



Fun Facts about Ingredients

Vegetables and Fruits

- Apples are a member of the rose family. Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.
- Bananas, tomatoes, pineapples and cranberries are all considered berries.
- Corn is also known as maize and comes in many different colours from black, blue-grey, purple, red, white and yellow.
- Cucumbers are related to melons like zucchini, squash and even honeydew melon.
- Mushrooms come in many different varieties including white button, portabella, cremini, oyster, enoki, straw and shiitake.
- Peppers can be sweet (e.g., bell peppers) or hot (e.g., jalapeño and habanero).
- The part of the sweet potato plant that is most commonly eaten grows underground. The leafy greens and shoots can also be eaten.

Whole Grain Foods

- Whole wheat has more fibre because when it is processed it keeps more of the bran and germ from the original grain than white flour.
- Rice is the main food for more than half the people in the world and it is grown on every continent except Antarctica. When cooked, rice swells to at least three times its original weight.
- Traditionally, tortillas are made from corn. The ones most people are familiar with are made from wheat.



Protein Foods

- Cheddar cheese is the most popular cheese in Canada. It can be orange or white. Marbled white and orange cheese is cheddar cheese.
- Chickpeas are also known as garbanzo beans, chana and Indian peas. Hummus is a spread made with chickpeas.
- The most commonly eaten egg comes from a chicken. In some cultures, different types of eggs are also eaten, such as quail, duck and goose.

Other

- Canola oil is originally from Canada and comes from seeds.
- Cinnamon comes from the bark of a tree.
- Coconut milk is not milk. It is the juice of a coconut that has been mixed with the flesh of the coconut.
- The world's biggest pancake was 15 metres in diameter and cooked in Manchester, England in 1994.