

FOOD CARDS

The team of Registered Dietitians at Dairy Farmers of Canada (2020) – TeachNutrition.ca

Description

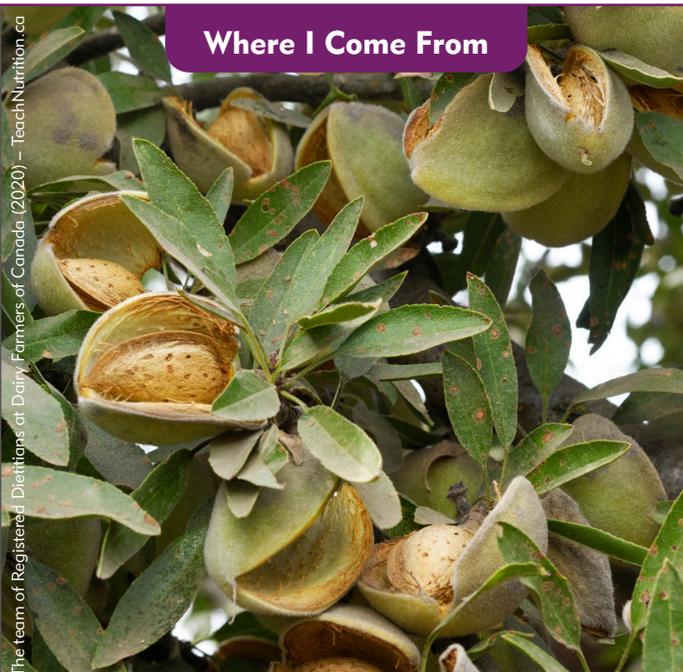


Almonds

Almonds are the seeds of the fruit of the almond tree—they are not actually nuts. They are brown on the outside and white and smooth on the inside, with a crunchy and silky texture. Almonds need to be shelled before they are eaten raw or used in cooking.

The team of Registered Dietitians at Dairy Farmers of Canada (2020) – TeachNutrition.ca

Where I Come From



Almonds

Almonds grow on trees. The almond fruit consists of three parts, including the edible seed. The almond tree is native to Iran and nearby countries, but almonds are now grown in many different regions, including in the Mediterranean, northern Africa, southern Europe and the United States.

The team of Registered Dietitians at Dairy Farmers of Canada (2020) – TeachNutrition.ca

Description

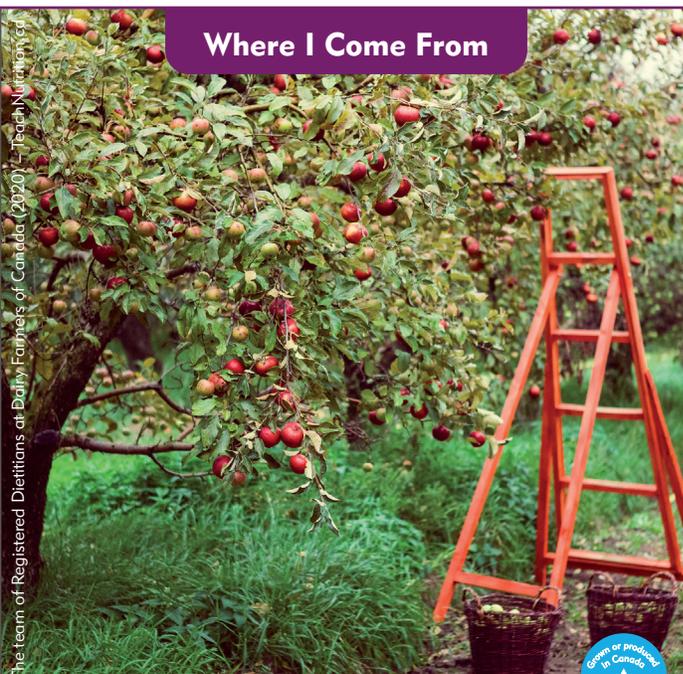


Apple

Apples are a fruit. They come in many different shapes, sizes and colours, such as red, yellow, orange and green, and can be eaten fresh or used in cooking and baking. When eaten fresh, apples can be crispy, crunchy, soft or juicy. Their taste can range from sweet to tart.

The team of Registered Dietitians at Dairy Farmers of Canada (2020) – TeachNutrition.ca

Where I Come From



Apple

Apples grow on apple trees. Apples develop from a flower. In our climate, apple trees bloom in the spring, and their apples are harvested in the fall. Apple trees originated in Central Asia and are now grown worldwide, including in Canada.



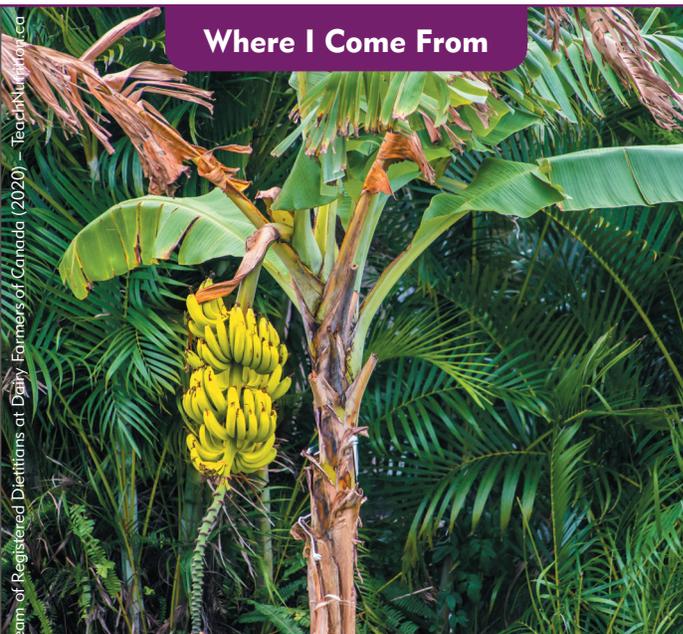
Description



Banana

Bananas are a fruit. Their green or yellow peels turn brown when ripe. There are many different types and sizes of bananas, but the most common is the soft, sweet variety that is eaten raw. Other kinds, like plantains, can be used for cooking.

Where I Come From



Banana

Bananas grows in hanging clusters on banana plants that can reach 3 to 7 metres in height with large leaves. The hanging clusters are called bunches and can weigh 30 to 50 kg. There can be upward of 400 bananas in the hanging clusters. Bananas are grown in tropical climates, typically in countries close to the equator.

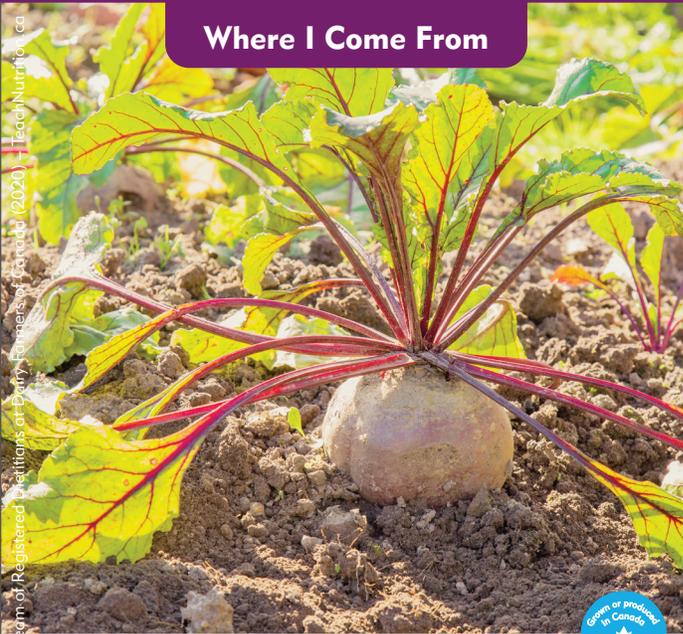
Description



Beet

Beets are a root vegetable. The root and the leaves can be eaten. They come in a variety of colours, including purple, golden, yellow and white, with a flavour that ranges from earthy to sweet. Beets can be eaten raw (crunchy), cooked (soft) or pickled (tangy).

Where I Come From



Beet

Beets grow in the ground from a seed. The root grows in the soil and the leaves grow above the ground. Originally, beets were grown for their greens, not the root, but eventually the root became more popular. Beets grow best in the spring and fall in Canada. Beets are also grown in many other countries around the world.



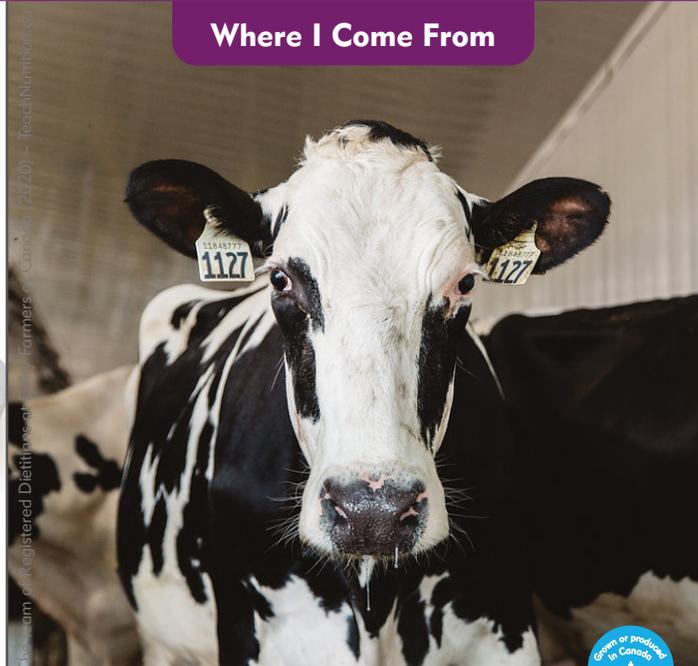
Description



Butter

Butter is the fatty portion of milk. It is generally used as a spread or condiment as well as in cooking and baking to enhance flavours and spices.

Where I Come From



Butter

Butter is made from milk. Milk is spun to separate the cream from the skim milk and then the cream is churned causing it to thicken and separate. The liquid portion is the buttermilk and the solid portion is the butter. Butter is made throughout the world, including in Canada.

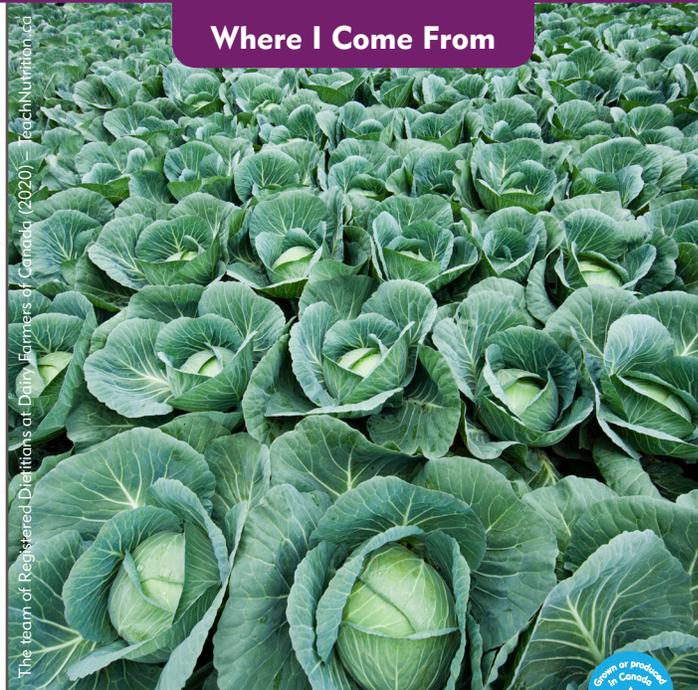
Description



Cabbage

Cabbage is a vegetable. It can have smooth or crinkly leaves and can be green, purple or white. Common kinds of cabbage are white, red and savoy cabbage. It can be eaten pickled, fermented, steamed, stewed, sautéed, braised or raw.

Where I Come From



Cabbage

Cabbage grows in heads above the ground. It is closely related to broccoli and cauliflower. Cabbage plants like full sun and grow best in temperate climates, like here in Canada.

Description



Carrot

Carrots are a root vegetable. They come in a variety of colours—orange, yellow, purple, white, red and even black. Carrots are often described as crunchy and sweet when eaten raw, but they can also be eaten cooked and pickled.

Where I Come From



Carrot

Carrots grow in the ground from a seed. The plant has two sections—the root that is below the ground and the greens that are above the ground. The carrots we eat today originated from wild carrots that were native to Central Asia. Carrots are now grown worldwide, including in Canada.

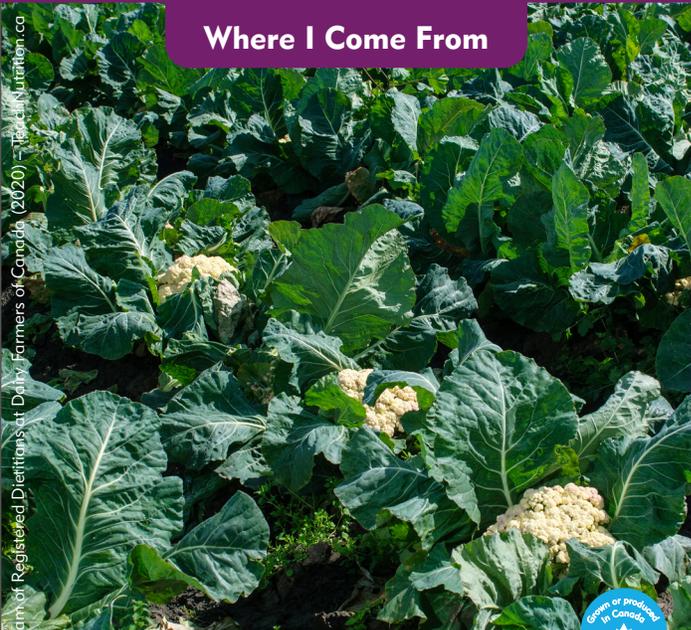
Description



Cauliflower

Cauliflower is a flowering vegetable. The most common colour is white but it can also be orange, green or purple. Typically, only the head of the cauliflower plant is eaten and it has a slightly nutty, sweet yet mild flavour that goes well in many dishes. Cauliflower is eaten either cooked (soft), raw (crunchy) or pickled (tangy).

Where I Come From



Cauliflower

Cauliflower grows above ground from a seed. It needs plenty of sun. It is related to Brussels sprouts, cabbage, kale and broccoli. When it is ready to harvest, the head is white, compact and about 15 to 20 cm in diameter. Cauliflower is thought to have originated in the Mediterranean. Today, it is grown in many places around the world, including in Canada.

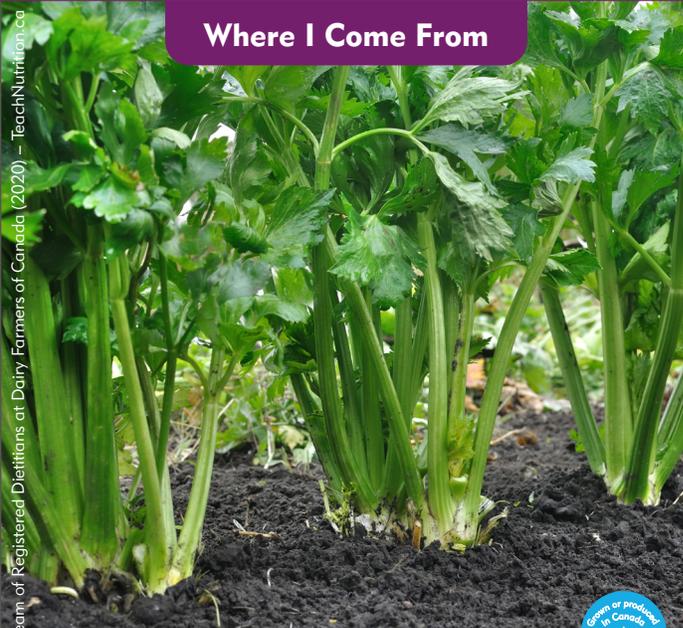
Description



Celery

Celery is a green vegetable that has long, ribbed stalks that grow in bunches with leaves on the tips. Celery has a mix of savoury, watery and salty flavours, with a crunchy and fibrous texture. The most commonly eaten part is the long stalk, but the leaves and the root can also be eaten.

Where I Come From



Celery

Celery is grown from a seed, sown either in a greenhouse or in a field, depending on the season. It grows best in temperate climates with mild or cool weather, but does not grow well in cold climates. Once celery reaches a height of 45 to 60 cm, it is harvested. Celery is grown around the world in temperate climates, including in Canada.

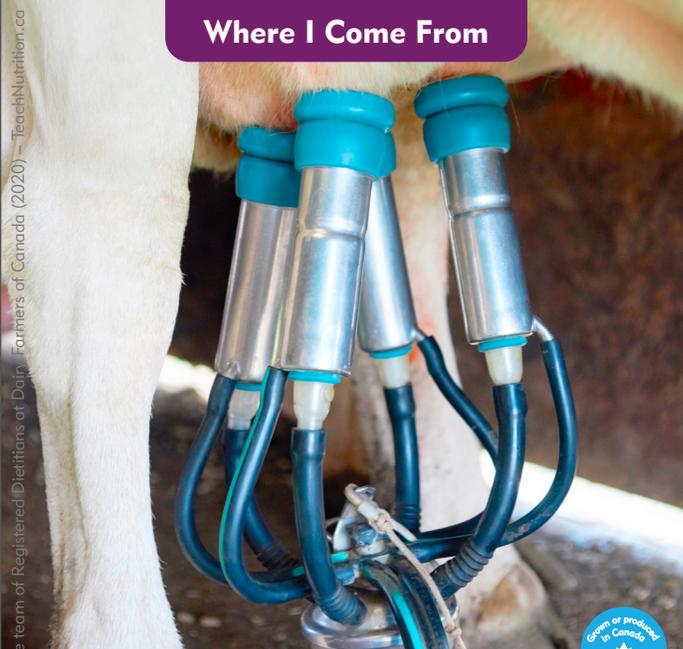
Description



Cheese

Cheese is a food made from milk. There are many varieties of cheese, such as Brie, Gouda, Mozzarella, Cheddar, Havarti, Monterey Jack and Swiss. Cheeses can be eaten alone or used in recipes.

Where I Come From



Cheese

Cheese is made from different kinds of milk, with cow's milk being the most common. To be made into cheese, milk undergoes several preparation stages (e.g., curdling, drainage, pressing). Cheese is made worldwide and many varieties are made here in Canada.

Description



Chicken broth

Chicken broth is a savoury liquid that can be eaten alone or used in other recipes, such as soups, gravies and sauces.

Where I Come From



Chicken broth

Chicken broth is made by boiling and simmering chicken bones and meat and sometimes vegetables with water to extract the flavours.

Description



Curry powder

Curry powder is a spice blend that typically includes coriander, turmeric, cumin, fenugreek, and chili peppers. It can have a mild, medium or hot level of spiciness.

Where I Come From



Curry powder

Curry powder is a spice mix originating from the Indian subcontinent. Spices can be seeds, fruits, roots, bark or other plant parts used for flavouring, colouring or preserving food. Spices tend to be dried and have a strong fragrance or flavour.

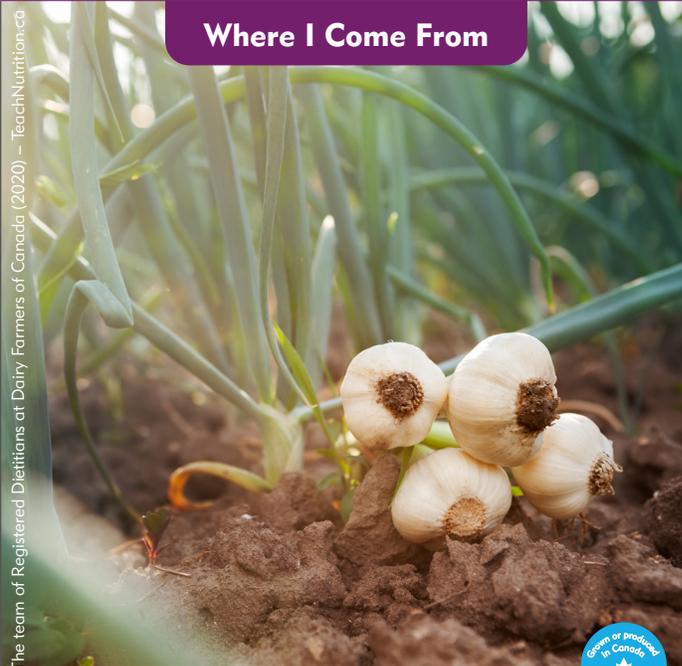
Description



Garlic

Garlic is a bulbous plant closely related to onions, shallots, leeks and chives. Its bulbs are divided into sections called cloves, which are used as a food flavouring, seasoning or condiment, either raw or cooked. They have a pungent, spicy flavour that mellows and sweetens with cooking.

Where I Come From



Garlic

Garlic grows below the ground year-round in mild climates. In colder climates, garlic cloves are planted in the fall and harvested in late spring or early summer. Garlic is native to Central Asia and northeastern Iran and is now grown worldwide.



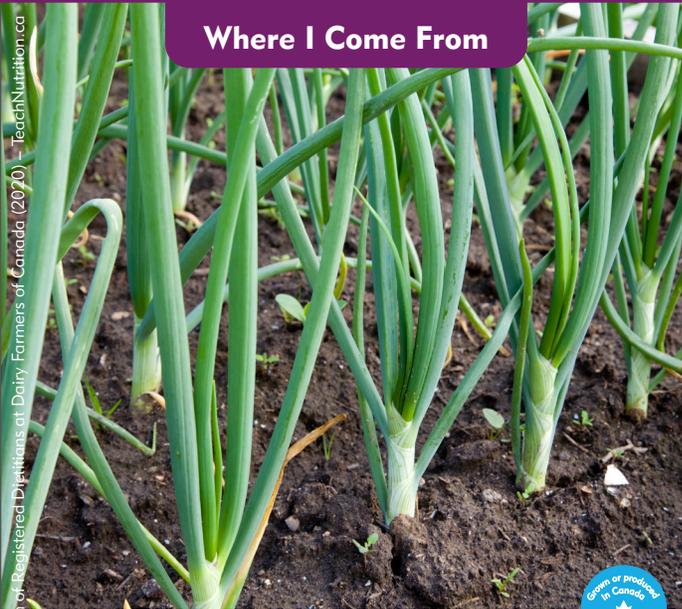
Description



Green onion

Green onions (also called spring onions or scallions) are a vegetable closely related to leeks, chives and garlic. These small, mild-flavoured onions do not have a fully developed bulb, like other onions. Both the bulbs and the tops of green onions can be eaten, either raw or cooked.

Where I Come From



Green onion

Green onions will grow in just about any type of soil if they get enough sunshine and water. They are a member of the bulb family. In most climates, you can plant green onions in mid to late spring. They can be started from seeds, but can also be grown from small, dry, immature bulbs. Green onions are grown in Canada.



Description



Hazelnuts

Hazelnuts are the seeds of the fruit of the hazel tree. They are small and round, with a brownish shell and white-yellowish flesh that is rich in oil and has a sweet flavour. Hazelnuts are consumed raw, roasted or as an ingredient in different food products.

Description

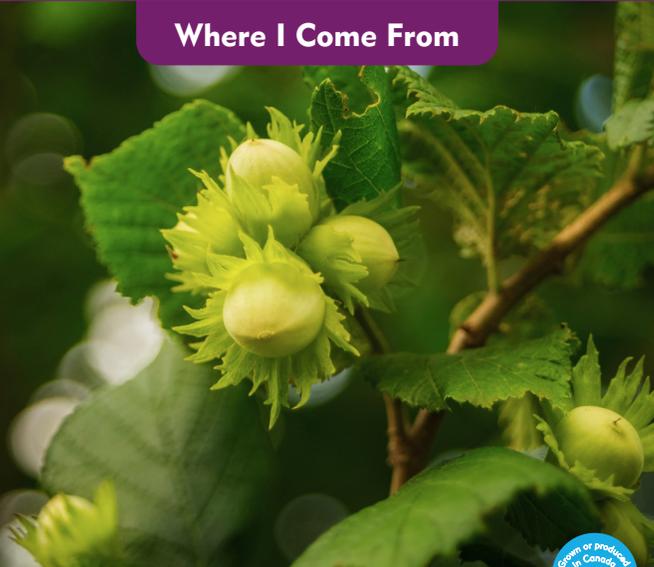


Herbs and spices

Herbs and spices are ingredients that are used to enhance the flavour of foods and come in several forms: fresh, whole dried or pre-ground dried. Generally, spices are dried, and herbs are fresh.

Herbs are the fragrant leaves, flowers or stems of plants and include mint, basil, oregano, bay leaves, parsley and thyme. Spices are seeds, fruits, roots, bark or other plant parts used to flavour, colour or preserve food because of their strong fragrance or flavour. Cardamom, black pepper, coriander, poppy, sesame and nutmeg are examples of spices.

Where I Come From



Hazelnuts

Hazelnuts grow on the hazel tree, which is native to the Northern Hemisphere. Hazelnuts fall from the tree when they are ripe and are harvested from the ground, typically in mid-autumn.

Most of the world’s hazelnuts are grown in Turkey, Italy, Azerbaijan and the United States. Hazelnuts are grown in some Canadian provinces and there is a wild species of hazelnut found in Canada.

Where I Come From



Herbs and spices

Many spices come from tropical plants. They can have different levels of spiciness, such as hot, medium and mild.

Herbs are small green-leaved plants that grow in more temperate regions. They are often grown in vegetable gardens. The leaves are most commonly used in cooking. Spices have played an important role in world history. The search for spices led many explorers to discover new lands. Many different herbs and spices are grown in Canada.

Description



Honey (bees)

Honey is a thick, golden, sweet liquid used in cooking, baking and desserts, as a spread and as a sweetener.

Where I Come From



Honey (bees)

Honey is made by bees that collect the nectar of flowers. There are different types of honey, depending on which flowers the bees collect the nectar from. Bees make honey all over the world, but the major producers are China, Turkey, Iran, the United States, and Ukraine. Honey is also produced in Canada.



Description



Hummus (chickpeas)

Hummus is a dip or spread made from cooked, mashed chickpeas blended with tahini (sesame seed paste), lemon juice, olive oil and garlic. It is popular in the Middle East, as well as in Middle Eastern cuisine around the world.

Where I Come From



Hummus (chickpeas)

Chickpeas, the main ingredient in hummus, are in the pea family of plants and are classified as a legume. A chickpea plant can reach about 60 cm in height with feathery leaves and pods that contain one or two chickpeas. Chickpeas (also called garbanzo beans) are grown worldwide, but are primarily produced in India and Australia. Chickpeas are also grown in Canada.



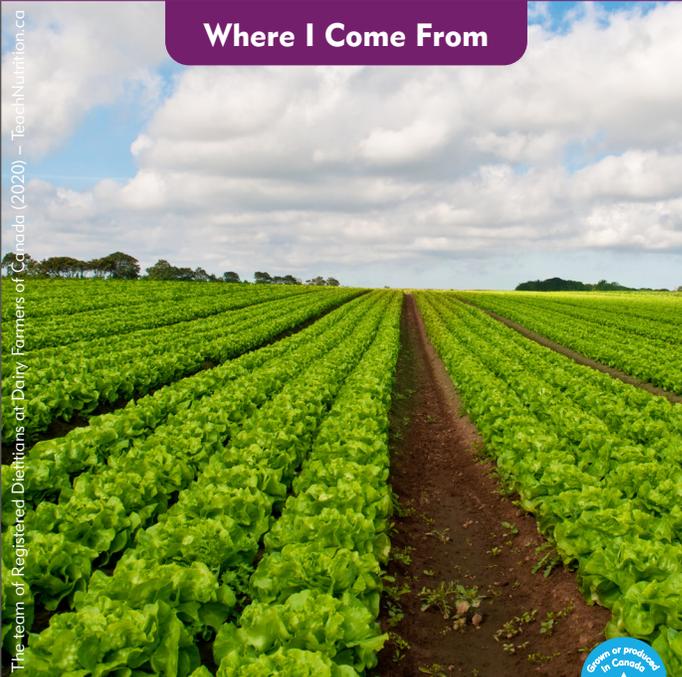
Description



Lettuce

Lettuce is a leafy vegetable that comes in many different varieties, most of which are green. Lettuce has a fresh taste and crisp texture and is mainly eaten raw. Common types of lettuce are iceberg, romaine and butterhead.

Where I Come From



Lettuce

Lettuce grows close to the ground from a seed and prefers cool, full-sun growing conditions. It is most often grown for its leaves, but sometimes the stem and seeds are also used. Lettuce is in the daisy family of plants.

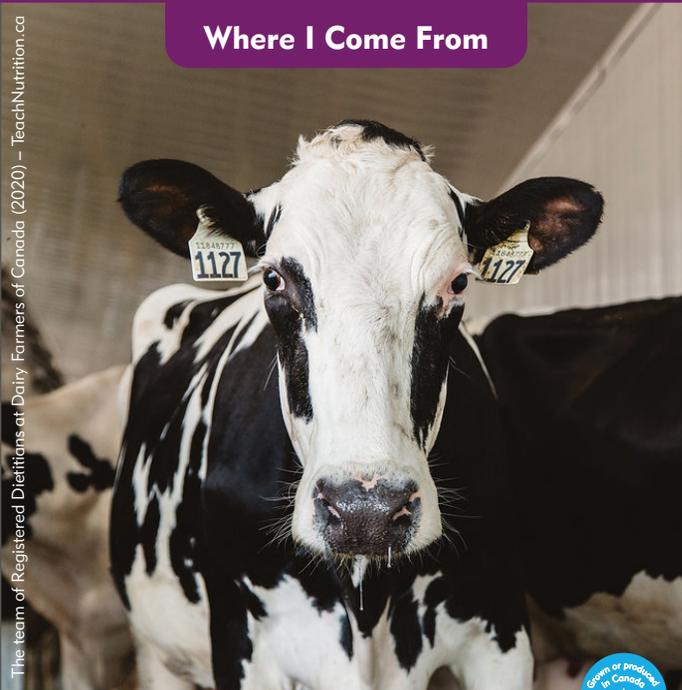
Description



Milk

Milk is a white, thin fluid with a smooth texture. It can be enjoyed on its own, mixed in other drinks or used in baking and cooking. Milk is used to make other foods like cheese and yogurt.

Where I Come From



Milk

Milk is produced by the mammary glands of female mammals. Dairy cows produce most of the milk consumed. They can produce an average of 30 litres of milk a day per cow. Milk is produced in every province in Canada.

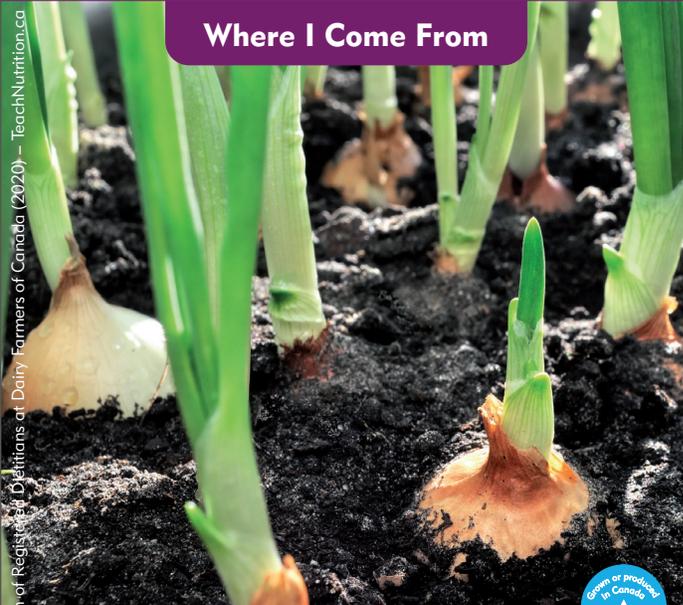
Description



Onion

Onions are a vegetable. They have a pungent taste and smell, but the taste sweetens when they are cooked. There are many different varieties of onions, including white, yellow, Spanish, Vidalia and pearl. The outer skin can vary in colour from yellow and red to white and brown. Onions can be eaten raw or cooked and are used in dishes around the world.

Where I Come From



Onion

Onions are grown from a seed. The bulb of the onion grows underground and has hollow green or bluish-green tube-like leaves that grow above the ground. Onions belong to the lily family of plants and are related to garlic, leeks and chives. Onions are grown in mild climates around the world. Major producers include China, India, Turkey and the United States. Onions are also grown in Canada.

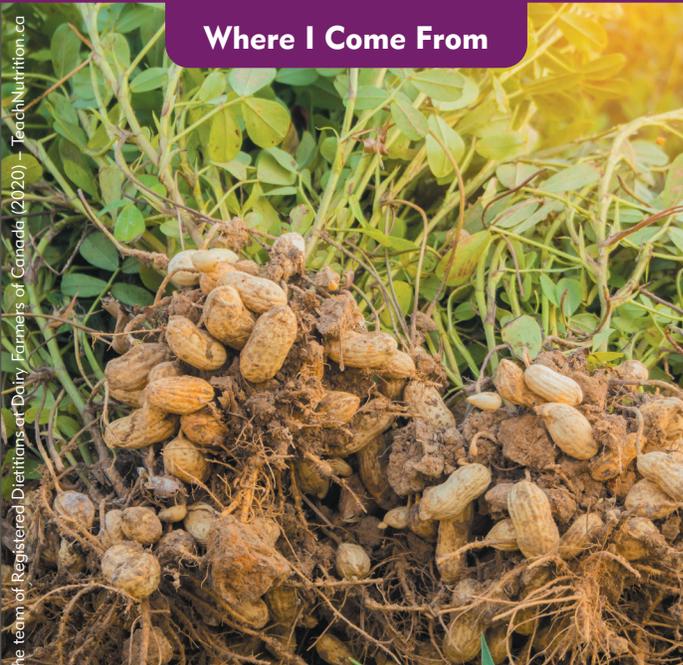
Description



Peanuts

Peanuts are a legume—they are in the bean and pea family of plants. They have a hard outer shell with two seeds inside which are brown. They have an earthy taste. Peanuts can be eaten raw, but are more commonly eaten roasted or boiled and ground to make peanut butter.

Where I Come From



Peanuts

Peanuts grow underground. They are widely grown in tropical and subtropical climates. Despite their name, peanuts are unrelated to tree nuts. Peanuts are grown for their whole seeds and their oil.

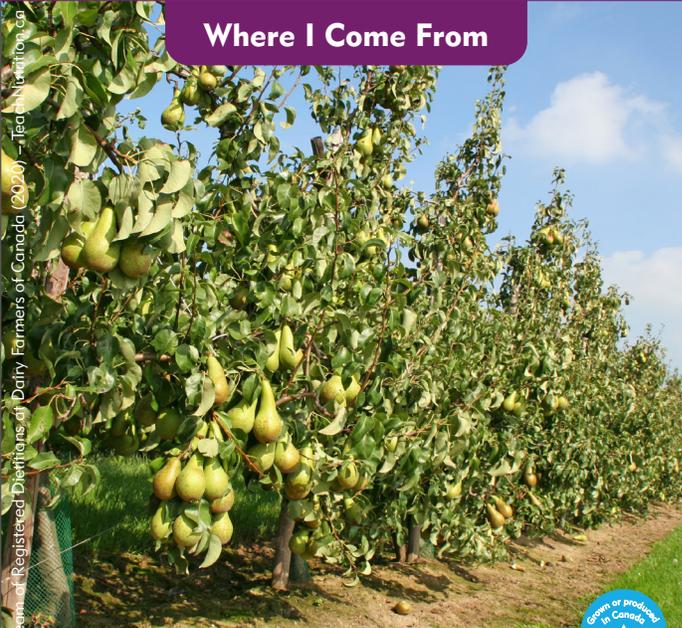
Description



Pear

Pears are a mild, sweet fruit with a fibrous texture. They come in many different varieties and their outer skin can be green, yellow, brown or red.

Where I Come From



Pear

Pears grow on trees and are harvested in the fall. There are thousands of varieties of pears. They are one of the most widely produced fruits in the world and are grown in many temperate climates. The world’s top producers include China, Argentina, Italy, the United States and Turkey. Pears are also grown in Canada.



Description



Peppercorns (black pepper)

Black pepper is a spice that comes from peppercorns. Peppercorns are dried and used as a spice or seasoning. Peppercorns can be used whole or ground. Black pepper is one of the most common spices added to foods around the world. The flavour of black pepper can be described as spicy and fresh.

Where I Come From



Peppercorns (black pepper)

Peppercorns are the dried form of the fruit of the black pepper vine. Black pepper is native to South India—today it is grown there and in other tropical regions of the world. Vietnam grows a lot of the world’s black pepper.

The team of Registered Dietitians at Dairy Farmers of Canada (2020) – TeachNutrition.ca

Description

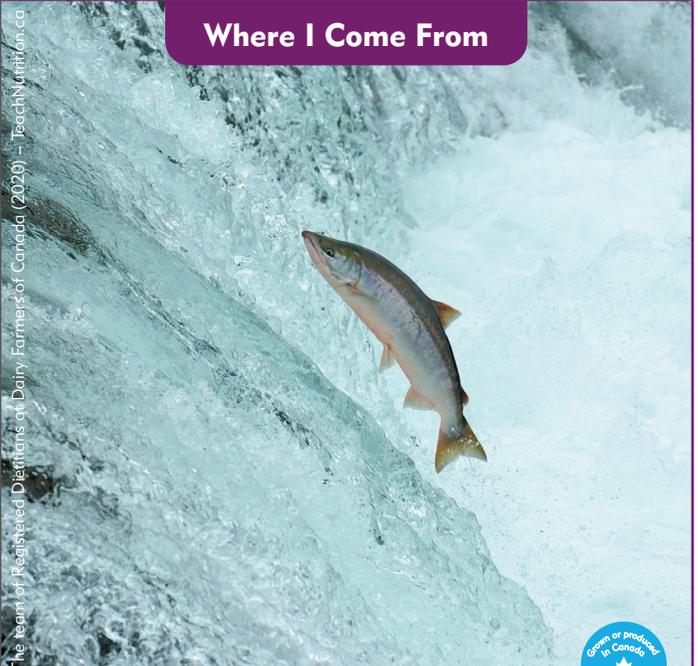


Salmon

Salmon is a silver-grey, oily fish with pink flesh. When cooked, the texture is dense but soft and the flavour is mild. It is often served in fillets or steaks and can be purchased canned, smoked, fresh or frozen.

Where I Come From

The team of Registered Dietitians at Dairy Farmers of Canada (2020) – TeachNutrition.ca



Salmon

Salmon is a fish that alternates between ocean (salt water) and river (fresh water). Salmon can be wild-caught or farm-raised. Wild fisheries catch the fish in their natural habitat, whereas farm fisheries raise fish in netted pens in water or on land.

The team of Registered Dietitians at Dairy Farmers of Canada (2020) – TeachNutrition.ca

Description

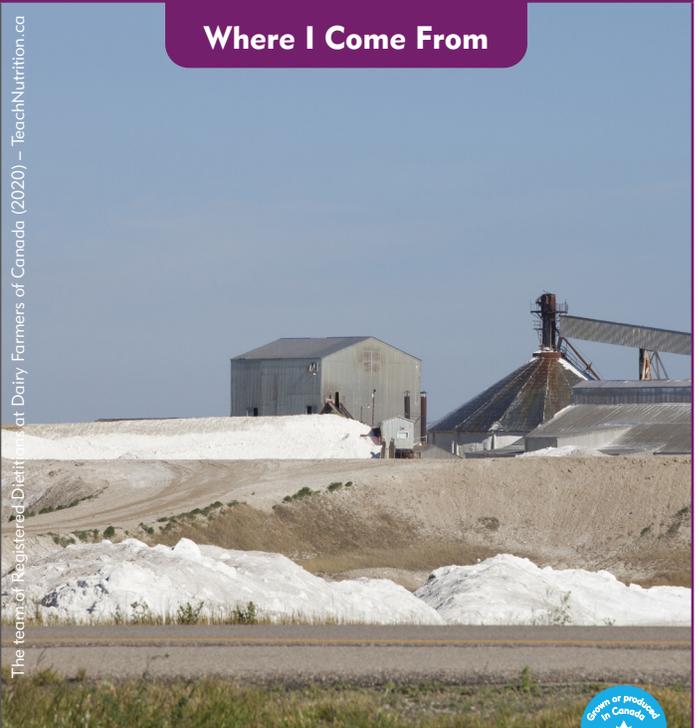


Salt

Salt is a white mineral. It is commonly used in households in a finely ground form to season and preserve foods. Salty is one of the five basic taste sensations.

Where I Come From

The team of Registered Dietitians at Dairy Farmers of Canada (2020) – TeachNutrition.ca



Salt

Salt is processed from salt mines or from the evaporation of seawater.

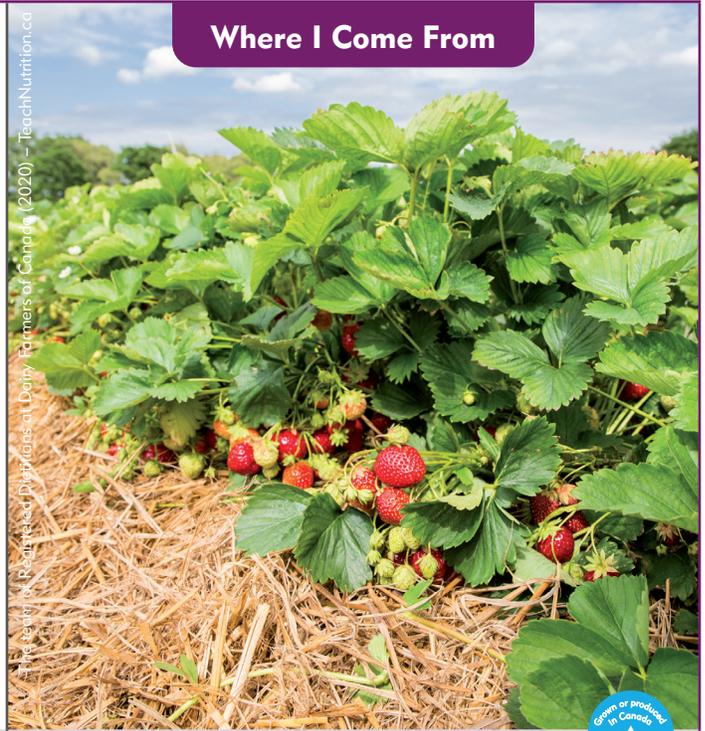
Description



Strawberry

Strawberries are a fruit. They are bright red with little seeds on their surface. They are juicy and have an acidic, sweet taste.

Where I Come From



Strawberry

Strawberries grow in temperate regions on low-lying plants whose stems grow along the ground. Strawberries can also be grown in pots.

Description



Winter squash

Winter squash is a type of fruit vegetable that grows on a vine. It comes in many different shapes, sizes and varieties, including butternut, acorn, buttercup, spaghetti and pumpkin. The skin is either smooth or ribbed and can be white, orange, yellow or green. The flesh is yellow or orange.

Where I Come From



Winter squash

Winter squash is grown from a seed. It grows like fruit—from flowers above ground—but is used like a vegetable in cooking. Winter squash likes warm growing weather and is grown in many areas of the world, including Canada. Winter squash gets its name because it is harvested in the fall when it is hard and ripe and can be stored for quite a long time during the winter.

Description



Turnip

Turnips are a round root vegetable with skin that is mostly white except for the top part that is exposed to the sun, which can be purple, red or even greenish. The flesh of the turnip is white and can have either a sweet or bitter flavour, depending on when it is picked. The leaves, called turnip greens, can also be eaten.

Where I Come From



Turnip

Turnips grow from a seed in the ground in temperate climates throughout the world. They are often referred to as a “cold crop” as they aren’t harvested until late fall. They can be stored throughout the winter.



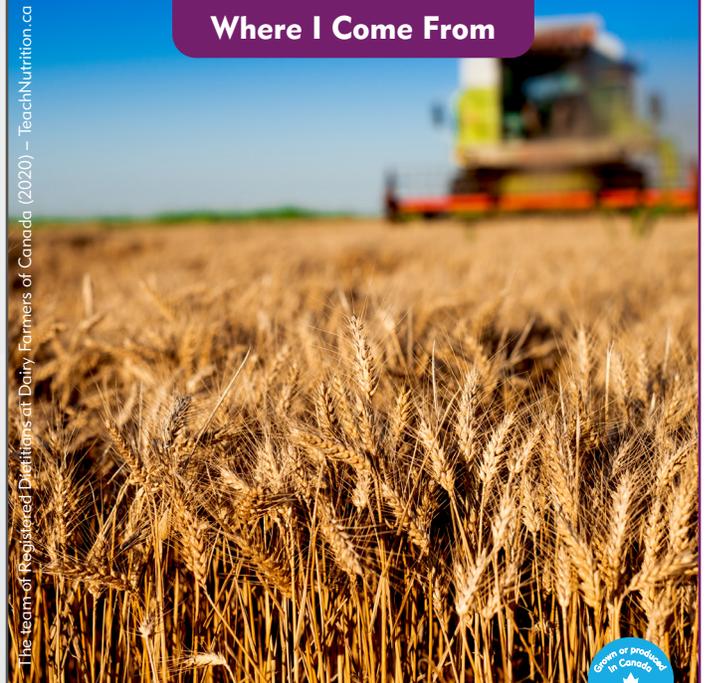
Description



Whole-grain bread

Whole-grain bread is a food made with flour that contains all parts of the grain. Its crust is beige or brown. The middle of the loaf is beige and chewy. The taste is often sweet. It often has a yeasty aroma.

Where I Come From



Whole-grain bread

Bread is one of the oldest prepared foods and is considered a staple in many areas of the world. Bread is usually made from a flour dough that includes yeast to help it rise. Flour is made by grinding grains, like wheat, barley, oats or rye.



Description



Yogurt

Yogurt is white and creamy. The texture is silky, thick and smooth, and the taste is sweet and tangy. It can be plain or come in a variety of flavours using different types of fruit such as strawberries, blueberries, peaches, limes, pineapples and raspberries.

Where I Come From



Yogurt

Yogurt is made from the milk of mammals which has been fermented by bacteria. These bacteria are known as yogurt cultures. Cow's milk is most frequently used to make yogurt.