

Same Food, Different Name

FREE GO Foods Preview

Philippines ↔ English Caribbean / T&T ↔ United States

Grades K–5 | Health, Nutrition & Cultural Studies

Did you know that cassava, yuca and kamoteng kahoy are all the same food? The same nutritious foods go by completely different names depending on where you grew up. This free preview covers GO foods (energy foods) plus tropical fruits — with names across three regions. **Upgrade to the full guide for 45+ foods across 5 regions, including French and Spanish Caribbean names, GROW and GLOW tables, Unique Cultural Foods, and classroom discussion questions.**

 Philippines	 Eng. Caribbean / T&T	 United States	Group
⚡ GO Foods — Energy Foods (Carbohydrates & Starches)			
Bigas / Rice	Rice	Rice	GO
Kamoteng kahoy / Cassava	Cassava / Yuca	Cassava / Yuca	GO
Kamote / Sweet potato	Sweet potato / Boniato	Sweet potato	GO
Gabi / Taro	Dasheen / Eddoe	Taro	GO
Saging / Plantain	Plantain / Green fig	Plantain	GO
Saging / Banana	Banana / Fig	Banana	GO
Mais / Corn	Corn / Maize	Corn	GO
Tinapay / Bread	Bread / Hops bread	Bread	GO
Rimas / Breadfruit	Breadfruit	Breadfruit (Caribbean stores)	GO
Ube / Purple yam	Purple yam / Ubi	Purple yam / Ube	GO
✨ GLOW Foods — Tropical Fruits Bonus (Vitamins & Minerals)			
Atis / Sugar apple	Sugar apple / Sweetsop	Sugar apple (Latin/Caribbean stores)	GLOW
Mansanas / Pommerac	Pommerac / Rose apple	Java apple / Wax apple (Asian stores)	GLOW
Bayabas / Guava	Guava	Guava	GLOW
Mangga / Mango	Mango	Mango	GLOW
Pakwan / Watermelon	Watermelon	Watermelon	GLOW



Unlock the Full Guide at \$7.99 — 45+ Foods · French & Spanish Caribbean · GROW Foods · 28 Unique Cultural Foods · studeemonkey.com

✂ **Quick Reference Card***Cut out · Laminare · Display in your classroom, nurse's office or cafeteria***Same Food, Different Name | Philippines · English Caribbean / T&T · United States**

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Want GROW foods, 45+ foods, French & Spanish Caribbean names, Unique Cultural Foods and Discussion Questions?

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