

# Grocery Shopping

## Lesson Plans

Food Vocabulary Picture Cards – Word Cards

These cards are designed to print double-sided: Side 1 – Pictures, Side 2 – Words.

Foundation L and CLB 1

2020

Adapted with permission of Ottawa Public Health. For educational and non-commercial purposes only.

© 2021 Alberta Health Services.



This copyright work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivative 4.0 International license. To view a copy of this licence, see <https://creativecommons.org/licenses/by-nc-nd/4.0/>. You are free to copy and distribute the work including in other media and formats for non-commercial purposes, as long as you attribute the work to Alberta Health Services, do not adapt the work, and abide by the other licence terms. The licence does not apply to AHS trademarks, logos or content for which Alberta Health Services is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied, or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. <https://creativecommons.org/about/downloads/professional>. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

Contact [NutritionResources@ahs.ca](mailto:NutritionResources@ahs.ca)

## Acknowledgements

Nutrition Services would like to thank staff from the Central Alberta Refugee Effort (C.A.R.E.), and the Edmonton Catholic Separate School Division Language Instruction for Newcomers to Canada Program (ECSD LINC), for sharing their time and expertise to help shape our adapted lesson plans.

Original Copyright © 2014 City of Ottawa - Ottawa Public Health and Ottawa-Carleton District School Board.

Language Learning for Health

Prepared by the OPH-OCDSB Collaborative Team, Ottawa, 2014

OPH-OCDSB Collaborative Team: Healthy Eating Lesson Plans

# Dairy



# Bakery



# Meat

## Newcomer Nutrition Education Toolkit

# Produce



# Frozen Food





cheese



chicken



# carrots



pita bread



milk



beef



lettuce



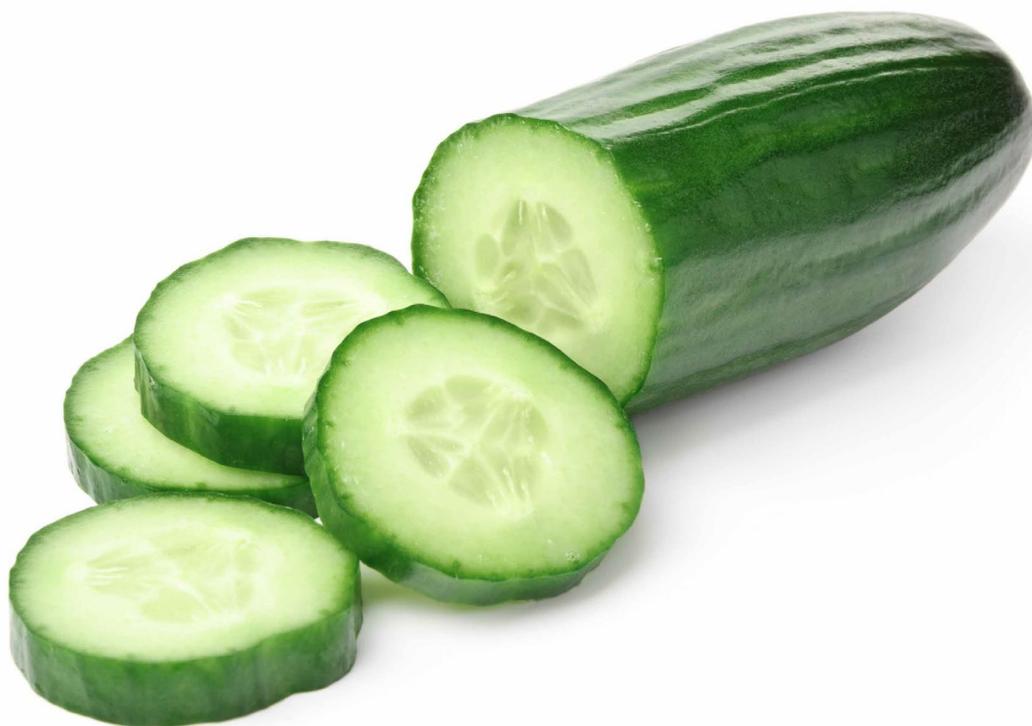
bread



bagel



butter



cucumber



bun



# sour cream



pork



# oranges



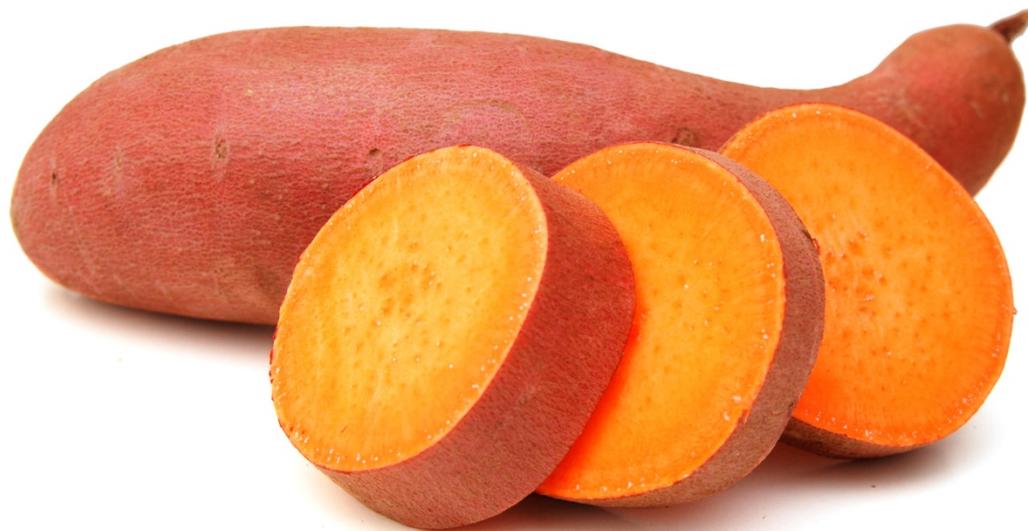
muffin



yogurt



lamb



# sweet potatoes



# tortillas



kefir



# ground beef



banana



eggs



margarine



fish



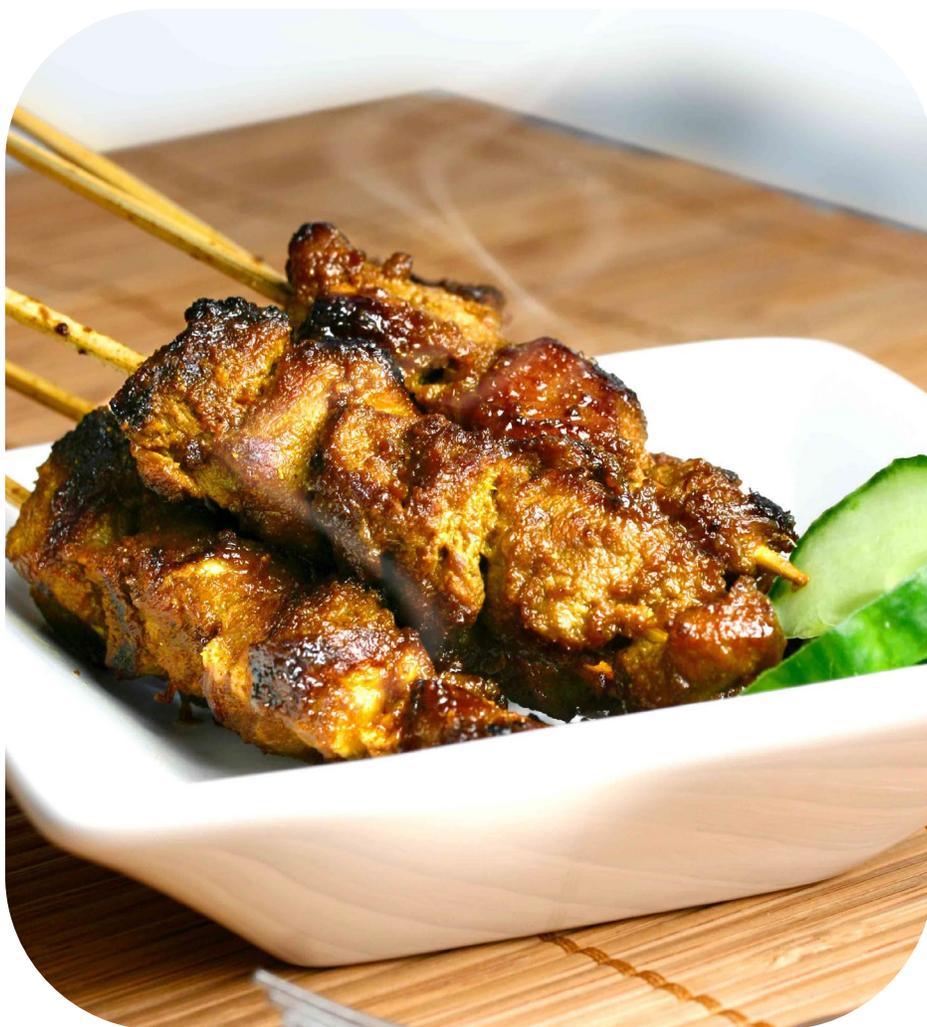
# mushrooms



naan bread



# cottage cheese



kebab



# tomatoes



# English muffin



# soy beverage



steak



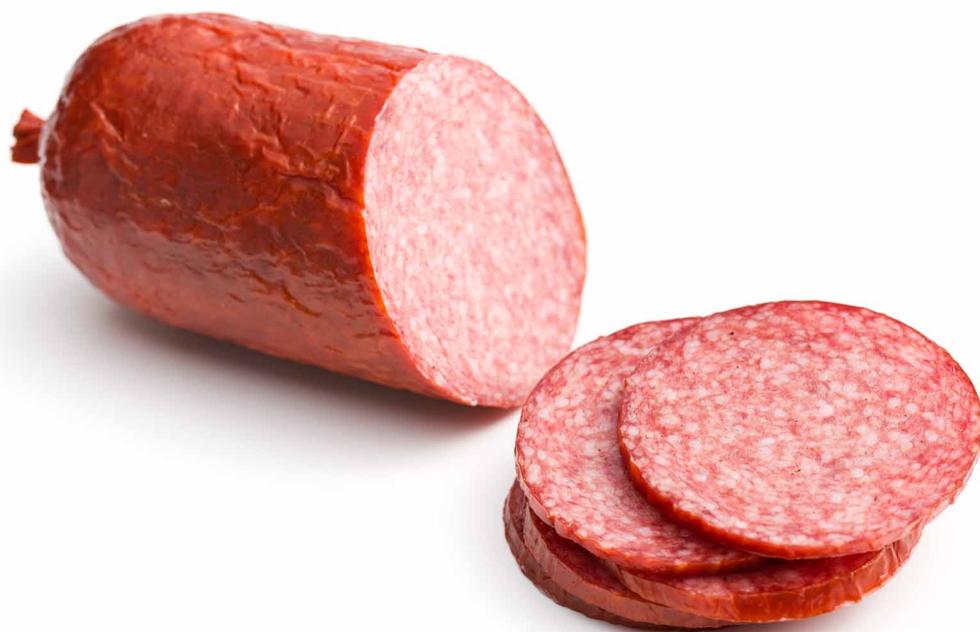
red peppers



# frozen dinner



# frozen fruit



sausage



bok choy



# lentils



# green beans



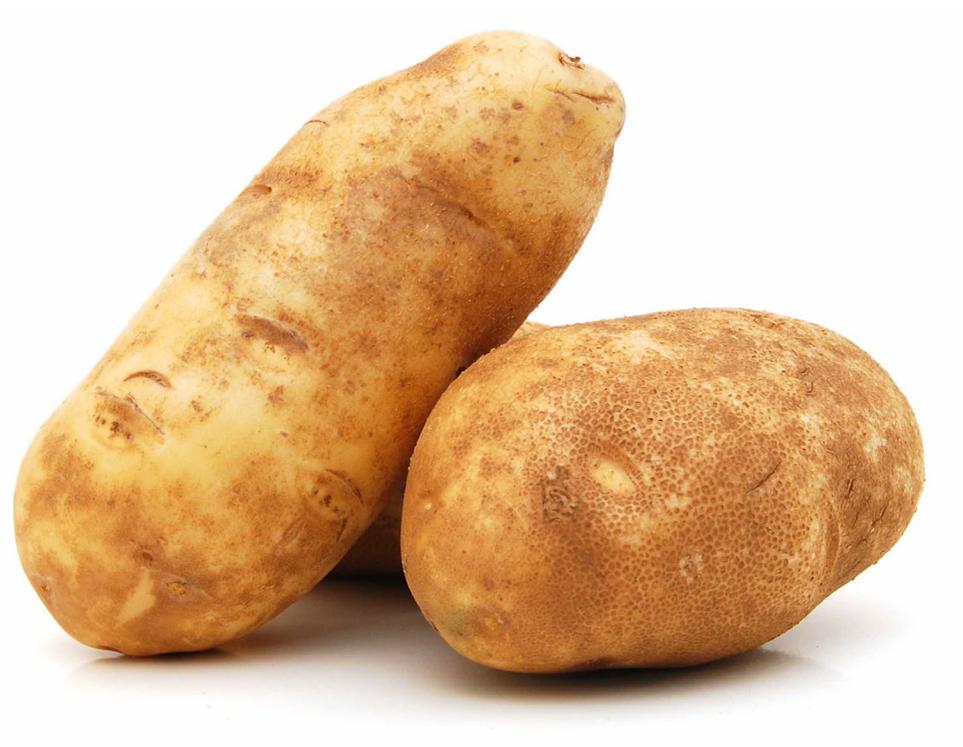
mango



# watermelon



# frozen vegetables



# potatoes



pineapple



# strawberries



# broccoli



# onions



peach



papaya



lemon



pear



# cherries