crossword puzzles for standard numbering conventions.
9. Highlight the numbered copy of the grid and format the cells so that the numbers are in a smaller point size and aligned to the top left.
10. The blank, numbered crossword puzzle is now ready. Highlight and copy it into a word-processing document. You may wish to give your puzzle a title. Type the "across" and "down" clues underneath it using dictionaries and thesauruses to help generate clues.



# Meat Free Monday Crossword Calculators

### “How Crossed Are Your Words?”

Instructions: Divide the number of blank squares in your crossword puzzle (i.e., the squares into which people put their answers) by the total number of squares in the grid, and then multiply by 100.

The Meat Free Monday Crossword achieved a 70 per cent crossed-word rating (119 blank squares divided by 169 total squares multiplied by 100).

#### Results

**0 to 50 per cent:**

OK, but can you make a crossword puzzle with more blank squares than solid ones?

**50 to 60 per cent:**

Good going. You really did well!

**60 to 70 per cent:**

Wow, that's a quality crossword puzzle!

**70 to 100 per cent:**

Unbelievable! You're a crossword pro!

### “How Green Are Your Words?”

Instructions: Divide the number of words relating to Meat Free Monday in your crossword puzzle by the total number of words in the grid, and then multiply by 100.

The Meat Free Monday Crossword achieved a 51 per cent green rating (24 words that relate to Meat Free Monday divided by 47 total words multiplied by 100).

#### Results

**0 to 50 per cent:**

Nice try. Could any of your words be greener?

**50 to 60 per cent:**

Great job! The majority of your words are spot on!

**60 to 70 per cent:**

Wow, that's fantastic – not easy to do!

**70 to 100 per cent:**

Definitely send this in. The Meat Free Monday campaign would love to see it!

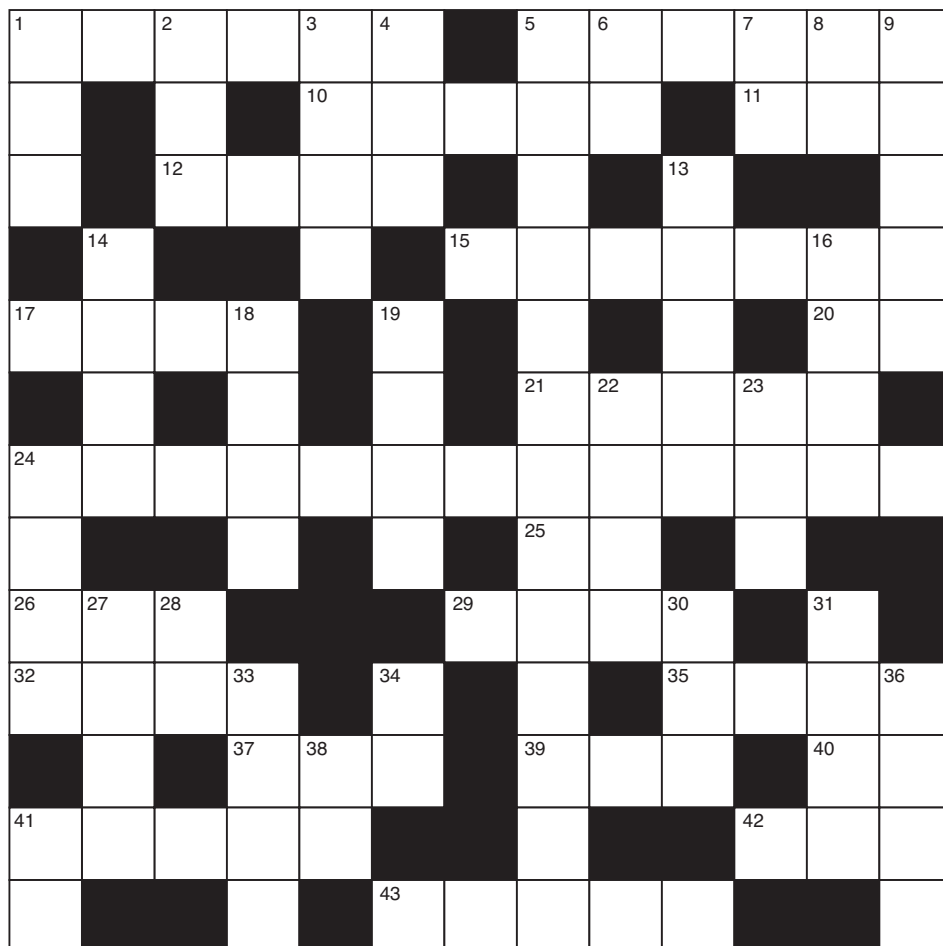
# Meat Free Monday Crossword

## Across

- 1 This kind of footprint is your mark on the planet. (6)
- 5 The best school lunch is served on this day! (6)
- 10 A person who doesn't eat animal products of any kind (5)
- 11 MFM slogan: \_\_\_\_\_ day a week can make a world of difference. (3)
- 12 MFM encourages people to have a meat free \_\_\_\_\_ on Mondays. (4)
- 15 These meat free bacon-style strips are among the many alternatives to meat products available in shops. (7)
- 17 Sweet and \_\_\_\_\_ vegetable stir-fry is a delicious meat free meal. (4)
- 20 Common pronoun (2)
- 21 Frenzied, excited and full of energy (5)
- 24 Meat Free Monday celebrity, Beatle (4, 9)
- 25 Genetically modified (2)
- 26 Past of 37 (3)
- 29 What you do to potatoes if you want them soft and smooth (4)
- 32 "Cream of Tomato" and "Minestrone" are common meat free examples of this. (4)
- 35 Chickens hatch out of these. (4)
- 37 What you do at lunchtime (3)
- 39 Bears live in this (3)
- 40 This city in the USA supports Meat Free Monday. (2)
- 41 Matt \_\_\_\_\_ : Meat Free Monday supporter and star of Little Britain (5)
- 42 What you must do to get potatoes and other root vegetables from the ground (3)
- 43 Nitrous \_\_\_\_\_ is a greenhouse gas 310 times more powerful than CO2. (5)

## Down

- 1 Corn on the \_\_\_\_\_ makes a tasty meat free starter. (3)
- 2 The colour of strawberries (3)
- 3 Roast potatoes are cooked in this. (4)
- 4 Fish are trapped in this. (3)
- 5 Vegetarian Indian political and spiritual leader (7, 6)
- 6 Opposite of "off" (2)



- 7 Verb - to perform an act, duty, role, etc. (2)
- 8 Indefinite article used before words beginning with vowels (2)
- 9 Bakers use this to make their bread rise. (5)
- 13 This Belgian city has an official weekly meat free day. (5)
- 14 97 per cent of the yield from this versatile crop is currently fed to animals (4)
- 16 Grain grown in warm, wet climates or countries (such as India and China) with rainy seasons (4)
- 18 Bap, cob, barm cake, muffin or \_\_\_\_\_; veggie burgers taste good in this! (4)
- 19 Tortilla wrapped around beans and vegetables (4)
- 22 Limbs on a body (4)
- 23 Liquid used in pens (3)
- 24 These small green vegetables go well with a meat free roast or veggie bangers and mash. (4)
- 27 Bean curd – great in meat free stews and curries! (4)
- 28 European Union (2)
- 30 A social animal who likes to scratch for food, take dust baths and build nests (3)
- 31 Unattractive fruit – cross between a grapefruit and a mandarin (4)
- 33 Common fruit picked in autumn (4)
- 34 Preposition used to indicate position (2)
- 36 Herb (used in some meat free sausages) (4)
- 38 Common adverb (2)
- 41 Interjection, used as an expression of surprise (archaic) (2)