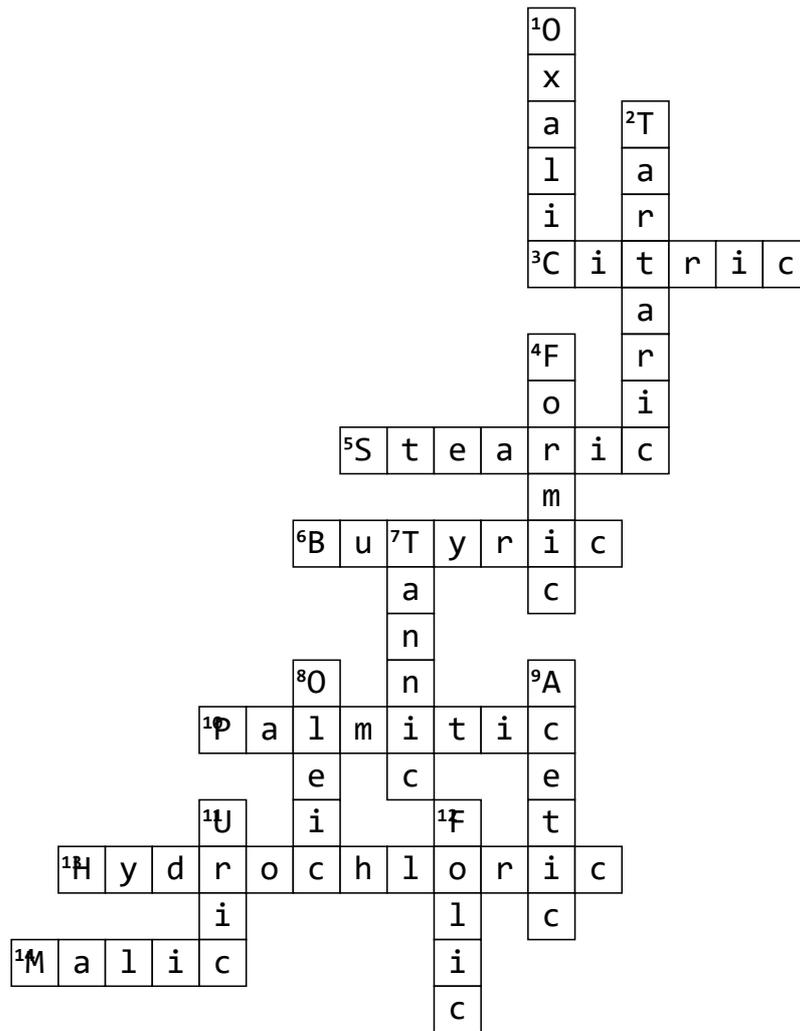


Acids in our everyday life



Across

- 3.** - Lemon, other citrus fruits, and amla (Indian gooseberry). Ascorbic Acid (Vitamin C) - Lemon, citrus fruits, and amla.
- 5.** - Fats, as one of the fatty acids in saturated fats.
- 6.** - Rancid butter, from fat breakdown.
- 10.** - Fats, found in both animals and plants.
- 13.** - Gastric juice in the stomach, aiding in the digestion of proteins. Lactic Acid - Curd (yogurt), where it helps in digestion.
- 14.** - Apples, contributing to their tart taste.

Down

- 1.** - Tomatoes and leafy greens like spinach.
- 2.** - Tamarind, used in culinary dishes for its sour taste.
- 4.** - The sting of ants and nettles, causing irritation and pain.
- 7.** - Tea, contributes to bitter taste and astringency.
- 8.** - Olive oil, common in Mediterranean diets.
- 9.** - Vinegar, contains about 7 to 8% acetic acid, used as a preservative.
- 11.** - Urine, a waste product from the breakdown of purines.
- 12.** - Green leafy vegetables, essential for DNA synthesis and repair.