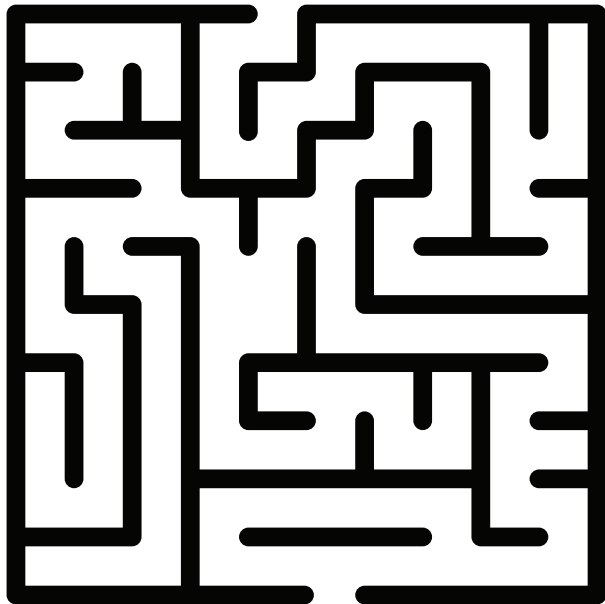
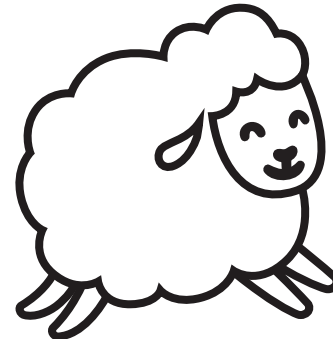
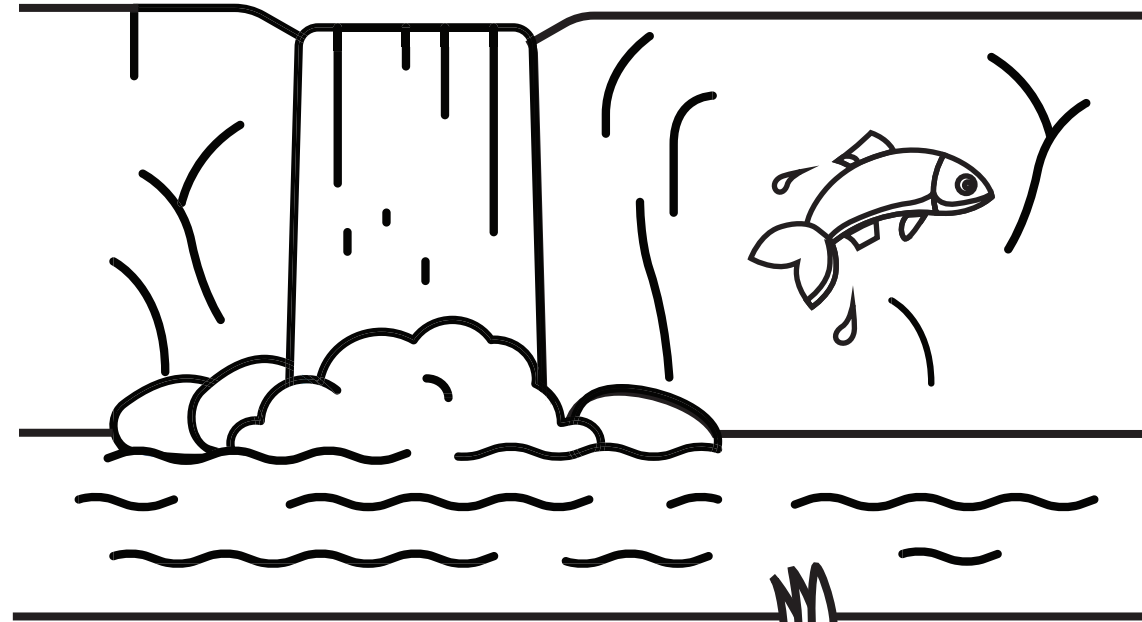


MAZE

Help the sheep get through the maze and into the pastures.



TASTE  
NORTH ICELAND



## WORD SOUP

Find the Icelandic food items in the word soup.

Porskur	Skyr	Rúgbrauð
Söl	Bláber	Blóðberg
Lamb	Ýsa	Silungur
Hvönn	Kartafla	Lax

U L O S B E S Ö L B R O S E N P  
 N S A O L F R L P Þ O R S K U R  
 V K L Ý Ó T M G I F V B Æ A N O  
 E Y T S Ð G U M A V R I H R X L  
 T R R A B A R B A R I M I T K A  
 B X N U E L F L I D K H B A X M  
 L R F D R Y X Á Æ U I V Ý F N B  
 Á S R Ú G B R A U Ð Þ Ö I L V L  
 B S K Ö Þ F M I G H D N V A I O  
 E Ú Á Y R F K S I L U N G U R P  
 R B R A G Ð I N O L I G F Ó T Á

Porskur = Cod  
 Söl = Dulse  
 Lamb = Lamb  
 Hvönn = Angelica

Skyr = Skyr  
 Bláber = Blueberry  
 Ýsa = Haddock  
 Kartafla = Potato

Rúgbrauð = Rye bread  
 Blóðberg = Thyme  
 Silungur = Trout  
 Lax = Salmon

## INGREDIENTS

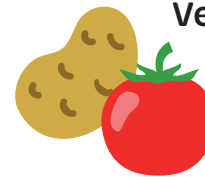
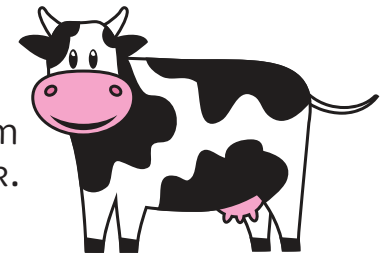
North Iceland offers access to some quality ingredients.

**Fish** is caught in rivers and the ocean. It is rich in protein and healthy fatty acids.



The most popular meat comes from sheep that get to graze on mountain pasture.

**Dairy**, like the unique Icelandic skyr, butter and cheeses are mostly made from cow's milk, but also goat milk.



**Vegetable** can be tough to grow in Iceland, but potatoes are a common sidedish as well as various vegetables grown in geothermally heated greenhouses.

More at [tastenorthiceland.is](http://tastenorthiceland.is).