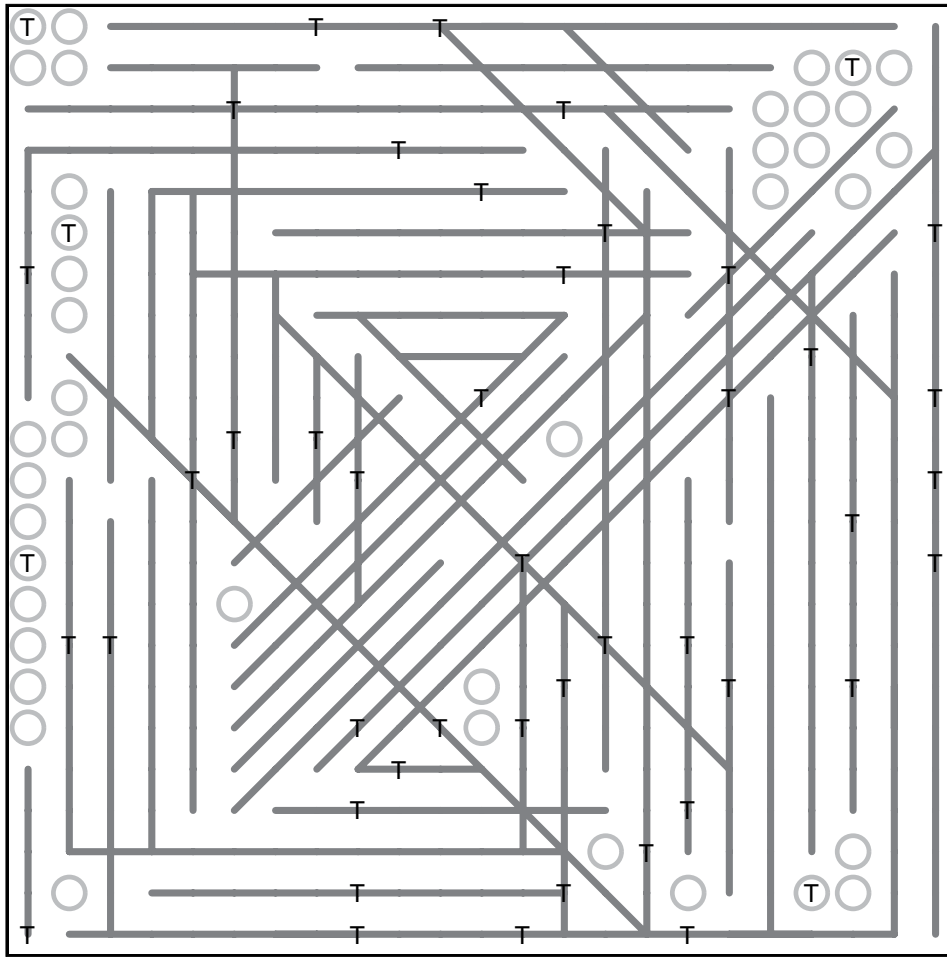


MONSTER FIND-A-WORD

MEDITERRANEAN DIET

The listed entries can be found in the grid in straight lines up, down, forwards, backwards or even diagonally. When they have all been crossed out, the remaining letters will reveal the representative list to which UNESCO officially inscribed this particular diet in 2013.



1. Anti-inflammatory
2. Antioxidants
3. Antipasto
4. Beans
5. Cereals
6. Citrus
7. Communication
8. Creativity
9. Culture
10. Deliciousness
11. Dialogue
12. Eating together
13. Essential fats
14. Extra-virgin olive oil
15. Fibre
16. Fresh produce
17. Fruit
18. Garlic
19. Glass of wine
20. Group identity
21. Habits
22. Health benefits
23. Herbs
24. Hospitality
25. Lean meat
26. Lean poultry
27. Legumes
28. Lentils
29. Lifestyle
30. Marinated
31. Neighbourliness
32. Nutritional
33. Nuts
34. Olives
35. Pasta
36. Peas
37. Physical activity
38. Pita bread
39. Plant-based
40. Plant compounds
41. Polyphenol
42. Preservative-free
43. Preventative
44. Protective
45. Pulses
46. Rice
47. Risk reduction
48. Salads
49. Satisfying
50. Seafood
51. Seasonal
52. Seeds
53. Social exchange
54. Spices
55. Tahini
56. Tomatoes
57. Traditional
58. Unprocessed
59. Water
60. Weight control
61. Wellbeing
62. White cheese
63. Whole grains

LATERAL THINKING: CRYPTIC

Use the cryptic clues to solve this crossword with a twist.

ACROSS

1. Slowly start my return, wretched but compassionate (11)
6. Fetch contents and so forth (3)
8. Not all minor malfunctions are typical (6)
9. Deflated friend is a cohabitant (8)
11. Dislike of a certain account of events (8)
12. Outsmarted when off this track (6)
13. Be quiet or start talking. Don't be long (5)
15. Sweet smell of cloth scrap found in France (9)
17. Walk over a thousand Romans, sick of the dreary routine (9)

19. Victor's opponent (5)
21. Five hundred fruit show patch of colour (6)
23. Grape plantation could make Ida nervy! (8)
26. Utterly impressed? That's nothing next to Vera married! (8)
27. Japanese feudal leader ordered to display weapon (6)
28. Group is a little unsettled (3)
29. They're skilfully mounted for the show (11)

DOWN

1. Shoes devoured by Rottweilers and Alsations (7)
16. A slogan? It distorts sentimental memories (9)

2. Signalling system, according to Spooner, is a coarse mode (5,4)
3. Collect morning brayer (5)
4. Register for cash to prepare land for crops (4)
5. In Muscat, he'd rallied the church, where Bishop presides (9)
6. Sing praises of ten in complex tale (5)
7. Eels can be used to remove dirt (7)
10. Some wealthy gent of Florence (4)
14. Val waited around for very large breaker (5,4)

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

17. Ted, promissory notes are tiresome (7)
18. Put down table or egg (4)
20. Rents do change if there are rats (7)
22. Skirt fold left in bog fuel (5)
24. Either I go or I get an anaesthetic (5)
25. Said bow was for sweetheart (4)