# Quick Introduction to Food

## Shantanu Sikdar

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## **\( ).** Basic Ingredients

Onion - Garlic - Ginger - Butter - Oil -

#### ₹. Meat

Chicken - Goat - Mutton - Fish -

### Vegtables

Cauliflower - Potato -

## 8. Fruits

Banana - Apple - Orange - Pineapple -

### **c.** Spices

Tumeric - Cumin - Coriander - Black Pepper -

### **<b>b.** Mesurments

### 9. Verbs