**Pictures Used:**

0% plain greek yogurt-- www.leanitup.com

1% milk-- www.sritweets.com

All-purpose flour-- blessedmom.hubpages.com

Avocado🡪 www.freshfruitportal.com

Baby potatoes-- biabites.blogspot.com

Baking powder - http://www.bigoven.com/glossary/baking%20powder

Black pepper-- www.rainydayfoods.com

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Chives - http://www.foodiefriendsfridaydailydish.com/chives-know-your-herbs-and-spices/

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Chopped dill - http://birdinthebeehive.blogspot.ca/2010\_07\_01\_archive.html

Chopped fresh basil-- www.sugardishme.com

Chopped fresh mint - foodiddy.com

Chopped onion-- trusturgut.com

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Cinnamon🡪 www.healthdiaries.com

Cocoa powder - http://annmariekostyk.com/2010/11/21/dark-chocolate-cocoa-good-skin-part/

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Cumin seeds-- essentialexports.in

Cumin🡪 www.21food.com

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Dill - http://www.foodsubs.com/HerbsEur.html

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Dried thyme-- www.gourmetsleuth.com

Egg - http://teachersites.schoolworld.com/webpages/TeamRoll/science.cfm?subpage=1763962

English muffins🡪 www.foodsubs.com

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Frozen green peas - http://expo.21food.com/pro\_detail.asp?pid=58877

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Garlic powder🡪 www.foodsubs.com

Granulated Sugar - http://www.thenibble.com/reviews/main/honey/sugar-syrup-glossary3.asp

Grated lemon skin - http://www.cook2cook.com/2011/07/if-life-gives-you-lemons-make-frozen.html

Ground coriander -- www.21food.com

Ground beef🡪 www.123rf.com

Honey mustard🡪 www.food.com

Hot pepper sauce - http://kgi.org/recipes/make-your-own-hot-sauce

Kidney beans🡪 www.agriculturesource.com

Lean ground beef, pork, or lamb-- www.123rf.com

Lemon juice - http://whatscookingamerica.net/lemons.htm

Lemon juice-- www.stepbystep.com

Lemon zest-- www.bbc.co.uk

Macaroni🡪 www.all-creatures.org

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Maple syrup - http://www.foodforthought.net/catalog/maple-syrup/

Mashed potatoes-- thepioneerwoman.com

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Onion🡪 www.damngoodfood.net

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Parmesan cheese🡪www.spicesetc.com Parsley - http://www.sheknows.com/home-and-gardening/articles/997677/growing-parsley

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Snap peas-- www.gourmetsleuth.com

Spinach🡪 www.oprah.com

Sugar🡪 fullcomment.nationalpost.com

Tarragon, savory, or thyme-- www.zouf.biz

Tomato paste-- blog.redelicious.net

Tomatoes🡪 www.123rf.com

Tortilla🡪 diyhealth.com

Vanilla - https://sites.google.com/a/illinois.edu/spices/vanilla

Vegetable oil-- chuddyino.net

Water-- www.featurepics.com

Worcestershire sauce-- www.bbc.co.uk

Whole grain tortillas - http://thirtyaweek.files.wordpress.com/2011/01/whole-wheat-tortillas.jpg

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**Videos Used:**

We would like to thank Eat Right Ontario for allowing us to embed their videos through YouTube.

We would like to thank Health Canada for allowing us to embed their videos through YouTube.

Video: How to wash fruits and vegetables : - http://www.eatrightontario.ca/en/Videos/Kitchen-Tips-and-Food-Handling/Video--Everyday-tips-for-washing-vegetables-and-fr#.UnP6zhahDzI

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Interactive site: Understanding the amount of sodium in your food -http://www.healthyfamiliesbc.ca/sodium-sense

Link: Learning Light Cooking Techniques - http://www.kraftrecipes.com/cooking-tips/cooking-techniques/lighter-techniques.aspx

Link: Learn what vegetables and fruits are currently in season! - http://www.kraftrecipes.com/cooking-tips/foodbasics/seasonalproduce/fall/whats-in-season.aspx

Link: Ideas for simple substitutes in the kitchen - http://www.kraftrecipes.com/cooking-tips/chartsguides/substitution-guide.aspx

Interactive site: Take a virtual tour inside a grocery store and learn healthy tips! - http://www.healthyfamiliesbc.ca/home/articles/topic/grocery-shopping