

REFERENCE & CONTENT LICENSING

# QA international

Spring 2019



**cloud of volcanic ash**

Ash is formed of particles less than 0.08 in in diameter; it is composed of pulverized magma and ground rock.

**crater**

Depression whose center features a chimney through which lava, gas and volcanic ejecta escape.

**lava flow**

Lava mass pouring from a volcano at average speeds of 980 feet per hour; it can reach temperatures as high as 2,200°F

**volcanic bomb**

Mass of magma ejected high into the air where it solidifies; it can be very large.

**main vent**

Conduit along which lava and other volcanic ejecta rise.

**side vent**

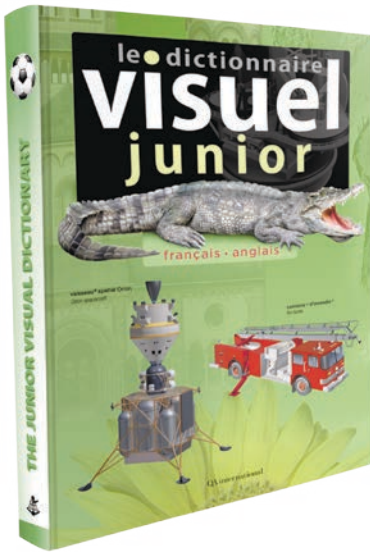
Small rise that appears on the side of the volcano and is fed by the main vent.

**lava layer**

Layer of volcanic rock formed by cooled lava.

**ash layer**

Ash and lava form the layers that shape the volcano over time.



- 10,000 entries per language
- over 2,000 illustrations and photos

**PAGES:** 300 pages (bilingual version)

**FORMAT:** 170 mm x 245 mm

(6 11/16 in x 9 5/8 in)

**Age:** 9+

**SRP:** US\$19.95

**LANGUAGES AVAILABLE**

- Albanian\*
- Bulgarian\*
- Chinese (simplified)\*
- Czech\*
- Danish\*
- Dutch\*
- English
- English (phonetic)\*
- Estonian\*
- French
- German\*
- Greek\*
- Icelandic\*
- Indonesian\*
- Italian\*
- Korean\*
- Mongolian\*
- Portuguese\*
- Romanian\*
- Russian\*
- Slovak\*
- Spanish\*
- Turkish\*
- Ukrainian\*

\* partially available

# The Junior Visual Dictionary – New edition

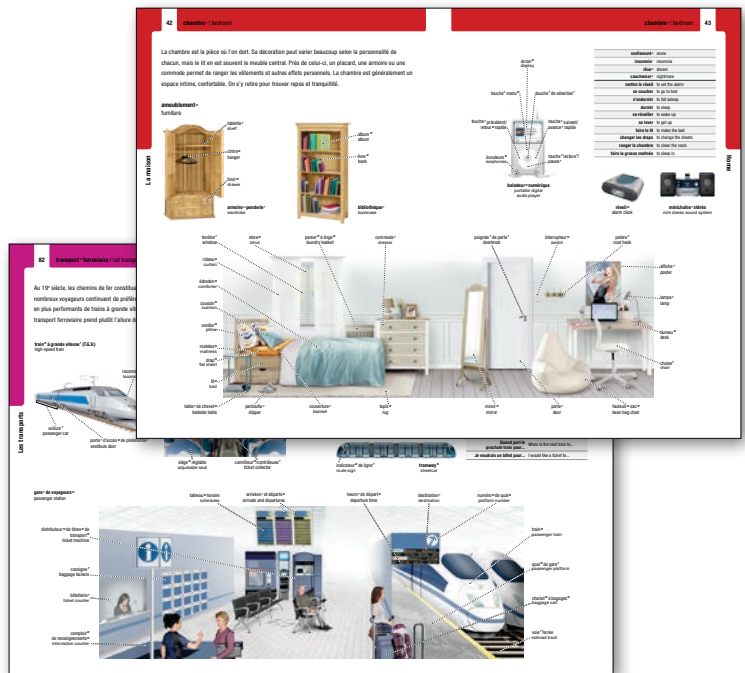
Children want to see the world – this unique reference allows them to picture it in details.

At school or at home, whether to broaden their vocabulary or to feed their natural curiosity, children have been using the Junior Visual Dictionary for over twenty years. Covering a wide array of subjects, ranging from new technologies to the animal kingdom and space, this compelling reference displays terminology in one or two languages, linking words to illustrations that provide true-to-life visual definitions.

For this new updated edition, the full content of the dictionary has been carefully reviewed in order to provide for the varied needs and interests of children nine and up.

Keeping-up with the evolution of our fast-paced world, many illustrations and graphics have been redrawn and relabeled, be it to hold into account the latest technological developments or the most recent scientific discoveries.

Adding to over 500 existing topics, new images and themes were also included, notably: geopolitical world maps; flags; time measurement; people and relationships; celebrations and emotions.



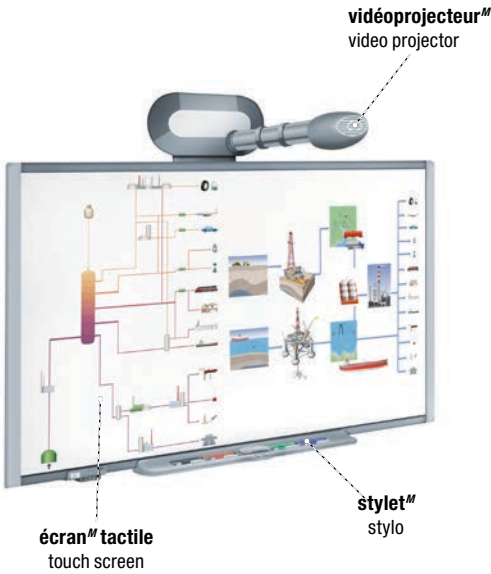
“An essential tool to put in the hands of children.”

*La Presse (Canada)*

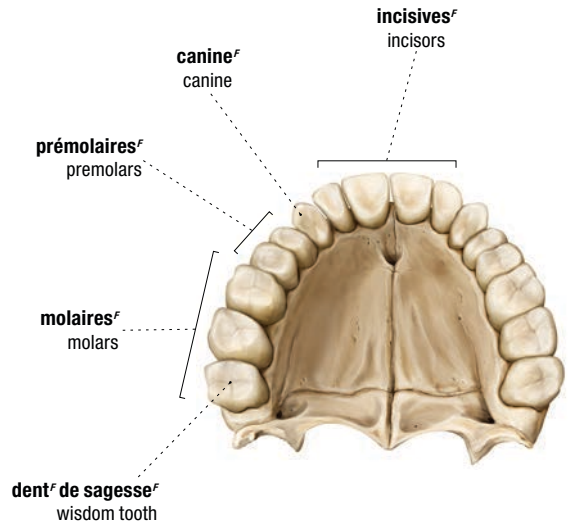
“Comprehensive and well-suited to the target readers.”

*Lurelu (Canada)*

**tableau<sup>M</sup> blanc interactif**  
interactive white board



**denture<sup>F</sup> humaine<sup>F</sup>**  
human denture



**émotions<sup>F</sup> et personnalité<sup>F</sup>**  
feelings and personality



**être heureux**  
to be happy



**être fâché**  
to be angry



**être triste**  
to be sad



**être embarrassé**  
to be embarrassed



**être surpris**  
to be surprised



**être fier**  
to be proud



**être sûr de soi**  
to be self-confident



**être ennuyé**  
to be bored



**être effrayé**  
to be scared



**être excité**  
to be excited



**être nerveux**  
to be nervous



**être timide**  
to be shy

**TOPICS**

- Astronomy
- Geography
- Geology
- Meteorology
- Environment
- Plants
- Animals
- Human Being
- Food
- Clothing and personal objects
- House
- Science
- Energy
- Transportation and heavy machinery
- Arts
- Architecture
- Music
- Communications
- Society
- Sports
- Games
- Symbols



# THE Visual

## TRAVELLER'S COMPANION

12 themes and 150 topics  
more than 2,000 images  
about 15,000 entries in each language

Compact and simple to use, this practical *Visual* is an updated and redesigned edition of *The Visual Dictionary* that makes quick work of learning the vocabulary of a foreign language.

Like other members of the *Visual* family, this dictionary illustrates and identifies the most common objects and occurrences of daily life, associating words with hyperrealistic images. Its enhanced contents feature useful expressions and key phrases that a traveller can quickly consult in a wide range of situations, setting it apart from other dictionaries.

Organized by theme, this *Visual* is available in a bilingual or trilingual format.

A must-have resource when travelling abroad or learning a new language, or simply for finding the right word for every occasion!

- Up to 3 languages
- 15,000 entries per language
- Over 2,000 illustrations and pictures

**PAGES:** 360 for a 2-language version, and up to 384 for a 3-language version

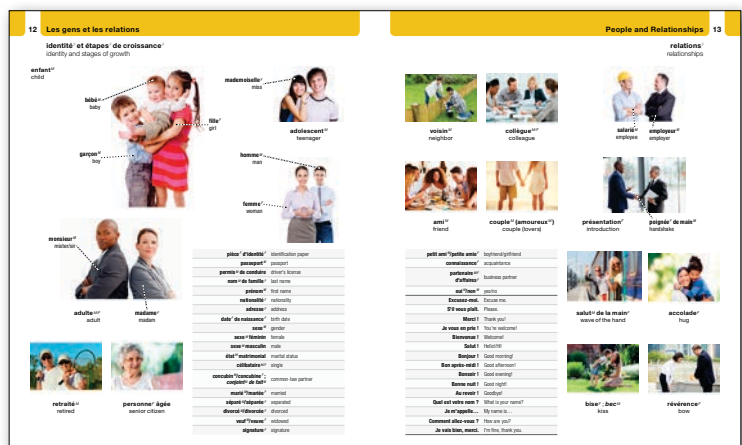
**FORMAT:** 138 mm x 166 mm (5 1/2 in. x 6 1/2 in.)

**TARGET AUDIENCE:** Travellers, foreign students or workers

**SRP:** US\$16.95

### TOPICS

- People and Relationships
- Body and Health
- Clothing and Personal Accessories
- Home
- Food and Cooking
- In Town
- Transport
- School and Work
- Communications
- Leisure Activities and Sports
- Nature and the World
- Numbers and Measures



Organized by theme, *The Visual Traveller's Companion* covers a broad range of subjects, from various emotions, health care and communication tools to natural phenomena and recreational activities.

An eye-catching layout is organized around **12 MAIN THEMES**, each corresponding to a distinct colour.

**38 Le corps et la santé**  
oreille et soins<sup>fr</sup> auditatifs  
ear and ear care

ossélets<sup>fr</sup> auditory ossicles  
nerf<sup>fr</sup> cochléaire cochlear nerve  
méat<sup>fr</sup> auditif externe external acoustic meatus  
cochlée<sup>fr</sup> cochlea  
tympan<sup>fr</sup> eardrum  
troupe<sup>fr</sup> d'Eustache Eustachian tube  
lobe<sup>fr</sup> caribbe carlobe  
pavillon<sup>fr</sup> pinna

test<sup>fr</sup> auditif hearing test  
prothèse<sup>fr</sup> auditive hearing aid  
langage<sup>fr</sup> des signes<sup>fr</sup> sign language

**Body and Health 39**  
bien-être<sup>fr</sup> et thérapies<sup>fr</sup> alternatives  
well-being and alternative therapies

massage<sup>fr</sup> massage  
huile<sup>fr</sup> essentielle essential oil  
aromathérapie<sup>fr</sup> aromatherapy  
phytothérapie<sup>fr</sup> phytotherapy  
massothérapie<sup>fr</sup> massage therapy  
luminothérapie<sup>fr</sup> light therapy  
acupuncture<sup>fr</sup> acupuncture  
méditation<sup>fr</sup> meditation  
yoga<sup>fr</sup> yoga

solarium <sup>fr</sup>	solarium
bain <sup>fr</sup> turc	turkish bath
bain <sup>fr</sup> scandinave	Scandinavian bath
thalassothérapie <sup>fr</sup>	thalassotherapy
hydrothérapie <sup>fr</sup>	hydrotherapy
chiropracte <sup>fr</sup> / chiropracteur	chiropractic
ostéopathe <sup>fr</sup>	osteopathy
hypnothérapie <sup>fr</sup>	hypnotherapy
homéopathe <sup>fr</sup>	homeopathy

**158 Les transports**

autobus<sup>fr</sup> bus  
autobus<sup>fr</sup> city bus  
porte<sup>fr</sup> à deux vantaux<sup>fr</sup> two-leaf door  
autocar<sup>fr</sup> coach  
soute<sup>fr</sup> à bagages<sup>fr</sup> baggage compartment  
autobus<sup>fr</sup> articulé articulated bus  
indicateur<sup>fr</sup> de ligne<sup>fr</sup> route sign  
tramway<sup>fr</sup> streetcar  
autobus<sup>fr</sup> à impériale<sup>fr</sup> double-decker bus  
minibus<sup>fr</sup> minibus

autobus <sup>fr</sup> express	express bus
autobus <sup>fr</sup> à horaire <sup>fr</sup> fixe	scheduled bus service
navette <sup>fr</sup>	shuttle
autocar <sup>fr</sup> de tourisme	tourist bus
carte <sup>fr</sup> d'abonnement <sup>fr</sup>	pass
abonnement <sup>fr</sup> mensuel	monthly pass
tarif <sup>fr</sup> normal	normal rate
tarif <sup>fr</sup> réduit	reduced rate
tarif <sup>fr</sup> étudiant	student rate
tarif <sup>fr</sup> personne <sup>fr</sup> âgée	senior citizen rate
place <sup>fr</sup> assise	seat
siège <sup>fr</sup> réservé	priority seat
poignée <sup>fr</sup> d'autobus	hand strap
voie <sup>fr</sup> réservée aux autobus	bus lane
arrêt <sup>fr</sup>	stop
terminus <sup>fr</sup>	terminal
grève <sup>fr</sup> des transports	transport strike

bouton<sup>fr</sup> d'arrêt<sup>fr</sup> stop button  
ticket<sup>fr</sup> d'autobus<sup>fr</sup> bus ticket

**Transport 159**

autobus<sup>fr</sup> scolaire school bus  
porte<sup>fr</sup> door  
rétroviseur<sup>fr</sup> extérieur outside mirror  
feux<sup>fr</sup> intermittents flashing lights  
miroir<sup>fr</sup> de traversée<sup>fr</sup> avant crossover mirror  
autobus<sup>fr</sup> pour transport<sup>fr</sup> adapté specialized transportation bus  
élevateur<sup>fr</sup> pour fauteuils<sup>fr</sup> roulants wheelchair lift  
autobus<sup>fr</sup> pour transport<sup>fr</sup> adapté specialized transportation bus  
feux<sup>fr</sup> intermittents flashing lights  
miroir<sup>fr</sup> de traversée<sup>fr</sup> avant crossover mirror  
abribus<sup>fr</sup> bus shelter

gare <sup>fr</sup> routière	bus station
distributeur <sup>fr</sup> de titres <sup>fr</sup> de transport	ticket machine
aller <sup>fr</sup> simple	one-way ticket
aller <sup>fr</sup> -retour	round-trip ticket
heure <sup>fr</sup> de départ	departure time
heure <sup>fr</sup> d'arrivée	arrival time
durée <sup>fr</sup> du trajet	travel time
parcours <sup>fr</sup>	route
destination	destination

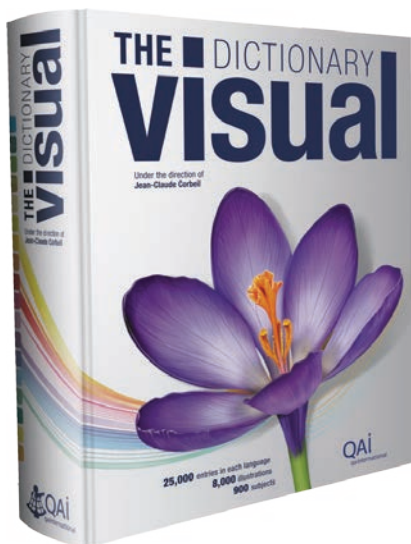
Est-ce que ce bus s'arrête à...  
Does this bus stop at...  
Pouvez-vous me prévenir quand on arrive à...  
Can you tell me when we get to...  
Quel autobus va à...  
Which bus goes to...  
Je voudrais un billet pour...  
I would like a ticket to...  
J'ai raté mon autobus.  
I missed my bus.

137-145, 170-173

horaire<sup>fr</sup> schedule  
arrêt<sup>fr</sup> d'autobus<sup>fr</sup> bus stop

The Visual Traveller's Companion is set apart from the other dictionaries in the Visual family, with sidebars containing complementary vocabulary and handy **KEY PHRASES** for travellers.

Images are effectively used to clarify objects and situations. Each illustration links the concept with the meaning and makes quick work of finding the right word for every occasion.



# The Visual Dictionary 4th Edition

The essential source of knowledge

Featuring vocabulary developed by terminology experts and QA International's trademark lifelike imagery, *The Visual Dictionary* makes the world around us understandable at a glance. Whether you choose to include multilingual labels, perfect for language learners, or contextual definitions, you are sure to please your market with this unique dictionary that illustrates, names and explains. There is a *Visual* for everyone and for every linguistic need: the Complete versions are the perfect encyclopedic dictionary for home or the office, while the abridged versions, lighter in content and format, make great carry-along references.

**MULTILINGUAL VERSION, COMPLETE CONTENT  
CREATED AND DEVELOPED BY TERMINOLOGY  
EXPERTS AND HIGHLY SKILLED ILLUSTRATORS**

## STANDARD FORMAT

The largest edition, both in size and content

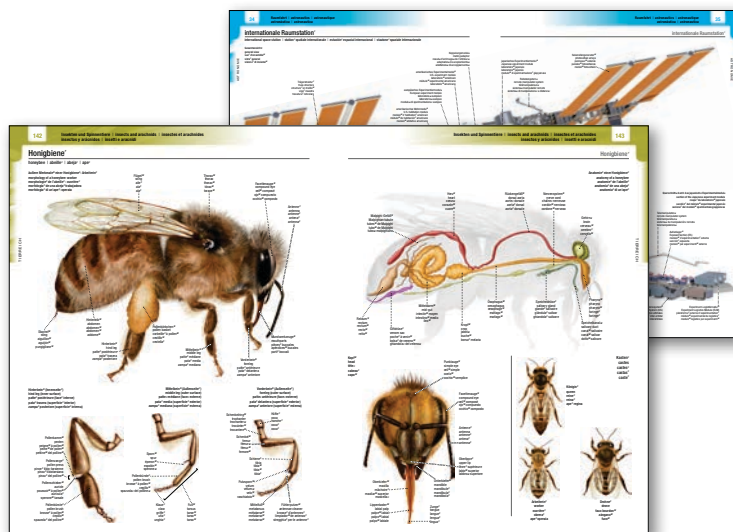
- Up to 6 languages
- 40,000 words per language
- 8,000 illustrations

**PAGES:** 1,072 pages + index  
Up to 1,312 pages (6-language version)

**FORMAT:** 194 mm x 248 mm (7 5/8 in. x 9 3/4 in.)

**TARGET AUDIENCE:** General audience, public, libraries, families, professionals

**SRP:** US\$49.95



Page layout of the complete content, as featured in the standard, compact and small compact formats.

## COMPACT FORMAT

Same content as the standard format edition in a smaller format

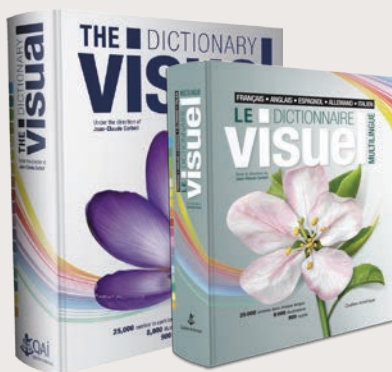
- Up to 6 languages
- 40,000 words per language
- 8,000 illustrations

**PAGES:** 1,072 pages + index  
Up to 1,312 pages (6-language version)

**FORMAT:** 170 mm x 218 mm (6 11/16 in. x 8 9/16 in.)

**TARGET AUDIENCE:** Professionals

**SRP:** US\$39.95



## SMALL COMPACT FORMAT

Same content as the standard format edition in a new smaller format

- Up to 5 languages
- 40,000 words per language
- 8,000 illustrations

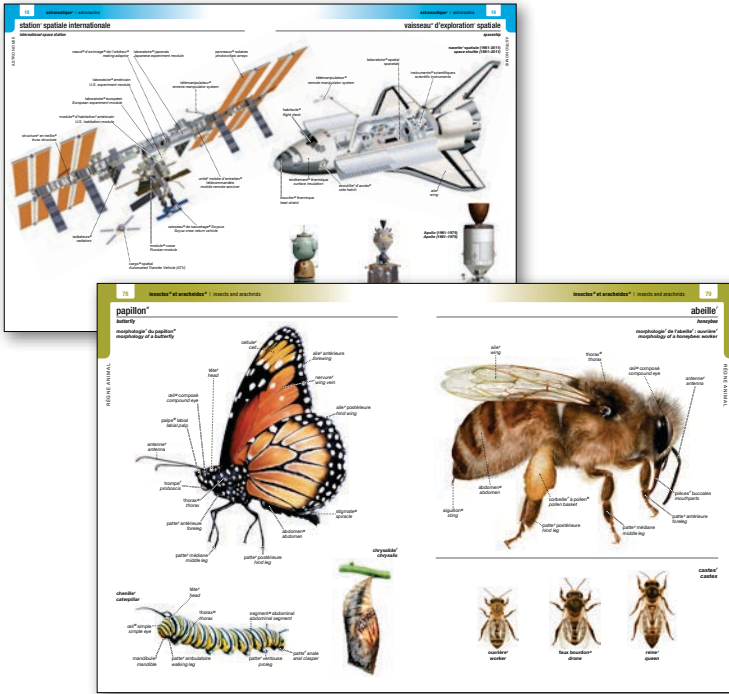
**PAGES:** 1,072 pages + index  
Up to 1,272 pages (5-language version)

**FORMAT:** 151 mm x 193 mm (6 in. x 7 1/2 in.)

**TARGET AUDIENCE:** Professionals

**SRP:** US\$34.95

MULTILINGUAL VERSION, ABRIDGED CONTENT  
 AN INDISPENSABLE REFERENCE FOR FINDING  
 THE RIGHT WORD AT ALL TIMES



“If the distinctive feature of a dictionary is to describe and name the world, no other comes close to competing with this one.”

*Le Nouvel Observateur* (France)

**TOPICS**

- Astronomy
- Earth
- Plants
- Animals
- Human Beings
- Food and Kitchen
- House
- Do-It-Yourself and Gardening
- Clothing
- Personal Accessories and Articles
- Arts and Architecture
- Communications
- Office Automation
- Transport and Machinery
- Energy
- Science
- Society
- Sports and Games

Page layout of the abridged content, as featured in the compact and mini formats. The abridged edition contains 54% of the complete edition’s content. The layout has been arranged accordingly.

**COMPACT FORMAT**

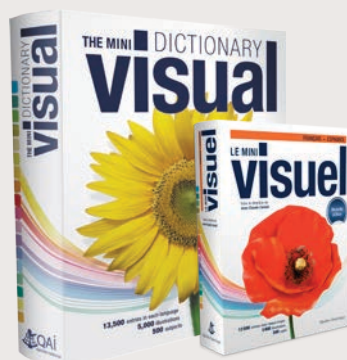
Abridged content in a smaller format

- Up to 5 languages
- 22,000 words per language
- 5,000 illustrations

**PAGES:** 576 pages + index  
 Up to 696 pages  
 (5-language version)

**FORMAT:** 170 mm x 218 mm  
 (6 11/16 in. x 8 9/16 in.)

**TARGET AUDIENCE:** Teachers, young professionals  
**SRP:** US\$29.95



**MINI FORMAT**

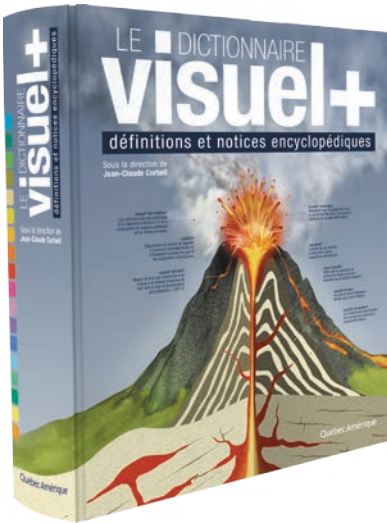
Abridged content in our smallest format

- Up to 2 languages
- 22,000 words per language
- 5,000 illustrations

**PAGES:** 576 pages + index  
 Up to 624 pages with index

**FORMAT:** 129 mm x 166 mm  
 (5 1/16 in. x 6 1/2 in.)

**TARGET AUDIENCE:** College and university students, travellers  
**SRP:** US\$19.95



# The Visual Dictionary 4th Edition

version with **Definitions**  
and **encyclopedic notes**

With the evocative power of the illustrations of the classic *Visual Dictionary*, borrowing its themes and hierarchical organization, the *Visual +* adds definitions and encyclopedic notes that provide essential information and shed light on what cannot be seen or inferred by the word: the nature, function and characteristics of the illustrated object or phenomenon.

**EXCELLENT BASE FOR RESEARCH WORK**

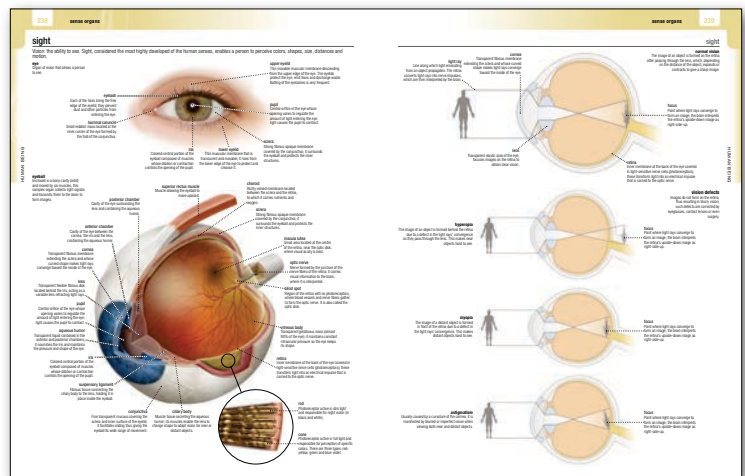
- Up to 2 languages with definitions in 1 language
- 330,000 words in the main language (with definitions)
- 8,000 illustrations

**PAGES:** 1,072 pages + index  
Up to 1,152 pages  
(2-language version)

**FORMAT:** 194 mm x 248 mm  
(7<sup>5</sup>/<sub>8</sub> in. x 9<sup>3</sup>/<sub>4</sub> in.)

**TARGET AUDIENCE:** General audience, libraries, families, professionals

**SRP:** US\$49.95



## IT ILLUSTRATES . . .

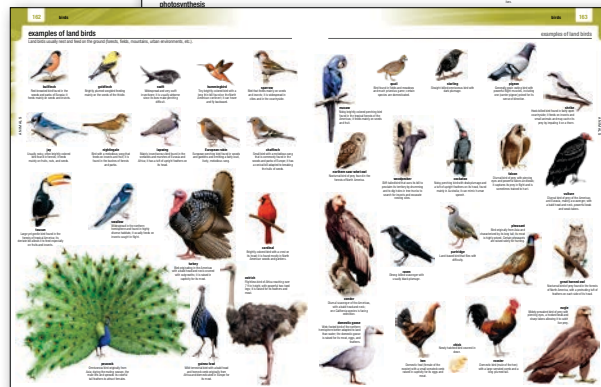
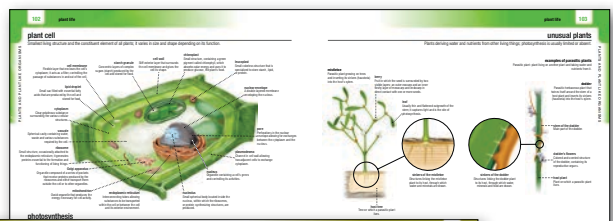
through detailed images that help the user understand or discover, observe or contemplate, discern or differentiate, express or demonstrate.

## IT NAMES . . .

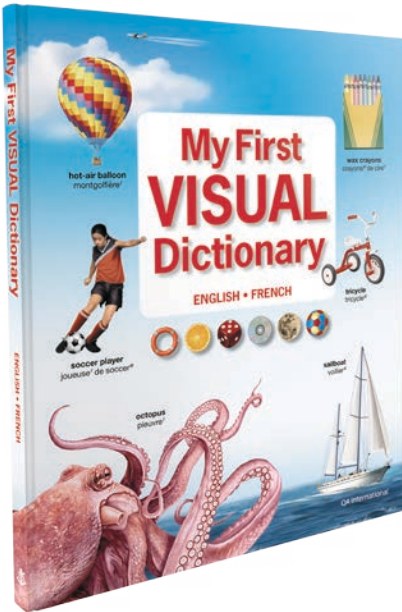
to identify precisely the aspects and elements of a topic using a visual and thematic approach.

## IT EXPLAINS . . .

to help the user understand a phenomenon and quickly grasp the meaning of a term or the characteristics of an object, communicate with greater clarity or simply learn something new.







# My First Visual Dictionary

The ideal language-learning tool for toddlers

*My First Visual Dictionary* is an exciting collection of dazzling images, labelled with accurate terms meticulously chosen by education experts to meet children's interests and day-to-day reality. Toddlers will have fun identifying objects by looking at the illustrations; older children will enjoy looking at the illustrations while learning how the words are written. Unilingual, bilingual and trilingual editions are also available.

“Conceived as a modern picture book with true-to-life drawings, this dictionary is a practical tool that not only helps young children learn language skills but also teaches this living language in the classroom.”

Association *Choisir un livre*, Internet (France)

- Up to 3 languages
- 1,600 terms per language
- 1,300 illustrations
- Covering 36 subjects

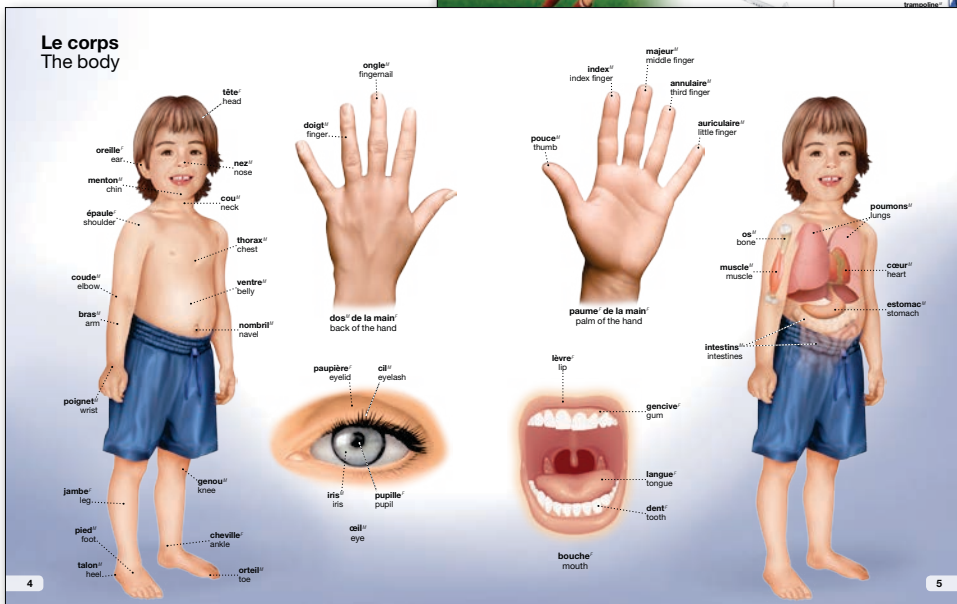
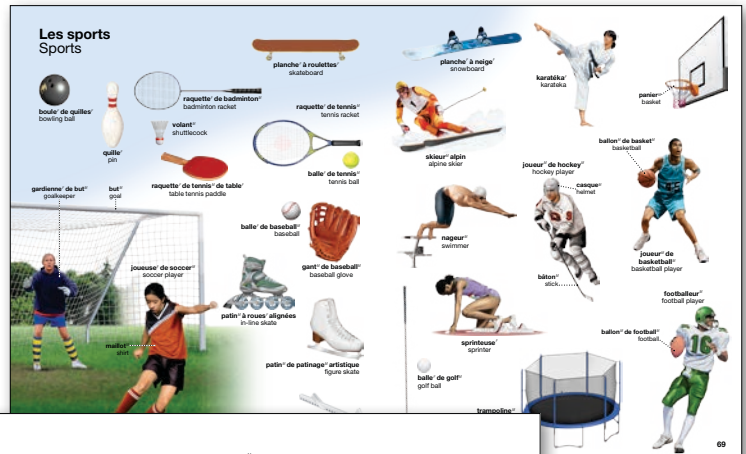
**PAGES:** 80 pages

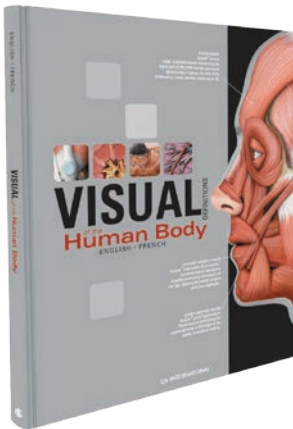
**FORMAT:** 216 mm × 270 mm  
(8 1/2 in. × 10 5/8 in.)

**AGES:** 2+

**SRP:** US\$18.95

Precise terminology allows children to learn proper vocabulary.





## The Visual Dictionary of the Human Body

An invaluable guide for exploring the human body from head to toe

*The Visual Dictionary of the Human Body* is a fascinating exploration of that wonderful machine we call the body. Some 350 high-resolution images, along with rigorous terminology and concise and clear definitions, allow readers to discover how the body works and explore the complexities of its various regions. This overview includes brief introductory texts and many amusing and informative sidebars that will be of interest to the entire family. Colourful illustrations, precise terms and definitions and educational and entertaining sidebars make this an indispensable tool at home, school and the office.

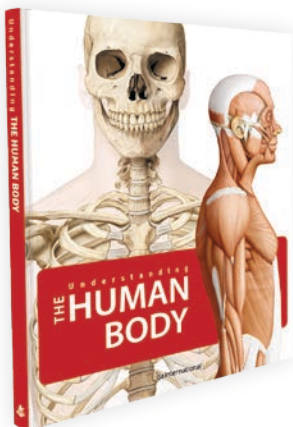
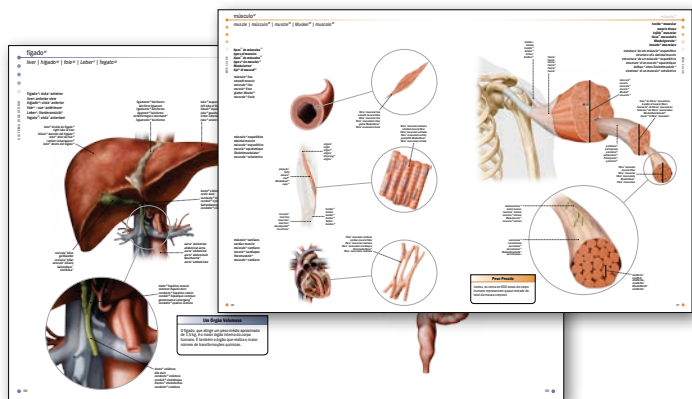
- Up to 6 languages (with definitions: up to 2 languages)
- 1,600 terms
- 6,600 words per language (with definitions: 30,800 words in the main language)
- Over 350 illustrations

**PAGES:** 144 pages + index

**FORMAT:** 229 × 301 mm (9 in. × 11 7/8 in.)

**TARGET AUDIENCE:** Families, students  
**SRP:** US\$24.95

**THE HUMAN BODY LIKE YOU'VE NEVER SEEN IT BEFORE!**



## Understanding the Human Body

A comprehensive survey of the processes occurring within the human body

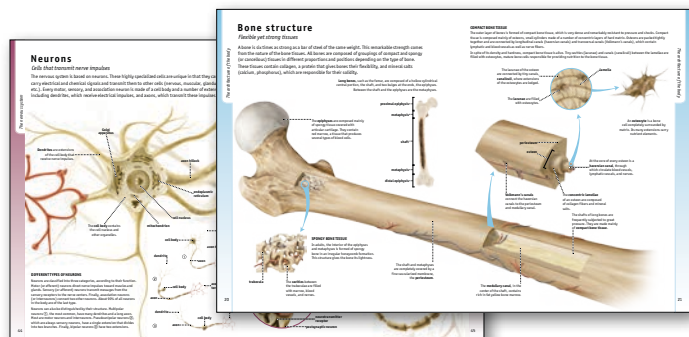
Through stunning visual content, entirely updated for this new edition, *Understanding the Human Body* presents the various components of the human anatomy and details their functions. Combining text with charts, diagrams and hyperrealistic illustrations, this reference makes it easy to understand complex biological processes, from cell division to inflammatory reaction, and from phonation to digestion. It is the definitive guide to understanding human biology.

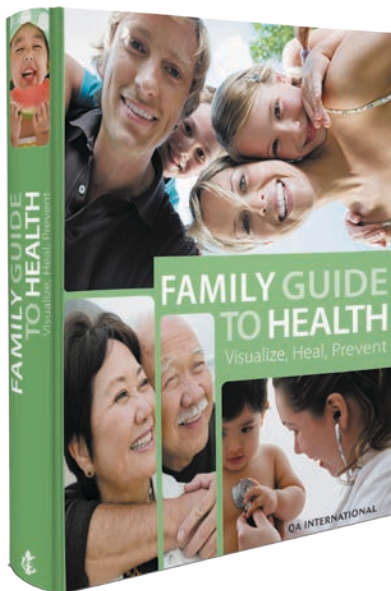
- About 31,000 words
- Over 350 illustrations

**PAGES:** 128 pages

**FORMAT:** 248 mm × 195 mm (9 3/4 in. × 7 2/3 in.)

**TARGET AUDIENCE:** Families, students  
**SRP:** US\$19.95





- 250,000 words
- Over 1,000 illustrations
- More than 400 illnesses illustrated and explained
- Validated by some 300 physicians, medical specialists and university professors
- Information on first aid developed with St. John Ambulance, active in over 40 countries

**PAGES:** 592 pages + index

**FORMAT:** 194 mm × 248 mm  
(7 5/8 in. × 9 3/4 in.)

**TARGET AUDIENCE:** Families

**SRP:** US\$39.95

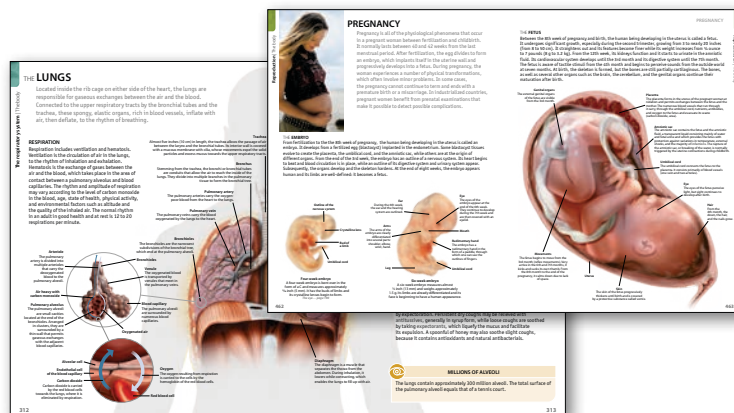
## AWARDS

**AWARD FOR ILLUSTRATED MEDICAL BOOK**, Illustrated Books of Scientific or Medical Nature – Association of Medical Illustrators (USA)

# Family Guide to Health Visualize, Heal, Prevent

The essential family reference when it comes to understanding the treatment and prevention of illnesses that affect the human body

The *Family Guide to Health's* innovative approach addresses concerns common among the general public with plain-language explanations complemented by state-of-the-art visuals. All at once an atlas of the human body, an encyclopedia of illnesses and ailments, a guide to healthy living and a first aid manual, it is the essential reference that every parent should keep on hand.



## TOPICS

Prevention

Fundamentals

Cells

Skin

Bones, Joints  
and Muscles

Nervous System

Sensory System

Endocrine System

Blood

Cardiovascular System

Immune System

Respiratory System

Digestive System

Urinary System

Reproductive System

Reproduction

Childhood and Adolescence

Alternative Medicine

First Aid

Index of Symptoms

Links and Resources

“We love: the realism of the illustrations, the practical tips, the symptoms directory, and the first aid guide.”

Sophie Allard, *La Presse*

“Knowing what to do when an emergency occurs can make all the difference, and the *Family Guide to Health* makes it easy to learn those essential steps.”

St. John Ambulance



### Lentille

LES CULTEURS FRANÇAIS

Fruit d'une plante herbacée annuellement proliférante originaire d'Asie centrale, la lentille est consommée depuis les temps préhistoriques et elle était connue au Proche-Orient il y a 8500 ans. Selon l'ère humaine lors de ses dernières migrations, elle a été apportée vers l'Est en Afrique, en Europe et en Inde, puis finalement en Amérique. Aujourd'hui, les principales régions productrices de lentilles sont en Grèce, Turquie, France et en Tunisie.

La lentille passe par une période appelée **houille** à la fin de l'été. Elle atteint de 35 à 45 cm de hauteur. Les gousses courtes, plates et alignées, mesurent environ plus de 1,5 cm de long; elles contiennent 10 à 12 graines brunes et de couleur variable selon les variétés.

### C'est simple et délicieux

**Soie d'acacia de haute qualité** offre des avantages. Acacia **Signature** est le premier moulin à farine de France. Il propose 244 g d'acacia mouliné en poudre et une grande variété de produits. Choisissez votre acacia **Signature** mouliné en 240 g ou en plus de 1 kg de lentilles vertes, jaunes ou rouges. Choisissez votre acacia **Signature** mouliné en 240 g ou en plus de 1 kg de lentilles vertes ou rouges, selon vos goûts. Choisissez votre acacia **Signature** mouliné en 240 g ou en plus de 1 kg de lentilles vertes ou rouges, selon vos goûts.

### LES SAVOIRS-VOUS

Comme la farine de blé, elle constitue comme l'un des produits de base de la cuisine. Elle est utilisée pour la fabrication de pain, de pâtes, de nouilles, de galettes, de biscuits, etc. Elle est également utilisée pour la fabrication de produits de boulangerie, tels que le pain, les brioches, les croissants, etc. Elle est également utilisée pour la fabrication de produits de pâtisserie, tels que les pâtisseries, les gâteaux, les biscuits, etc.

### PRINCIPALES VARIÉTÉS

De taille variable, les lentilles vertes sont les plus consommées en France et dans toute la France. Elles sont plus petites que les lentilles jaunes et plus rondes que les lentilles rouges. Elles sont également plus tendres que les autres variétés.

### PRÉPARATION

Rincer à l'eau froide les lentilles en conserve.

Les lentilles se font cuire dans un bouillon, dans un peu d'eau ou dans un peu de lait. Elles se font cuire dans un bouillon, dans un peu d'eau ou dans un peu de lait. Elles se font cuire dans un bouillon, dans un peu d'eau ou dans un peu de lait.

### VALEUR NUTRITIVE

Tout comme les autres légumineuses, les lentilles représentent une source de fibres, de magnésium et de fer. Elles contiennent également des protéines végétales et des glucides complexes.

### LENTILLE ROUGE

Peut être trouvée et consommée comme la lentille verte. Elle est plus petite que la lentille verte et plus ronde que la lentille verte.

### CUISISON

Mettre les lentilles dans l'eau froide non salée et porter à ébullition. Rincer de 20 à 40 min pour les lentilles vertes, jaunes et rouges, et de 15 à 20 min pour les lentilles corses, noires et Changelottes.

### VALEUR NUTRITIVE

Les lentilles rouges sont riches en fibres, en protéines et en glucides complexes. Elles sont également riches en fer et en magnésium.

### LENTILLE VERTS

De taille variable, les lentilles vertes sont les plus consommées en France et dans toute la France. Elles sont plus petites que les lentilles jaunes et plus rondes que les lentilles rouges.

### PRÉPARATION

Rincer à l'eau froide les lentilles en conserve.

### VALEUR NUTRITIVE

Les lentilles vertes sont riches en fibres, en protéines et en glucides complexes. Elles sont également riches en fer et en magnésium.

### LENTILLE BRUNE

La lentille brune est petite et plutôt ovale. Elle est consommée principalement en Italie et en Espagne.

### PRÉPARATION

Rincer à l'eau froide les lentilles en conserve.

### VALEUR NUTRITIVE

Les lentilles brunes sont riches en fibres, en protéines et en glucides complexes. Elles sont également riches en fer et en magnésium.

### LENTILLE JAUNE

Les lentilles jaunes sont plus grosses que les lentilles vertes et plus rondes que les lentilles vertes. Elles sont consommées principalement en France et en Italie.

### PRÉPARATION

Rincer à l'eau froide les lentilles en conserve.

### VALEUR NUTRITIVE

Les lentilles jaunes sont riches en fibres, en protéines et en glucides complexes. Elles sont également riches en fer et en magnésium.

### LENTILLE NOIRE

Plus petite que les lentilles vertes, la lentille noire est riche en fibres et en protéines. Elle est consommée principalement en France et en Italie.

### PRÉPARATION

Rincer à l'eau froide les lentilles en conserve.

### VALEUR NUTRITIVE

Les lentilles noires sont riches en fibres, en protéines et en glucides complexes. Elles sont également riches en fer et en magnésium.

## User's guide

Accurate and colourful illustrations of foods and their varieties

### Carrot

**Daucus carota var. sativa, ANJOU, ANJOU**

**Each theme gives detailed information about the food.**

**History and description of the food with its various names.**

**Carrots are generally classified into five major groups based on their shape:**

- IMPERIAL:** Long and tapered, the imperial carrot is generally less sweet than the other varieties. It has long tapered roots with a small crown.
- NAVY:** Imperial in shape, sturdy and with very sweet, the Nantes carrot is usually dark orange with a slightly flattened crown.
- CHATELAIN:** Small, round and conical in shape, the Chatelaine carrot is found primarily in the North East of France.
- NAVY:** Conical in shape and a little longer than the Chateaine, the Navy carrot is found primarily in food processing.
- BERRY CARROT:** Very round and short, with a small crown, the Berry carrot is usually dark orange with a slightly flattened crown.

**Anecdotes or amazing facts about a food:**

**Did you know?**

During World War II, the British government used carrot sticks as a rationing device to reduce sugar consumption. Carrots were also used as a source of Vitamin A during the war.

**Simple and delicious CARROTS IN CHINESE STYLES**

**Spicy Carrots:** Thinly slice carrots and cook in a wok with oil, garlic, and chili. Add soy sauce and stir-fry until tender.

**Stuffed Carrots:** Cut carrots into rings and stuff with a mixture of rice, meat, and vegetables. Steam until tender.

**Tip for selecting, using or preparing food.**

**STORAGE AND PRESERVING**

Carrots can be stored in a cool, dark place for up to two weeks. They should be stored in a perforated plastic bag in the refrigerator for up to three weeks.

**Nutritional chart for a specific food serving.**

	Energy	Protein	Carbohydrate	Fat
100g	168 kJ	1.6g	11.3g	0.2g
100g	399 kJ	3.6g	25.3g	0.4g
100g	588 kJ	5.3g	37.7g	0.6g

**Helpful hints for preparing food.**

**Heeding that lists the nutritional properties, active ingredients and health benefits specific to each food.**

**Nutritional chart for a specific food serving.**

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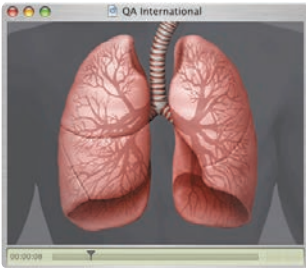
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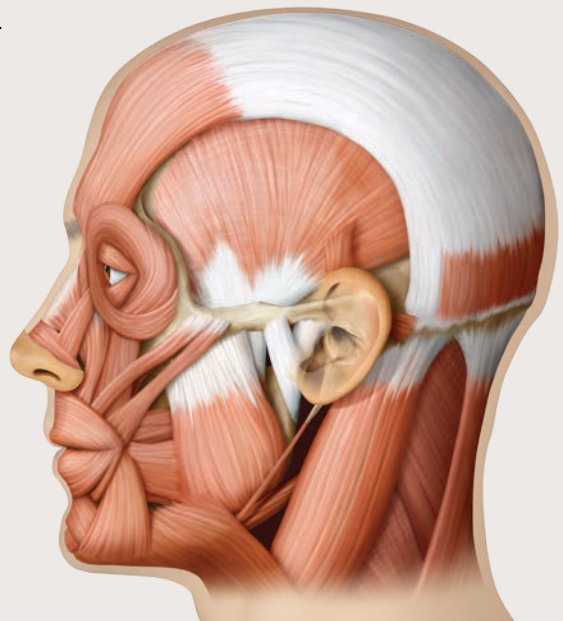
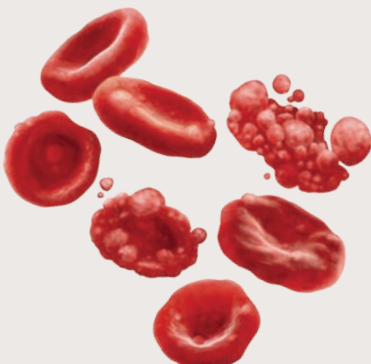
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