**Pineapple**

Pineapple is a yellow and greenish-brown or brown fruit. Its skin is thick and scaly, and cannot be eaten. The fruit is bright yellow, fibrous, juicy and sweet. The core of the pineapple is hard and fibrous.

**Origin**

Pineapple plants grow to an average of 1.5 metres high. They are formed of many long rigid leaves which taper at the ends. Each plant produces only one pineapple. They grow in tropical countries.
**Mushroom**

Mushrooms have a round head of varying size with gills underneath. Some varieties can be eaten without any danger. They can be white or brown. The flesh can be soft, crunchy or rubbery, and its stem fibrous or brittle. Mushrooms have a lightly salty, woodsy taste.

**Mushroom**

Mushrooms are cultivated in Canada among other places. They grow in the earth in dark and humid conditions.
Grated Cheese

Hard cheeses like Mozzarella, Cheddar, Havarti, and Monterey Jack can be grated, meaning the grater cuts the cheese into small pieces. This cheese is smooth and soft, and it tastes salty.

Grated Cheese

Cheese is made from the milk of mammals. Cow’s milk is one of the most frequently used. It is obtained by milking cows. Grated cheese is generally used in recipes for meals like pizza or pasta dishes.
Peach

Peaches are fruits with a yellowish orange skin. Touching the peach, you can feel that it is covered with soft fuzz. The flesh is yellow and there is a large rough pit in the centre. The flesh is juicy and has a sweet taste.

Origin

Peaches come from peach trees, a small tree 5 to 8 metres tall. Peach trees grow in temperate climates, like some parts of Canada.
Whole Wheat Bread

The crust of this bread is beige or brown. It is crispy and mealy. The middle of the loaf is beige and chewy. The taste is sometimes sweet, sometimes salty. It gives off a yeasty smell.

Whole Wheat Bread

Wheat Flour is obtained by grinding wheat grains. The flour can be white or brown (whole wheat). The flour is used in the making of baked goods like bread.
**Tofu**

Tofu, often sold in blocks, is white-beige in colour and the texture ranges from soft to extra firm. The taste is plain and its texture is grainy. Its smell is subtle. Tofu absorbs the flavour of the foods or sauces in which they’re cooked in.

**Tofu**

Tofu is made from soy. Soybeans are the fruits of a plant and grow in pods. The plant can grow to a height of between 30 centimetres and 2 metres.
Peas

Peas are small, smooth, bright green balls. They have a crunchy texture and a sweet taste. When fresh, they are called “peas”, when dried they are called “split peas”.

Peas

This annual plant which grows peas in pods can attain a height of 2 metres. The pods can contain 2 to 10 peas.
**Characteristics**

**Watermelon**

Watermelons have smooth, brightly coloured skin, which is dark green with lighter stripes. The flesh is red or pink and contains black seeds. Watermelon is sweet and very juicy.

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**Origin**

**Watermelon**

Watermelons grow on the ground from a creeper plant, and are cultivated in warm countries. In cooler countries, watermelons are grown in greenhouses.
Corn Tortilla

Tortillas are round, thin, and beige. They are made from corn flour, but can also be made with wheat flour. They taste mildly sweet and have a tender texture.

Corn Tortilla

Ears of corn grow on an annual plant which can reach 2 to 3 metres. Corn is made up of many coloured grains (yellow, white, orange, red, blue, black, purple, brown). Once dried, the grains of corn can be ground to make flour.
Lobster meat, when cooked, is gleaming white with mottled red patches. The texture is smooth, firm, moist and elastic, and the taste is lightly salty.

Lobsters are part of the crustacean family. They live on the ocean floor and have a pair of powerful claws. The lobster shell is black with red marks. When cooked, the shell turns bright red.
Characteristics

Almond

The thin shell surrounding the almond is brownish with a rough texture. The nutmeat is white and smooth. The texture is crunchy and silky.

Origin

Almond

Almond trees are around 10 metres high, and produce a fuzzy fruit, which has an almond as its pit. They grow in mediterranean type climates.
**Cheese Curds**

Their surface is bumpy, moist and ivory-coloured. The texture is rubbery and tender and the taste is salty. This cheese makes a squeaking sound in your mouth when you eat it.

**Cheese Curds**

Cheese is made from the milk of mammals. Cow's milk is one of the most frequently used. It is obtained by milking the cow. Cheese curds are a fresh cheddar cheese which has not been pressed.
**Broccoli**

Broccoli stems are pale green and the florets are dark green. Broccoli can also be purpleish. It has a crunchy texture.

**Origin**

Broccoli is a cultivated plant which is harvested before the opening of its flowers.
Cinnamon

Cinnamon, either whole or ground, is brown. It feels warm in your mouth and has a sweet taste. It is added to baked goods like homemade muffins.

Cinnamon

The bark of the cinnamon tree is removed, dried, and rolled to create cinnamon sticks 7 to 8 centimetres long. It grows in many tropical countries.
**Characteristics**

**Vanilla**

The vanilla flavour is concentrated in two parts of the pod, the fibrous part and in the sticky resin which surrounds the grains inside. The taste is sweet and bitter. It is often added to baked goods like muffins or cakes.

**Origin**

Vanilla pods are long and are the fruits of the vanilla plant, a vine which grows onto trees in humid tropical forests.
**Strawberry**

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

**Strawberry**

Strawberries grow in temperate regions. It is a low-lying plant whose stems grow along the ground. It is possible to grow strawberries in a pot.
**Chicken**

Once cooked, chicken is beige and it flakes apart easily. The texture is firm, tender, and it has a salty taste.

**Chicken**

Chickens are edible birds. Their meat is cooled after slaughter. The meat can be eaten hot or cold, but must be cooked beforehand.
Raspberry

Raspberries are a bunch of little red balls in the form of a hollow sphere. Each little ball contains a seed. The texture is grainy and the taste is acidic and sweet.

Origin

Raspberry bushes have branches covered in thorns. At the end of each branch are flowers which will eventually become raspberries. They grow in temperate climates around the world.
Milk

Milk is a shiny, white, cold liquid. The texture is smooth on the tongue and moist. People often drink it with meals, and it is used in the making of milkshakes.

Like all female mammals, cows are capable of producing milk, because of their mammary glands. The milk is extracted by the cow’s teats.
Blueberry

Blueberries are small, round, blue, and smooth. They contain very small seeds. Their taste is acidic, sweet, and they have a gelatinous texture inside.

Origin

Blueberries only grow on wild bushes in the forest. The bushes are around 30 centimetres tall. They grow mostly in Canada and the United States.
**Yogurt**

Yogurt is white and creamy. The texture is silky, thick and smooth, and the taste is sweet and sour.

**Yogurt**

Yogurt is made from the milk of mammals. Cow’s milk is one of the most frequently used. It is obtained by milking the cow. Yogurt is made from milk which has been fermented with bacteria.
Bell Pepper

The skin of a pepper is translucent and is either red, green, orange or yellow, with ivory-coloured seeds inside. The texture is crunchy and moist, and the taste is sweet.

Bell Pepper

Peppers grow on a plant which can reach a height of one metre. The longer the pepper is left on the plant, the more it will change from green, to yellow, to orange, and finally to red.