![MC900440424[1]]()**TASK 1 – FOOD VOCABULARY LIST**

 In your same groups, choose2 food items from this list. Find out what vitamins, minerals are each food item as well as the amount of sugar, fat, etc. Present your findings to the class.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Vegetables** | **Fruits** | **Dairy** | **Grain** | **Meat** | **Extra** |
| broccoli | avocados | eggs | cereal | steak | tomato sauce |
| asparagus | apples | cheese | bread | ham | olive oil |
| cauliflower | pears | butter | crackers | sausages | salt and pepper |
| celery | lemons | yogurt | rice | chicken | jam |
| green beans | raspberries | milk | noodles | lamb | peanut butter |
| tomatoes | peaches | ice cream | pasta/spaghetti | tuna fish | juice |
| peas | cherries | frozen yogurt | waffles | salmon |  |
| cabbage | strawberries |  | bagel | shrimp |  |
| onions | oranges |  |  | bacon |  |
| mushrooms | coconut |  |  |  |  |
| potatoes | grapes |  |  |  |  |
| corn | pineapple |  |  |  |  |
| peppers | grapefruits |  |  |  |  |

![Description: C:\Users\ddouyo\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KSE3N1KA\MC900437797[1].wmf]() Look at the [Rating Scale](Task%201%20-%20Vocabulary%20List%20Rating%20Scale.docx) to see what you need to have in your presentation. PRINT IT OUT!

![MC900440454[1]]()

Use these links to help you with your presentation:

 [www.wikipedia.com](http://www.wikipedia.com)

 [www.thefruitpages.com](http://www.thefruitpages.com)

 <http://caloriecount.about.com>

 <http://www.encyclopedia.com>

<http://www.fda.gov/Food/LabelingNutrition/FoodLabelingGuidanceRegulatoryInformation/InformationforRestaurantsRetailEstablishments/ucm063367.htm>

 <http://www.lifeclinic.com/focus/nutrition/nutrition.asp>

**Here is an example to help you get started!**

The Apple

The apple is a common fruit. It comes in three colours:  red, yellow and green. Even though it has 10.36 grams of sugar which is not that much, an apple has lots of water in it, as well as vitamins A, B16, C, calcium, iron and many other nutrients.

A recipe that has apples in it is the famous apple pie.