

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

- ABLE
- ALIT
- BAIL
- BALE
- BELT
- BILE
- BLAB
- HAIL
- HALE
- HALT
- HEAL
- HILT
- LATE
- LATH
- TAIL
- TALE
- TEAL
- TILE
- BIBLE
- BLEAT
- LATHE
- LITHE
- TABLA
- TABLE
- ABLATE
- ALBEIT
- BLITHE
- HALITE
- BITABLE
- HATABLE

NINE-LETTER WORD

HABITABLE

SUDOKU

Rating ★☆☆☆

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

Rating ★★☆☆

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

Rating ★★☆☆

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

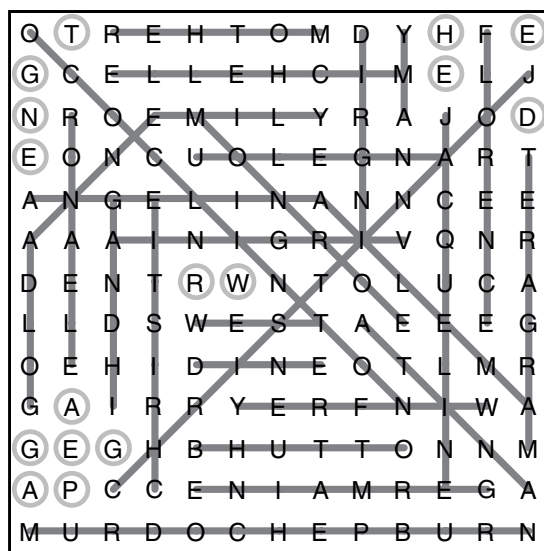
Rating ★★☆☆

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

FIND-A-WORD

INFLUENTIAL WOMEN

Complete the names of these influential women and find the missing words hidden in the box of letters. The leftover letters will spell out an ongoing issue for women.



ANSWERS

- 1. Agatha Christie
- 2. Amelia Earhart
- 3. Amy Johnson
- 4. Angelina Jolie
- 5. Anita Roddick
- 6. Anne Frank
- 7. Audrey Hepburn
- 8. Benazir Bhutto
- 9. Christina Rossetti
- 10. Coco Chanel
- 11. Eleanor Roosevelt
- 12. Emily Brontë
- 13. Enid Blyton
- 14. Florence Nightingale
- 15. Germaine Greer
- 16. Golda Meir
- 17. Hillary Clinton
- 18. Indira Gandhi
- 19. Ingrid Bergman
- 20. Iris Murdoch
- 21. Jacqueline Kennedy Onassis
- 22. Joan of Arc
- 23. Mae West
- 24. Margaret Thatcher
- 25. Marilyn Monroe
- 26. Maya Angelou
- 27. Michelle Obama
- 28. Mother Teresa
- 29. Oprah Winfrey
- 30. Virginia Woolf

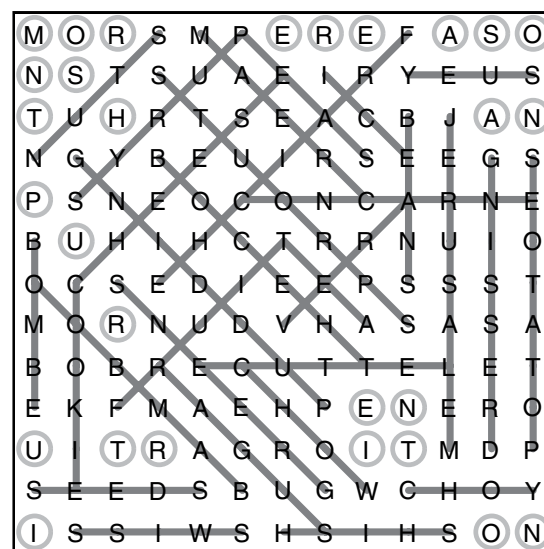
SOLUTION

THE GENDER WAGE GAP

FIND-A-WORD

EAT, DRINK AND BE MERRY

Work out the missing parts of these ingredients and popular menu items. When you've crossed them off where you find them up, down or diagonally throughout the grid, the letters left over will spell out what poet Maya Angelou says all people use food for.



ANSWERS

- 1. Aloe vera
- 2. Bamboo shoots
- 3. Black-eyed peas
- 4. Bombe Alaska
- 5. Bok choy
- 6. Brussels sprouts
- 7. Chamomile tea
- 8. Chilli con carne
- 9. Chop suey
- 10. Chow mein
- 11. Collard greens
- 12. Corn on the cob
- 13. Cottage cheese
- 14. Cream cheese
- 15. Crème fraiche
- 16. Fortune cookie
- 17. Ice cream
- 18. Icing sugar
- 19. Jerusalem artichoke
- 20. Kiwi fruit
- 21. Lima beans
- 22. Maple syrup
- 23. Ranch dressing
- 24. Pine nuts
- 25. Romaine lettuce
- 26. Sesame seeds
- 27. Shish kebab
- 28. Sweet potatoes
- 29. Swiss chard
- 30. Yorkshire pudding

SOLUTION

MORE REASONS THAN PURE NUTRITION

SUDOKU

Rating ★☆☆☆

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

Rating ★★☆☆

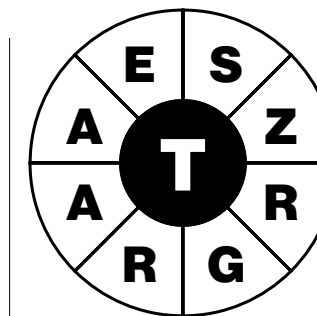
1	8	3	7	2	9	4	5	6
9	7	4	8	5	6	3	2	1
5	2	6	1	3	4	7	8	9
4	9	7	6	8	5	1	3	2
3	6	1	9	7	2	8	4	5
2	5	8	4	1	3	6	9	7
7	4	2	3	9	1	5	6	8
6	1	5	2	4	8	9	7	3
8	3	9	5	6	7	2	1	4

Rating ★★☆☆

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

Rating ★★☆☆

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



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

- EAST
- GATE
- RATA
- RATE
- REST
- SATE
- SEAT
- SETA
- STAG
- STAR
- TARE
- TEAR
- TSAR
- ZEST
- AGATE
- ASTER
- GRATE
- GREAT
- RATER
- RESAT
- RETAG
- STAGE
- STARE
- TASER
- TERRA
- ARREST
- ERRATA
- ERSATZ
- GARRET
- GARTER
- GRATER
- RAREST
- RASTER
- STAGER
- STARER
- TEARGAS
- STARGAZE

NINE-LETTER WORD

STARGAZER