#### Peach







- 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

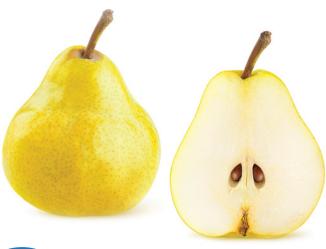
ORIGIN

• I grow on a tree in an orchard



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

#### 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



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

### **Butternut squash**





- 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



- 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

#### Corn





- I am covered with silky strands and green leaves called husks
- I have yellow kernels on my inside
- I am lona
- 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



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

### **Barley**





- 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



• I am used to make malt vinegar

#### Couscous



CLUES

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

ORIGIN

• I am made of crushed durum wheat



• I am one of the smallest types of pasta

#### -/-

#### **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



• I can make crumbs

#### Carrot



- 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



Rabbits love me

### **O-shaped cereal**





- 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



• I am shaped like the letter O

### **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



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

#### %

#### **Oats**





- 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



 I am creamy when cooked as a breakfast cereal

### Soba noodles





- 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



• I can be slurped

right © 2021 Dairy Farmers of Canada.

#### Milk





- 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



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

### 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

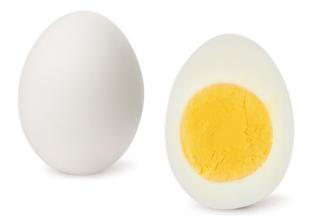
I am made from cow's milk



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

#### %

### Egg





- 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



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

### Quinoa





- 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



• I quadruple in size when cooked

### Yogurt





- 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

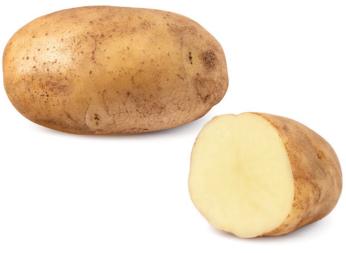
**ORIGIN** 

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



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

#### **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



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

### Chickpea





- 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



 My name combines a baby animal and a vegetable

### **Chicken drumstick**





- 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



The animal I come from makes the sound

#### **Ground beef**





- 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



 The animal I come from makes the sound moo

### **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



 The animal I come from makes the sound oink-oink

#### -8-0

#### Pea





- 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



• I split in two when I am dried

### **Broccoli**





- 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



• I look like a small tree

### **Green bell pepper**





- 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



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

#### 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

**Bok choy** 

ORIGIN

• I grow above the ground in a garden or field



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

### 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

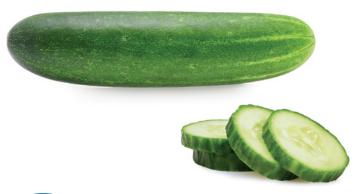
ORIGIN

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



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

#### Cucumber





- 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



• I can be made into pickles

### Cabbage



ORIGIN

• I grow above the ground in a garden or field

• I am the main ingredient in coleslaw, kimchi



I am shaped like a soccer ball

and sauerkraut

#### 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



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

### Red kidney bean





- 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



My pod is green, but I am dark red

### **Strawberry**





- 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



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

### Raspberry



- 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

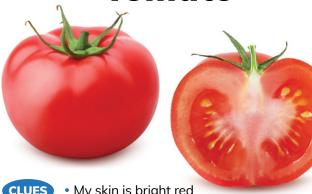
ORIGIN

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



I can fit on your finger like a little hat

#### Tomato



- · 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



• I have about 10,000 varieties worldwide

### Salmon





- 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



- Plamu is my name in Mi'kmaw, and polam is my name in Wolastogey

### **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

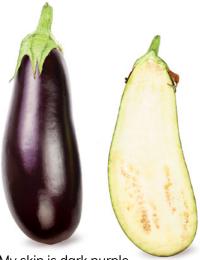
**ORIGIN** 

• I grow on a tree in an orchard



Picking me is a popular fall activity

### **Eggplant**





- 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



• I grow above the ground in a garden or field



• I have the word "egg" in my name, but I am a vegetable

### <del>-</del>%.

#### CLUES

• I am a deep red or dark purple colour

Beet

- 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



 My colour is so powerful that I can stain your fingers

### **Blueberry**





- 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



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

### **Blackberry**





- 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



• I look like a raspberry before I ripen

**Red kidney** bean



Soba noodles



**Beet** 



**Bok choy** 



Corn



Salmon



Chicken drumstick



Blackberry



Green bean



Carrot



**Apple** 



Mozzarella cheese



Green



Couscous



Raspberry



Oats



**Blueberry** 



Cucumber



Peach



Strawberry



Milk





Cabbage



Pear





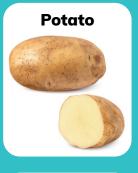


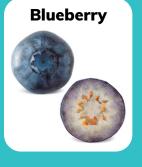


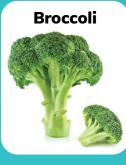




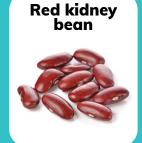




















Salmon



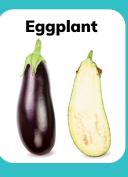










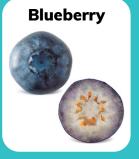


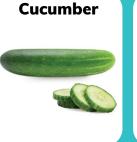




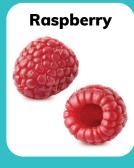
Apple









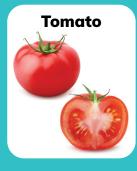






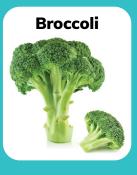




























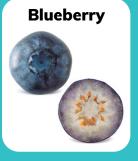




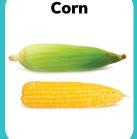


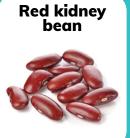
Lobster









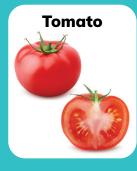






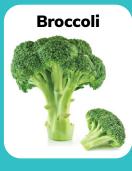




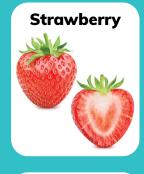


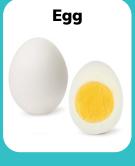








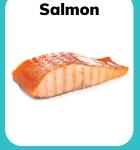


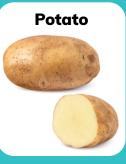


















Raspberry



Mozzarella cheese



**Beet** 



Cucumber



**Butternut** 



**Strawberry** 



**Potato** 



**Eggplant** 



Pea



Corn



Tomato



Soba noodles



Green



Pear



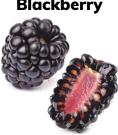
Lobster



Milk



Blackberry



Cabbage



Couscous



Red kidney bean



Yogurt



Blueberry



**Bok choy** 

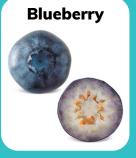


Peach



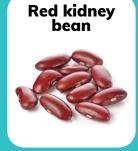
Lobster





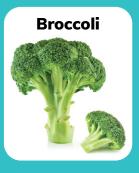














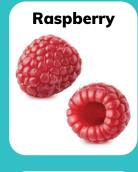




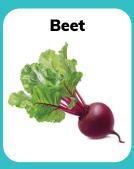






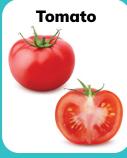




















Salmon



Mozzarella cheese



**Blueberry** 



**Bok choy** 



**Pear** 



Tomato



Egg



**Blackberry** 



Green bean



**Butternut** 

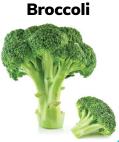


Red kidney bean



**Bow-tie** pasta





Peach



Lobster



Milk





Green



Corn



Apple



**Oats** 





Cucumber



Carrot



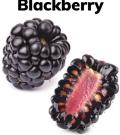
Red kidney bean



**Yogurt** 



Blackberry



Green





Apple



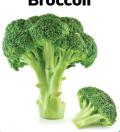
Chicken drumstick



**Eggplant** 



**Broccoli** 



**Butternut** 



**Strawberry** 



Pork chop



Green bean



Corn



Lobster



Quinoa



Blueberry



**Bok choy** 



Peach



Tomato



Mozzarella cheese



**Beet** 



Cabbage



Couscous



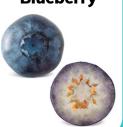
**Strawberry** 



**Ground beef** 



**Blueberry** 



**Broccoli** 



**Carrot** 



**Apple** 



**Oats** 



**Eggplant** 



Cucumber



**Peach** 



Lobster



Yogurt



Cabbage



Pear



Red kidney bean



**Barley** 





Green



Corn



Tomato



Milk



**Blackberry** 



Pea





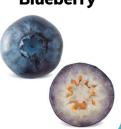
**Apple** 



Soba noodles



**Blueberry** 



**Bok choy** 



Peach



**Raspberry** 



**Bread** 



**Blackberry** 



Cabbage



Couscous



Salmon



Egg





Carrot



Red kidney bean



Yogurt





**Broccoli** 



Butternut



Lobster



Mozzarella cheese





Green bean



Pear



Salmon



Chicken drumstick



Blueberry



Green



Couscous



**Strawberry** 



Mozzarella cheese



**Eggplant** 



Cucumber



**Butternut** 



Lobster



Chickpea



Cabbage



Corn



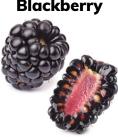
**Red kidney** bean



**Bread** 



**Blackberry** 



Pea



Carrot



Raspberry



Milk



**Beet** 



Green bean

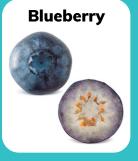


Peach



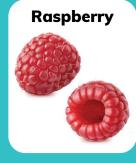
Strawberry

Mozzarella cheese







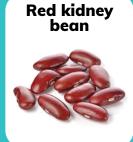








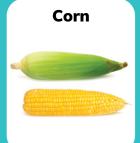












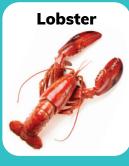




















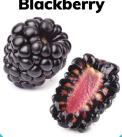
Salmon



Milk



**Blackberry** 



Green bean



Couscous





Soba noodles



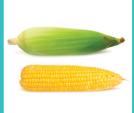
**Eggplant** 



**Bok choy** 



Corn



**Strawberry** 





Oats



Cabbage



**Butternut** squash



Raspberry



Egg



Beet



Cucumber



Peach





Mozzarella cheese



Blueberry



Broccoli



Carrot

















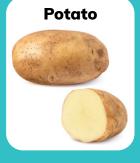




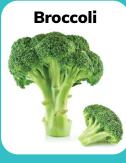




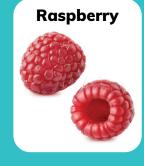
Salmon













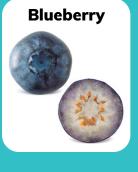
















Salmon



Pork chop



**Blackberry** 



**Broccoli** 



**Butternut** 



Lobster



Milk



**Eggplant** 



Cabbage



Couscous



**Strawberry** 

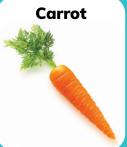


Yogurt



Cucumber





Red kidney bean



O-shaped cereal



**Blueberry** 



Pea



Peach



Tomato



Chickpea



**Beet** 

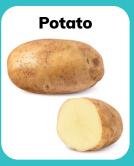




Corn



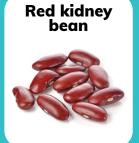




















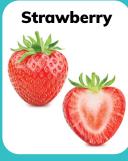




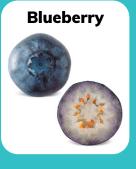






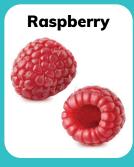
















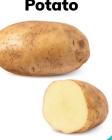




**Strawberry** 



**Potato** 





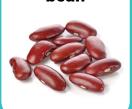
Green



**Butternut** 



Red kidney bean



Yogurt



**Beet** 



Cabbage



Carrot



Tomato



**Ground beef** 





Corn



Salmon



Mozzarella cheese



Blueberry



Pea



Pear



Raspberry



**Bread** 



**Blackberry** 



Green



Couscous



Apple

Pork chop















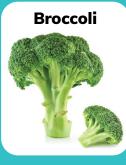




Salmon









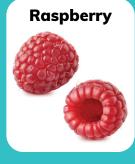




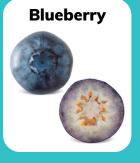
















Salmon



**Barley** 



**Eggplant** 



**Bok choy** 



**Peach** 



Apple



Quinoa



**Beet** 



**Broccoli** 





Red kidney bean



Soba noodles





Corn



Lobster



Milk



**Blueberry** 



Pea



Couscous



Tomato



Yogurt





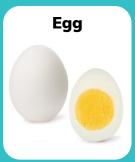
**Blackberry** 

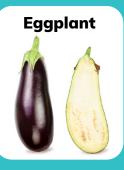


Pear

























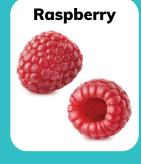
Salmon





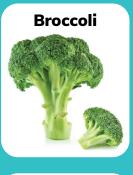








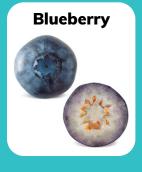










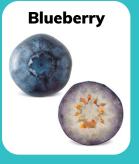






Apple

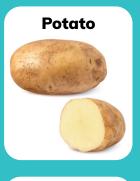








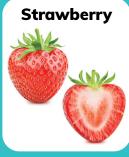






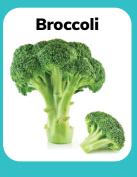












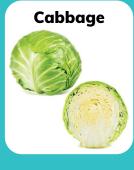




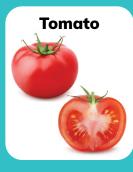
Salmon



















**Strawberry** 



Milk



**Eggplant** 





Pear



**Apple** 



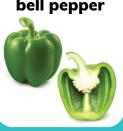
Chickpea



Blackberry



Green bell pepper



**Butternut** 



Raspberry



O-shaped cereal



Green



Corn



Salmon



Egg



**Blueberry** 



Bok choy



Peach



Lobster



Mozzarella cheese



**Beet** 



Cucumber



Carrot



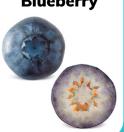
**Strawberry** 



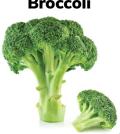
Milk



**Blueberry** 



**Broccoli** 



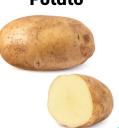
**Peach** 



Tomato



**Potato** 



**Eggplant** 



Cucumber



Couscous



Lobster



Chicken drumstick



Cabbage



Corn



Red kidney bean



Mozzarella cheese



Blackberry



Green bell pepper



Pear



Raspberry



O-shaped cereal



**Beet** 



Green bean



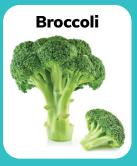
Carrot







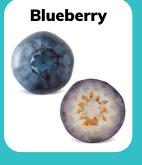
















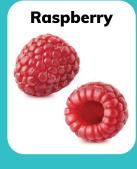










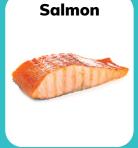




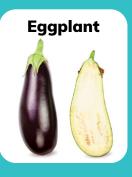










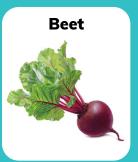






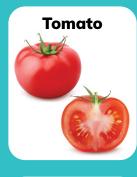
Strawberry

Chicken drumstick

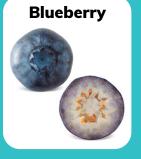


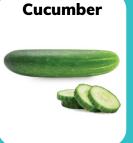














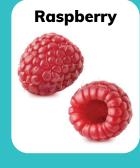










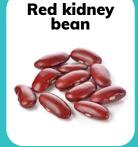














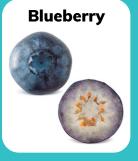








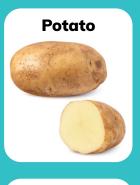




















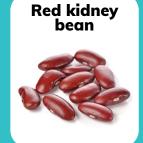
Salmon













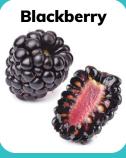


















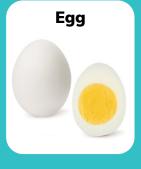


















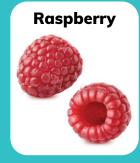














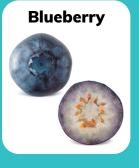




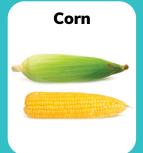


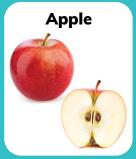




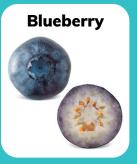


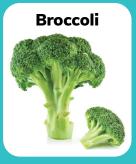




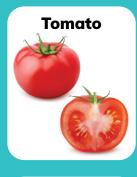






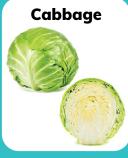














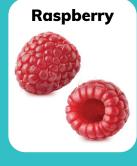




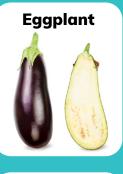


















Salmon









Salmon



Egg





Green



**Butternut** 



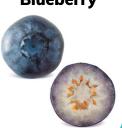
Lobster



Milk



Blueberry



**Broccoli** 



Couscous



Red kidney bean



Soba noodles



Cucumber



Peach



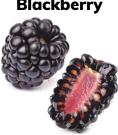
Apple



**Ground beef** 



Blackberry



Pea



Corn



Tomato



Mozzarella cheese





Cabbage



Pear



Red kidney bean



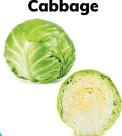
Mozzarella cheese



**Eggplant** 



Cabbage



**Butternut** 



Tomato



Oats



**Beet** 



Pea



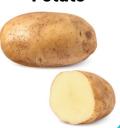
Pear



Raspberry



Potato





Couscous



Salmon



**Bread** 



Blackberry



Cucumber



Corn



Strawberry



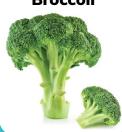
Milk



Blueberry



Broccoli



Peach

