

Peach



CLUES

- My skin can be shades of yellow and orange
- My skin is soft
- My flesh is bright yellow
- I have a large oval pit in my centre
- My pit is dark brown and rough
- I am round
- I am juicy
- You can find me fresh, frozen or canned

ORIGIN

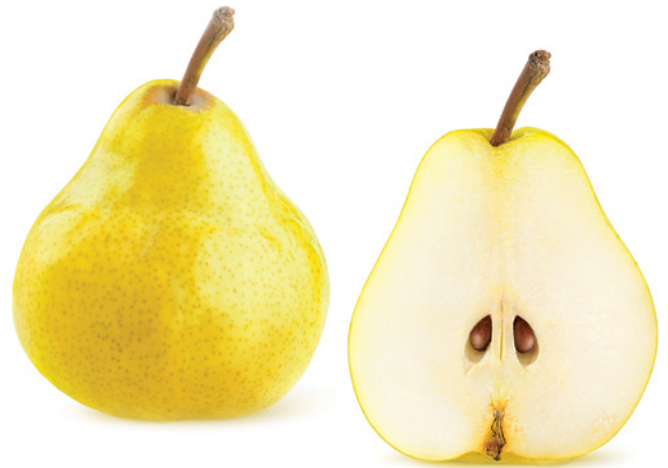
- I grow on a tree in an orchard

FUN FACT

- I look similar to a nectarine, except I have a fuzzy coat

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Pear



CLUES

- My skin is yellow with small brown spots
- My skin is smooth
- My flesh is white
- My core has small brown seeds
- I am bell shaped
- You can find me fresh or canned

ORIGIN

- I grow on a tree in an orchard

FUN FACT

- I ripen and turn sweet only after I am picked from the tree

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Butternut squash



CLUES

- My skin is beige and smooth
- My flesh is bright orange
- My bottom is filled with white seeds that are mixed with stringy pulp
- I am bell shaped

ORIGIN

- I grow above the ground on a vine in a garden or field

FUN FACT

- My name combines a milk product and a squirrel's favourite snack
- I can be part of a Three Sisters garden, which was traditionally grown by some Indigenous peoples

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Corn



CLUES

- I am covered with silky strands and green leaves called husks
- I have yellow kernels on my inside
- I am long
- You can eat me from the cob
- I can be a snack that has the word "pop" in it
- I can be made into polenta
- You can find me fresh, frozen or canned

ORIGIN

- I grow on a tall stalk in a garden or field

FUN FACT

- Farmers make mazes through my stalks
- I can be part of a Three Sisters garden, which was traditionally grown by some Indigenous peoples

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Barley



CLUES

- I am beige
- I am small and oval
- I am firm and chewy when cooked
- You might find me in soups, grain salads or on my own instead of rice

ORIGIN

- I grow in a field on a tall stalk that looks like wheat

FUN FACT

- I am used to make malt vinegar

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Couscous



CLUES

- I am pale yellow
- I am tiny and round
- I am fluffy when cooked

ORIGIN

- I am made of crushed durum wheat

FUN FACT

- I am one of the smallest types of pasta

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Bread



CLUES

- My crust is brown and crispy
- My inside is beige and chewy
- I am often used to make toast
- I come in many types, like whole wheat, pita, arepa, naan, chapati and injera. Another example is bannock, which was traditionally cooked in the ground by the Mi'kmaq, who call it *luskinikn*.

ORIGIN

- I can be made with different types of flour

FUN FACT

- I can make crumbs

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Carrot



CLUES

- I am orange
- I am long
- My top has lacy leaves
- I am crunchy when raw
- I am fun to dip
- I can be a snack that has the word "baby" in it
- You can find me fresh, frozen or canned

ORIGIN

- I grow under the ground in a garden or field

FUN FACT

- Rabbits love me

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O-shaped cereal



CLUES

- I am beige
- I am crunchy
- I can be eaten dry as a snack or with milk for breakfast

ORIGIN

- I am made with whole grain oats

FUN FACT

- I am shaped like the letter O

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Bow-tie pasta



CLUES

- I am brown
- I am hard when dry
- I am soft when cooked
- I am usually served with sauce

ORIGIN

- I can be made with different types of flour

FUN FACT

- I look like a bow-shaped necktie
- I double in size when cooked

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Oats



CLUES

- I am beige
- I am oval and flat
- I have a line in the middle of my flake

ORIGIN

- I grow in a field on a tall stalk that looks like wheat

FUN FACT

- I am creamy when cooked as a breakfast cereal

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Soba noodles



CLUES

- I am brown
- I am long
- I look like spaghetti
- I am hard when dry
- I am soft when cooked
- I am often eaten in a broth with vegetables

ORIGIN

- I am made with buckwheat

FUN FACT

- I can be slurped

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Milk



CLUES

- I am bright white
- I am liquid
- You can drink me cold
- You can drink me in a glass or eat me with cereal

ORIGIN

- I come from cows

FUN FACT

- I come from a large animal that is often black and white

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Mozzarella cheese



CLUES

- I am white
- I am firm when I am in a block
- I am stretchy when melted
- I can be a topping on pizza

ORIGIN

- I am made from cow's milk

FUN FACT

- You can find me as a bite-sized ball, called bocconcini

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Egg



CLUES

- My shell is white and smooth
- I am oval
- My inside is runny when raw
- My inside is white and yellow when cooked
- I can be fried, boiled, scrambled or poached

ORIGIN

- I come from hens

FUN FACT

- My white shell comes from white-feathered hens, my brown shell comes from brown-feathered hens

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Quinoa



CLUES

- I am beige
- I am small and round
- I am similar in texture to brown rice when cooked
- You might find me in salads or on my own instead of rice

ORIGIN

- I grow on a tall plant in a field

FUN FACT

- I quadruple in size when cooked

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Yogurt



CLUES

- I am white
- I am creamy, thick and smooth
- You can eat me on my own or use me in a dip, like labneh or tzatziki
- I come in many different flavours and varieties, like Greek and Balkan

ORIGIN

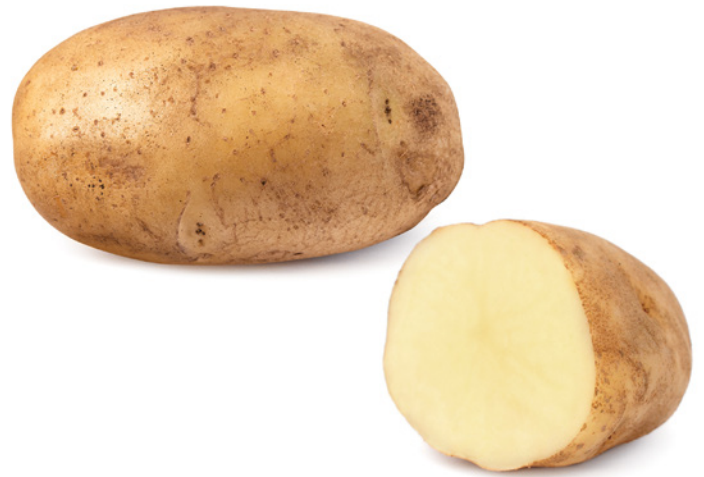
- I am made from cow's milk that has been fermented

FUN FACT

- I am a popular ingredient in smoothies
- You can eat me with a spoon

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Potato



CLUES

- My skin is pale brown with dark brown spots
- My flesh is beige
- I am oval

ORIGIN

- I grow under the ground in a garden or field

FUN FACT

- PEI is my biggest producer in Canada
- I am used to make a popular food which includes the name of a language

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Chickpea



CLUES

- I am beige
- I am round
- I can be made into hummus or falafels
- You can find me dried or canned

ORIGIN

- I grow in a pod on a plant in a garden or field

FUN FACT

- My name combines a baby animal and a vegetable

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Chicken drumstick



CLUES

- I am brown when cooked
- I have a big bone inside me
- I am shaped like the musical instrument called the maraca
- I am a type of poultry like turkey, goose and duck

ORIGIN

- I come from an animal raised on a farm

FUN FACT

- The animal I come from makes the sound *cluck, cluck, cluck*

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Ground beef



CLUES

- I am brown when cooked
- I am crumbly when cooked
- I am often made into burgers or used in spaghetti sauce

ORIGIN

- I come from an animal raised on a farm

FUN FACT

- The animal I come from makes the sound *moo*

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Pork chop



CLUES

- I am tan and brown when cooked
- I have a bone that runs down my side
- I am chewy

ORIGIN

- I come from an animal raised on a farm

FUN FACT

- The animal I come from makes the sound *oink-oink*

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Pea



CLUES

- I am bright green
- I am small and round
- I am firm and crunchy when raw
- I can be soft when cooked
- You can find me fresh, frozen, canned or dried

ORIGIN

- I grow in a pod on a vine in a garden or field

FUN FACT

- I split in two when I am dried

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Broccoli



CLUES

- My florets are dark green
- My stalk is pale green and firm
- I am crunchy when raw
- I am fun to dip
- You can eat my stalk to avoid food waste
- You can find me fresh or frozen

ORIGIN

- I grow above the ground in a garden or field

FUN FACT

- I look like a small tree

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Bok choy



CLUES

- My stalks are white
- My leaves are dark green
- I am crispy when raw
- You might find me in a salad or stir-fry

ORIGIN

- I grow above the ground in a garden or field

FUN FACT

- I am a member of the cabbage family, but I look more like lettuce

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Green bell pepper



CLUES

- My skin is green and shiny
- My inside has small white seeds
- I am crunchy

ORIGIN

- I can grow in your garden or patio planter
- Farmers also grow me in a field or greenhouse

FUN FACT

- My name includes the sound you hear at school to announce recess
- Some of my relatives are spicy but I am not

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Green bean



CLUES

- I am green
- I have tiny beans in my pod
- I am long and slim
- You can find me fresh, frozen or canned

ORIGIN

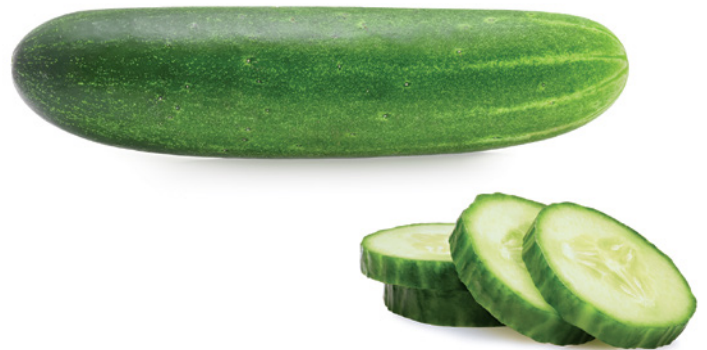
- I grow on a bush or a vine that climbs a pole or trellis

FUN FACT

- I can be part of a Three Sisters garden, which was traditionally grown by some Indigenous peoples

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Cucumber



CLUES

- My peel is dark green
- My inside is pale green and has white seeds
- I am long
- I am crunchy

ORIGIN

- I can grow on a vine in your garden or patio planter
- Farmers also grow me in a field or greenhouse

FUN FACT

- I can be made into pickles

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Cabbage



CLUES

- I am pale green
- I have big leaves
- I am round
- I am the main ingredient in coleslaw, kimchi and sauerkraut

ORIGIN

- I grow above the ground in a garden or field

FUN FACT

- I am shaped like a soccer ball

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Lobster



CLUES

- My shell is dark when I am in the ocean
- My shell turns red when cooked
- My cooked meat is white and red
- I am part of the crustacean family
- You might find me in a chowder or in a roll

ORIGIN

- I come from the ocean

FUN FACT

- I have powerful claws
- Mi'kmaq have been fishing for me in the ocean for generations

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Red kidney bean



CLUES

- I am dark red
- You might find me in chili or curry
- You can find me dried or canned
- My dried form needs to be soaked and cooked

ORIGIN

- I grow in a pod on a plant

FUN FACT

- My pod is green, but I am dark red

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Strawberry



CLUES

- I am bright red
- I have tiny yellow seeds on my surface
- My inside can be red and white
- I am often shaped like a heart
- I am juicy
- You can find me fresh or frozen

ORIGIN

- I grow on a low-lying vine in a field or a greenhouse

FUN FACT

- I wear my seeds on the outside
- I can have up to 200 seeds

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Raspberry



CLUES

- I am deep red
- I am made up of little balls, each containing a small seed
- I am hollow on the inside
- You can find me fresh or frozen

ORIGIN

- I grow on a bush that has branches covered in thorns

FUN FACT

- I can fit on your finger like a little hat

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Tomato



CLUES

- My skin is bright red
- My skin is smooth and shiny
- My inside has a jelly-like centre with small seeds
- I am round
- You might find me in chili and spaghetti sauce
- You can find me fresh, canned or dried

ORIGIN

- I can grow on a vine in your garden or patio planter
- Farmers also grow me in a field or greenhouse

FUN FACT

- I have about 10,000 varieties worldwide

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Salmon



CLUES

- I am pale pink
- I am flaky when cooked
- I am used in sushi
- You can find me fresh, frozen, canned or smoked

ORIGIN

- I can live in the ocean or be farm-raised

FUN FACT

- I can swim
- *Plamu* is my name in Mi'kmaw, and *polam* is my name in Wolastoqey

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Apple



CLUES

- My skin is red, smooth and shiny
- My flesh is white
- My core contains small brown seeds
- I am round
- I am crunchy and juicy
- I can be made into sauce or juice

ORIGIN

- I grow on a tree in an orchard

FUN FACT

- Picking me is a popular fall activity

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Beet



CLUES

- I am a deep red or dark purple colour
- I am round
- My leaves are edible
- You can find me fresh, canned or pickled

ORIGIN

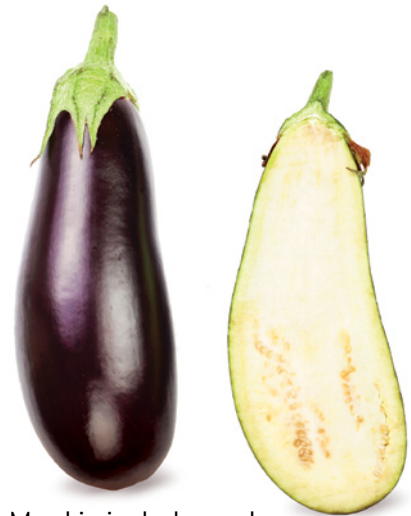
- I grow below the ground in a garden or field

FUN FACT

- My colour is so powerful that I can stain your fingers

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Eggplant



CLUES

- My skin is dark purple
- My skin is smooth and glossy
- My flesh is beige and spongy
- You might find me in ratatouille, moussaka or baba ganoush

ORIGIN

- I grow above the ground in a garden or field

FUN FACT

- I have the word “egg” in my name, but I am a vegetable

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Blueberry



CLUES

- My skin is dark blue and smooth
- My flesh is gelatinous
- I am small and round
- You can find me fresh, frozen or dried

ORIGIN

- I can grow on a high bush when I am cultivated and on a low bush in the wild

FUN FACT

- My wild variety, which grows on a low bush, is a traditional food of Indigenous peoples

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Blackberry



CLUES

- I have a dark colour ranging from purple to black
- I am made up of little balls, each containing a small seed
- I have a pink core

ORIGIN

- I grow on a bush

FUN FACT

- I look like a raspberry before I ripen

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FOOD BINGO

Red kidney bean



Soba noodles



Beet



Bok choy



Corn



Salmon



Chicken drumstick



Blackberry



Green bean



Carrot



Apple



Mozzarella cheese



FREE

Green bell pepper



Couscous



Raspberry



Oats



Blueberry



Cucumber



Peach



Strawberry



Milk



Eggplant



Cabbage



Pear



FOOD BINGO

Tomato



Milk



Blackberry



Green bean



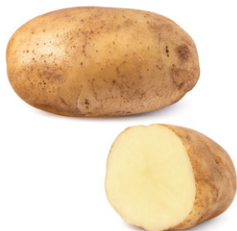
Pear



Raspberry



Potato



Blueberry



Broccoli



Carrot



Red kidney bean



Yogurt



FREE

Cucumber



Peach



Salmon



Quinoa



Beet



Cabbage



Butternut squash



Apple



Pork chop



Eggplant



Bok choy

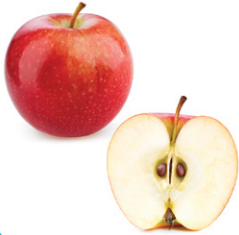


Corn



FOOD BINGO

Apple



Mozzarella cheese



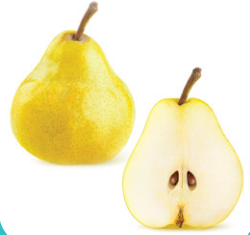
Blueberry



Cucumber



Pear



Raspberry



O-shaped cereal



Beet



Green bell pepper



Couscous



Tomato



Chickpea



FREE

Broccoli



Carrot



Lobster



Ground beef



Eggplant



Cabbage



Butternut squash



Red kidney bean



Yogurt



Blackberry



Pea



Peach



FOOD BINGO

Lobster



Yogurt



Blueberry



Pea



Corn



Red kidney bean



Barley



Blackberry



Green bell pepper



Peach



Tomato



Mozzarella cheese



FREE

Broccoli



Carrot



Strawberry



Egg



Eggplant



Cucumber



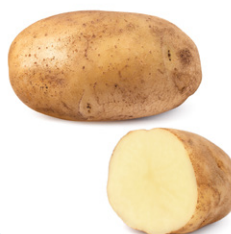
Couscous



Salmon



Potato



Beet



Green bean



Pear



FOOD BINGO

Raspberry



Mozzarella cheese



Beet



Cucumber



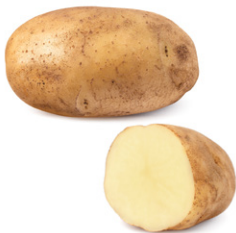
Butternut squash



Strawberry



Potato



Eggplant



Pea



Corn



Tomato



Soba noodles



FREE

Green bean



Pear



Lobster



Milk



Blackberry



Cabbage



Couscous



Red kidney bean



Yogurt



Blueberry



Bok choy



Peach



FOOD BINGO

Lobster



Bread



Blueberry



Pea



Peach



Red kidney bean



Egg



Eggplant



Broccoli



Pear



Strawberry



Milk



FREE

Bok choy



Butternut squash



Raspberry



Bow-tie pasta



Beet



Green bean



Corn



Tomato



Yogurt



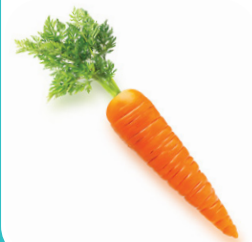
Blackberry



Green bell pepper



Carrot



FOOD BINGO

Salmon



Mozzarella cheese



Blueberry



Bok choy



Pear



Tomato



Egg



Blackberry



Green bean



Butternut squash



Red kidney bean



Bow-tie pasta



FREE

Broccoli



Peach



Lobster



Milk



Beet



Green bell pepper



Corn



Apple



Oats



Eggplant



Cucumber



Carrot



FOOD BINGO

Red kidney bean



Yogurt



Blackberry



Green bell pepper



Pear



Apple



Chicken drumstick



Eggplant



Broccoli



Butternut squash



Strawberry



Pork chop



FREE

Green bean



Corn



Lobster



Quinoa



Blueberry



Bok choy



Peach



Tomato



Mozzarella cheese



Beet



Cabbage



Couscous



FOOD BINGO

Strawberry



Ground beef



Blueberry



Broccoli



Carrot



Apple



Oats



Eggplant



Cucumber



Peach



Lobster



Yogurt



FREE

Cabbage



Pear



Red kidney bean



Barley



Beet



Green bean



Corn



Tomato



Milk



Blackberry



Pea



Butternut squash



FOOD BINGO

Apple



Soba noodles



Blueberry



Bok choy



Peach



Raspberry



Bread



Blackberry



Cabbage



Couscous



Salmon



Egg



FREE

Pea



Carrot



Red kidney bean



Yogurt



Beet



Broccoli



Butternut squash



Lobster



Mozzarella cheese



Eggplant



Green bean



Pear

