

MINDFOOD WHEEL WORDS

Create words of four letters or more using the given letters once only, but always including the centre letter. Do not use proper names or plurals. See if you can find the nine-letter word using up all letters.

SOLUTION

- | | |
|-------|----------|
| ATOM | DEMON |
| DEMO | IDIOM |
| DOME | IDIOT |
| DONE | NOMAD |
| NOTE | NOTED |
| INTO | OATEN |
| IOTA | TONED |
| MOAN | ANOMIE |
| MOAT | ATONED |
| MODE | DAEMON |
| MOTE | DIATOM |
| NODE | DOMAIN |
| NOTE | DONATE |
| OMEN | IODINE |
| OMIT | MOANED |
| TOAD | MOATED |
| TOED | MONIED |
| TOME | AMNIOTE |
| TONE | EDITION |
| AMINO | DOMINATE |
| ANODE | IDEATION |
| ATONE | |

NINE-LETTER WORD

MEDIATION

SUDOKU

Rating ★☆☆☆

8	6	5	9	2	7	4	3	1
7	4	2	3	1	8	5	6	9
3	1	9	6	5	4	8	7	2
5	2	7	4	9	3	1	8	6
9	3	1	8	6	5	7	2	4
4	8	6	1	7	2	3	9	5
6	9	8	5	3	1	2	4	7
2	5	3	7	4	6	9	1	8
1	7	4	2	8	9	6	5	3

Rating ★★★☆

3	9	7	6	1	8	2	4	5
4	8	1	5	2	7	9	3	6
2	6	5	3	4	9	8	1	7
9	7	3	2	8	6	4	5	1
5	2	6	1	9	4	3	7	8
1	4	8	7	3	5	6	2	9
7	5	4	8	6	2	1	9	3
6	1	2	9	5	3	7	8	4
8	3	9	4	7	1	5	6	2

FIND-A-WORD PAIRS OF OPPOSITES

Work out all the missing parts of these pairs of opposites and find them hidden in the box of letters. The letters left over will spell out how yin and yang reach harmony, according to Lao Tzu.

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

Rating ★★☆☆

5	8	3	2	7	9	4	6	1
6	9	4	1	8	3	2	5	7
7	2	1	6	4	5	3	8	9
3	6	7	8	5	2	9	1	4
9	5	2	4	1	6	7	3	8
1	4	8	9	3	7	5	2	6
2	3	6	7	9	1	8	4	5
8	7	5	3	6	4	1	9	2
4	1	9	5	2	8	6	7	3

Rating ★★☆☆

4	8	6	1	5	2	3	9	7
9	5	2	3	7	6	1	8	4
3	1	7	9	4	8	5	6	2
5	3	9	8	2	7	4	1	6
6	2	1	4	9	3	7	5	8
7	4	8	6	1	5	2	3	9
1	9	3	2	6	4	8	7	5
2	6	5	7	8	1	9	4	3
8	7	4	5	3	9	6	2	1

ANSWERS

- | | |
|----------------------------|------------------------|
| 1. Arrivals and departures | 20. Inside or outside |
| 2. Backwards and forwards | 21. Lost and found |
| 3. Before and after | 22. Neat and messy |
| 4. Beginning to end | 23. North or south |
| 5. Big or little | 24. Odd or even |
| 6. Black and white | 25. Open and closed |
| 7. Blunt or sharp | 26. Predator or prey |
| 8. Dark or light | 27. Safe or dangerous |
| 9. Dawn and dusk | 28. Shallow or deep |
| 10. Early or late | 29. Stop and go |
| 11. East and west | 30. Succeed or fail |
| 12. Fast or slow | 31. Sun or moon |
| 13. First and last | 32. Synonym or antonym |
| 14. For and against | 33. Top to bottom |
| 15. Freeze or thaw | 34. Wet and dry |
| 16. Friend or foe | 35. Wide or narrow |
- SOLUTION**
BY BLENDING WITH THE VITAL BREATH

FIND-A-WORD CITIES & COUNTRIES

Work out all the missing parts of these place names from around the world and find the words hidden in the box of letters. The letters left over will spell out a list of major cities.

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

ANSWERS

- | | |
|---------------------------|-------------------------|
| 1. Addis Ababa | 17. Port Vila |
| 2. Alice Springs | 18. Puerto Rico |
| 3. Andorra la Vella | 19. Rio de Janeiro |
| 4. Bosnia and Herzegovina | 20. Saint Petersburg |
| 5. Buenos Aires | 21. San Francisco |
| 6. Cape Town | 22. Santa Cruz |
| 7. East Timor | 23. Santo Domingo |
| 8. Hong Kong | 24. Surfers Paradise |
| 9. Kuala Lumpur | 25. Trinidad and Tobago |
| 10. Las Vegas | 26. Washington DC |
| 11. Los Angeles | |
| 12. Mexico City | SOLUTION |
| 13. New Orleans | AMSTERDAM, |
| 14. New York City | BEIJING, LONDON, |
| 15. Pago Pago | PARIS, SYDNEY AND |
| 16. Port-au-Prince | TOKYO |

SUDOKU

Rating ★☆☆☆

5	9	4	2	1	6	8	3	7
1	6	3	4	8	7	9	2	5
2	8	7	5	3	9	1	6	4
7	4	8	6	2	1	5	9	3
6	1	2	9	5	3	4	7	8
3	5	9	8	7	4	6	1	2
4	7	5	1	9	2	3	8	6
9	2	6	3	4	8	7	5	1
8	3	1	7	6	5	2	4	9

Rating ★★★☆

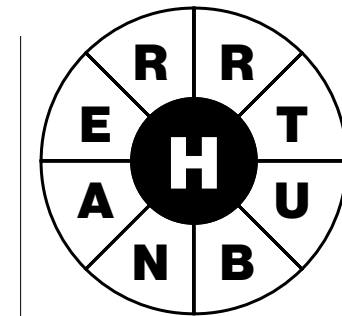
2	8	1	9	7	5	4	6	3
6	7	9	3	4	2	8	5	1
4	3	5	1	6	8	9	2	7
5	1	6	8	9	3	2	7	4
9	4	7	6	2	1	3	8	5
3	2	8	7	5	4	1	9	6
1	9	3	5	8	7	6	4	2
7	6	2	4	1	9	5	3	8
8	5	4	2	3	6	7	1	9

Rating ★★☆☆

2	6	5	1	7	9	4	8	3
3	7	1	8	4	2	6	9	5
4	9	8	5	6	3	7	2	1
1	2	6	4	9	8	5	3	7
5	3	4	7	2	1	8	6	9
9	8	7	3	5	6	1	4	2
8	4	2	9	1	5	3	7	6
7	5	9	6	3	4	2	1	8
6	1	3	2	8	7	9	5	4

Rating ★★★☆

1	3	9	5	4	7	2	8	6
5	7	2	8	3	6	9	1	4
8	4	6	9	1	2	5	7	3
3	8	7	2	6	5	4	9	1
9	2	1	3	8	4	7	6	5
6	5	4	1	7	9	3	2	8
4	6	3	7	9	1	8	5	2
7	1	5	4	2	8	6	3	9
2	9	8	6	5	3	1	4	7



MINDFOOD WHEEL WORDS

Create words of four letters or more using the given letters once only, but always including the centre letter. Do not use proper names or plurals. See if you can find the nine-letter word using up all letters.

SOLUTION

- | | |
|------|---------|
| BAHT | BATHE |
| BATH | BERTH |
| HARE | EARTH |
| HART | HATER |
| HATE | HAUNT |
| HEAR | HEART |
| HEAT | REHAB |
| HERB | ANTHER |
| HUNT | BATHER |
| HURT | BREATH |
| RHEA | HUNTER |
| TAHR | RATHER |
| THAN | UNEARTH |
| THEN | |
- NINE-LETTER WORD**
HEARTBURN