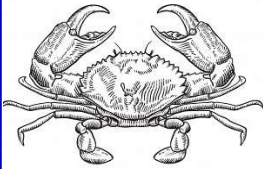


seafood  
fish  
meat  
dairy products



Agnès  
Pihuit

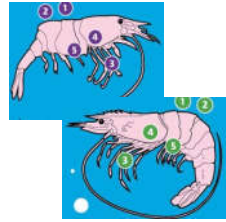
[my-teacher.fr](http://my-teacher.fr)



crab



lobster



shrimp /  
prawn



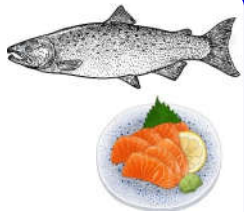
mussels



oysters



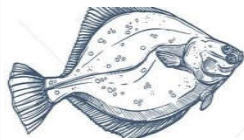
scallops



salmon  
(smoked salmon)



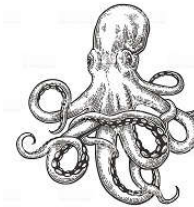
tuna



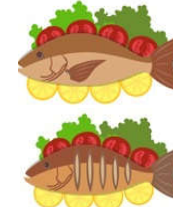
flatfish



cod /  
haddock



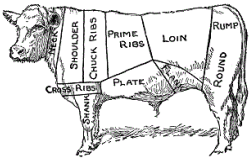
octopus



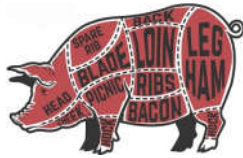
baked fish /  
grilled fish



steamed fish



beef



pork



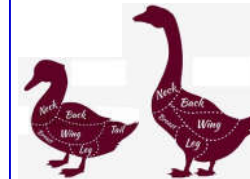
ham



sausage



chicken



duck /  
goose



turkey



butter



yogurt /  
yoghurt



curd



cheese



cheddar



sour cream



goat's milk