

Vocabulary List of Food Illustrations

The following list was chosen to closely match the food actually shown in Canada's Food Guide and to give instructors illustrations of some food vocabulary that often are not covered by conventional food cards (tofu; soya drink; flour; bagel; flat breads etc.) Instructors are encouraged to limit the vocabulary presented to their learners as is appropriate.

<u>Fruit/Vegetables</u>	<u>Grains</u>	<u>Milk etc.</u>	<u>Meat etc.</u>
Banana	Flat Bread	Cheese	Beef
Apple	Bread (loaf)	Milk	Hamburger
Berries	(tortillas etc.)	Yogurt	Chicken
Cherry	Bagel	Soya drink	Beans/
Grapes	Cereal		Lentils
Lemon	Rice		Eggs
Melon	Noodles		Fish
Orange	Flour		Seafood
Peach			Tofu
	<u>Other (fats etc.)</u>		
Avocado	Donut		
Beets	Cake		
Broccoli	Cookies		
Corn	Ice cream		
Cucumber	Potato chips		
Eggplant	French fries		
Lettuce			
Tomato			
Peppers			
Potato			

Literacy instructors are encouraged to use a very limited list of food items so as not to overwhelm learners. The literacy worksheets are limited to using the following 15 items commonly seen in Canadian grocery stores. You may choose to truncate or alter this list further depending on the level of your literacy learners:

Fruit	Vegetables	Meat	Grains	Dairy
apple	broccoli	beef	bread	milk
cherry	carrot	chicken	rice	cheese
banana	lettuce		noodles	
peach	potato			