

Meat & Fish



COW

The meat of the cow is

beef



Lamb



VS



Sheep

*The meat of the
lamb/ sheep is*

lamb





pig

pork

*From a pig we can
also get*

ham

*baco
n*

sausages

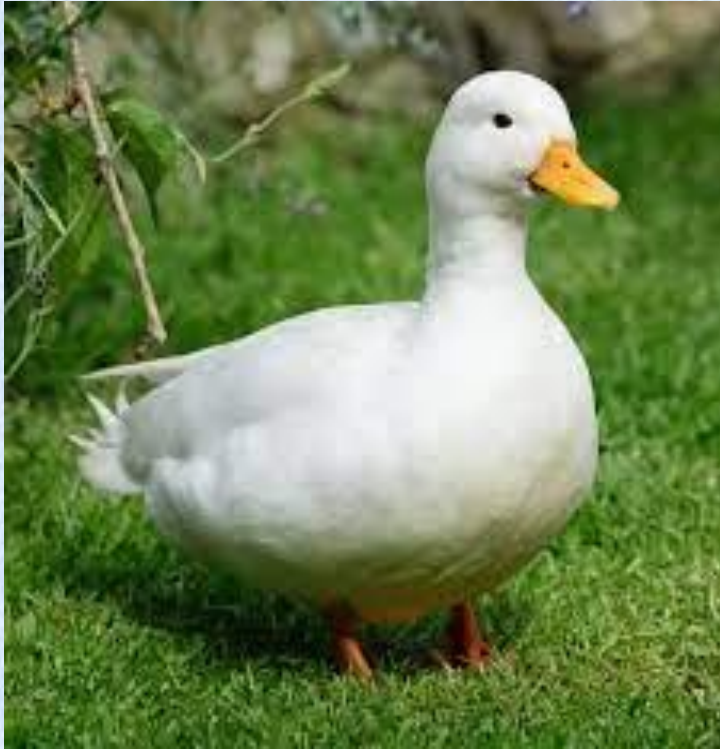




chicken



chicken



duck



duck

fish



salmon



tuna

seafood



squid

prawns



mussels



crab



Fruit & Vegetables

FRUIT



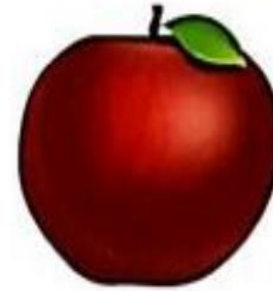
grapes



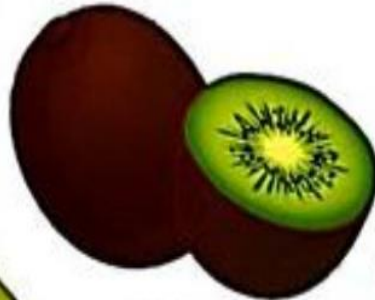
bananas



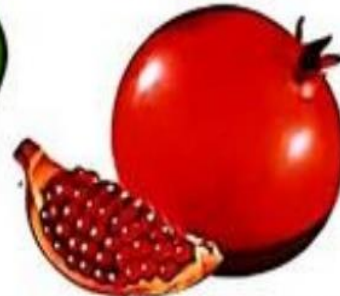
pineapple



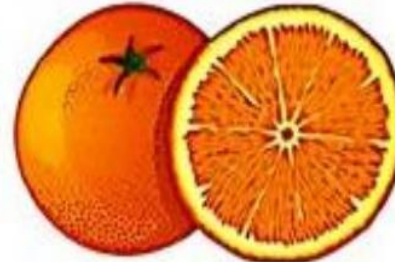
apple



kiwi



pomegranate



orange



pear



papaya



strawberry



mango



watermelon

peach

lemon

cherry

melon

avocado



Vegetables



Potato



Tomato



Eggplant



Green pepper



Corn



Carrot



Mushroom



Radish



Garlic



Pea



Red Cabbage



Red pepper



Broccoli



Cauliflower



Celery



Onion

beans

chilli

courgette

lettuce

