

YTC Food Topics - Ingredient Fun Facts

Vegetables and Fruit:

- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.
- Apples are a member of the rose family.
- Bananas come in a variety of sizes and colours when ripe, including yellow, purple and red.
- Bananas, tomatoes, pineapples and cranberries are all considered berries.
- Cauliflower comes in many different colours including orange, purple, and green.
- 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.
- Dates are a type of dried fruit from the date palm tree.
- Fruit salad must have a minimum of three different types of fruit to be called a fruit salad.
- Frozen berries can be kept frozen for up to one year. This means you can enjoy berries year-round, even when they are out of season.
- Green beans are only one type of bean. There are over 130 different varieties of beans.
- Mushrooms come in many different varieties including white button, portabella, cremini, oyster, enoki, straw and shitake.
- Peppers can be sweet (e.g. bell peppers) or hot (e.g. jalapeño and habanero)
- Peru grows the most different types of tomatoes.
- Red onions are often called purple onions.
- There are about 200 seeds on the outside of each strawberry.
- You can eat the root of the celery plant. It is known as celeriac and is often used in soups and stews and tastes very similar to celery.
- The part of the sweet potato plant that is most commonly eaten grows underground; however the leafy greens and shoots can also be eaten.

Grain Products:

- Multigrain or organic products are not necessarily whole grain and are not always healthier.
- Rice is a symbol of life and fertility. It is a tradition to throw rice at weddings; however, confetti has now replaced rice.
- Rice is the main food for more than half the people in the world and is grown on every continent except Antarctica.
- Traditionally, tortillas are made from corn. The ones sold in grocery stores here are made from wheat.
- When cooked, rice swells to at least three times its original weight.
- Whole wheat is healthier than refined wheat because when it is processed, it has more of the original healthy nutrients from the plant.

Milk and Alternatives:

- A substitute for buttermilk can be made at home by mixing a little bit of lemon juice or vinegar with milk.
- Cheddar cheese can be orange, white, or marbled.
- Cheddar cheese is the most popular cheese in Canada.
- Feta cheese is usually made with sheeps' or goats' milk.
- Some cheeses are made with mold to give them a distinct flavour, such as blue or gorgonzola cheese.
- There are hundreds of different types of cheese in the world.

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Meat and Alternatives:

- Chickpeas are also known as garbanzo beans, chana and Indian peas
- Eggs can be part of a main meal item (omelette or frittata) or be part of a recipe (baking).
- Hummus is a spread made with chickpeas.
- Refried beans are not fried. The beans are cooked in water, mashed and seasonings are added.
- Eggs are a great source of protein. The most commonly eaten egg comes from a chicken. In other cultures, different types of eggs are also eaten such as quail, duck and goose.

Other:

- Baking soda is not only used in baking, it can be added to cleaning supplies, toothpaste and can even absorb smells in the refrigerator.
- 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.
- Pancakes are also called hotcakes or flapjacks.
- The world's biggest pancake was 15 metres in diameter and cooked in Manchester in 1994.