

# Introduction to Macronutrients [SOLUTION]

As clued in the flavour text, this puzzle is about the well-known Ch 1a “Lattice Lecture” or in this case, its counterpart, the “Lettuce Lecture”.

In the Lattice Lecture, we care about when the word “lattice” is mentioned. Lettuce is a leafy green vegetable (this is implied by the flavour text as well as slide 16, where lettuce is mentioned by name and described as a leafy green), so in the “Lettuce Lecture” we instead care about when **leafy green vegetables** are mentioned, either by name or by picture.

Specifically, we care about the slide number that each green appears on. This number indexes into the alphabet to give a letter for each vegetable:

Slide 1 (A) features kale and watercress.  
Slide 3 (C) features arugula and cabbage  
Slide 14 (N): collard greens  
Slide 15 (O): bok choy and chard  
Slide 16 (P): lettuce  
Slide 19 (S): rapini  
Slide 20 (T): endives and spinach  
Slide 21 (U): dandelion

We now need to put these letters in order, as clued by “got everything in order?” in the flavour text). Ordering the vegetables in alphabetical order (pretty much the only common ordering technique that might make sense here):

Arugula (C)  
Bok Choy (O)  
Cabbage (C)  
Chard (O)  
Collard Greens (N)  
Dandelion (U)  
Endives (T)  
Lettuce (P)  
Kale (A)  
Rapini (S)  
Spinach (T)  
Watercress (A)

The corresponding letters spell COCONUT PASTA, a dish at [Abricott](#).