

Camembert:

Cheese.com. c2020. **Camembert**. [Online]. [23 January 2019]. Available from: <https://www.cheese.com/camembert/#>

Morais, R. 2017. **Camembert : Interesting Facts and Pairing Ideas**. [Online]. [23 January 2019]. Available from: <https://www.grapesandgrains.org/2017/08/camembert-interesting-facts-and-pairing-ideas.html>

Emmental:

Erinnudi.com. 2014. **Difference between: Emmental and Gruyere cheese**. [Online]. [15 February 2019]. Available from: <https://www.erinnudi.com/2014/10/29/difference-emmental-gruyere/>

Hiskey, D. 2010. **Why Swiss cheese has holes in it**. [Online]. [12 February 2019]. Available from: <http://www.todayifoundout.com/index.php/2010/11/why-swiss-cheese-has-holes-in-it/>

Feta:

Dilouambaka, E. 2016. **A Brief History Of Feta Cheese**. [Online]. [28 January 2019]. Available from: <https://theculturetrip.com/europe/greece/articles/a-brief-history-of-feta-cheese/>

Real Greek Feta. c2020. **Real Greek Feta - From Greece with Love!** [Online]. [28 January 2019]. Available from: <http://www.realgreekfeta.gr>

Wikipedia. 2020. **Feta**. [Online]. [28 January 2019]. Available from: <https://en.wikipedia.org/wiki/Feta>

Gorgonzola:

Castellocheese.com. c2020. **Gorgonzola**. [Online]. [29 January 2019]. Available from: <https://www.castellocheese.com/en-us/cheese-types/blue-mold-cheese/gorgonzola/>

Cheese.com. c2020. **Gorgonzola**. [Online]. [22 February 2019]. Available from: <https://www.cheese.com/gorgonzola/>

Pagani, P. 2013. **Gorgonzola, the cheese that lives**. [Online]. [22 February 2019]. Available from: <https://www.italianfoodexcellence.com/gorgonzola-the-cheese-that-lives/>

Gouda:

Cheese.com. c2020. **Gouda**. [Online]. [12 February 2019]. Available from: <https://www.cheese.com/gouda/>

Dunn, K. 2016. **Dutch Cheese-making Traditions**. [Online]. [28 January 2019]. Available from: <https://www.eatingeurope.com/blog/dutch-gouda-cheese/>

Gouda. n.d. [Online]. [28 January 2019]. Available from: <http://www.thatdutchmansfarm.com/farmstead-cheese/gouda/>

National Co+op Grocers. c2019. **Gouda**. [Online]. [12 February 2019]. Available from: <https://www.welcometothetable.coop/fresh-from-the-source/gouda>

Old Amsterdam Cheese Store. 2017. **How is Gouda cheese made?** [Online]. [12 February 2019]. Available from: <https://oldamsterdamcheesestore.com/uncategorized/gouda-cheese-made/>

Todayifoundout.com. 2015. **Why some cheeses come in wheels and others in blocks**. [Online]. [12 February 2019]. Available from: <http://www.todayifoundout.com/index.php/2015/06/cheeses-come-wheels-others-blocks/>

Wikipedia. 2020. **Gouda cheese**. [Online]. [12 February 2019]. Available from: https://en.wikipedia.org/wiki/Gouda_cheese

Halloumi:

Aurelio, A. 2011. *The History of Halloumi Cheese*. [Online]. [30 January 2019]. Available from: <http://www.mediterraneandietforall.com/the-history-of-halloumi-cheese/>

Hackett, J. c2020. *Halloumi Cheese - Production, Uses and Recipes*. [Online]. [22 February 2019]. Available from: <https://www.thespruceeats.com/what-is-halloumi-cheese-3376845>

Shubrook, N. 2018. *Is halloumi healthy?* [Online]. [22 February 2019]. Available from: <https://www.bbcgoodfood.com/howto/guide/halloumi-healthy>

Studd, W. c2015. *Will the real haloumi please stand up?* [Online]. [22 February 2019]. Available from: <https://www.willstudd.com/halloumi/>

Visitcyprus.com. c2020. *Halloumi Cheese*. [Online]. [22 February 2019]. Available from: <https://www.visitcyprus.com/index.php/en/discovercyprus/food-drink/local-produce/item/324-halloumi-cheese>

Mascarpone:

Cheese.com. c2020. *Mascarpone*. [Online]. [14 February 2019]. Available from: <https://www.cheese.com/mascarpone/>

Meier, J. c2020. *Mascarpone Cheese - Production, Uses and Recipes*. [Online]. [29 January 2019]. Available from: <https://www.thespruceeats.com/what-is-mascarpone-cheese-591332>

Zonis, S. 2012. *Mmmmm...Mascarpone Cheese!* [Online]. [14 February 2019]. Available from: <https://www.thenibble.com/reviews/main/cheese/cheese2/whey/2006-10.asp>

Parmigiano Reggiano

Cheese.com. c2020. *Parmesan*. [Online]. [30 January 2019]. Available from: <https://www.cheese.com/parmesan/>

Consorzio Vacche Rosse Scrl. 2016. *The history of Parmesan Cheese (Parmigiano Reggiano), our history*. [Online]. [30 January 2019]. Available from: <https://www.consorziovaccherosse.it/en/2016/03/the-history-of-parmesan-cheese-parmigiano-reggiano-our-history/>

Meier, J. 2019. *The Difference Between Parmesan and Parmigiano-Reggiano*. [Online]. [18 February 2019]. Available from: <https://www.thespruceeats.com/parmesan-vs-parmigiano-591198>

Bagel:

Ehler, J.T. c2019. *Bagel Facts and Trivia*. [Online]. [01 February 2019]. Available from: <http://www.foodreference.com/html/fbagel.html>

Evbryk, N. c2020. *Bagel*. [Online]. [01 February 2019]. Available from: <http://www.madehow.com/Volume-4/Bagel.html>

Fiegl, A. 2008. *A Brief History of the Bagel*. [Online]. [01 February 2019]. Available from: <https://www.smithsonianmag.com/arts-culture/a-brief-history-of-the-bagel-49555497/>

Filippone, P. 2019. *How Bagels Are Different From Other Breakfast Rolls*. [Online]. [01 February 2019]. Available from: <https://www.thespruceeats.com/what-are-bagels-1806995>

Nathan, J. 2008. *A Short History of the Bagel - From ancient Egypt to Lender's*. [Online]. [01 February 2019]. Available from: <https://slate.com/human-interest/2008/11/a-short-history-of-the-bagel.html>

Rothstein, M. 2008. *The Circle of Life With Bagels*. [Online]. [01 February 2019]. Available from: <https://www.nytimes.com/2008/11/26/dining/26bagel.html>

Safire, W. 1984. *Essay; On Bagels and Croissants*. [Online]. [04 February 2019]. Available from: <https://www.nytimes.com/1984/04/30/opinion/essay-on-bagels-and-croissants.html>

Weinzweig, A. 2009. *The Secret History of Bagels*. [Online]. [29 January 2019]. Available from: <https://www.theatlantic.com/health/archive/2009/03/the-secret-history-of-bagels/6928/>

Wikipedia. 2020. **Bagel**. [Online]. [04 February 2019]. Available from: <https://en.wikipedia.org/wiki/Bagel>

Ciabatta

Evangelisti, S. 2015. The ciabatta, a tasty Italian bread for meals. [Online]. [05 February 2019]. Available from: <https://www.alfaforni.com/en/the-ciabatta-a-tasty-italian-bread-for-meals/>

TheGuardian.com. 1999. The secret life of ciabatta. [Online]. [05 February 2019]. Available from: <https://www.theguardian.com/theguardian/1999/apr/30/features1.ig24>

Wikipedia. 2020. Ciabatta. [Online]. [05 February 2019]. Available from: <https://en.wikipedia.org/wiki/Ciabatta>

Croissant

Bakers Maison Australia Pty Ltd. 2016. *The history of the croissant*. [Online]. [05 February 2019]. Available from: <https://www.bakersmaison.com.au/about-us/blog/the-history-of-the-croissant>

Cestlaviesarasota.com. n.d. *History of the Croissant*. [Online]. [04 February 2019]. Available from: <http://www.cestlaviesarasota.com/culture/history-of-the-croissant/>

Fiegl, A. 2015. *Is the Croissant Really French? A brief history of the croissant – from kipfel to Cronut*. [Online]. [04 February 2019]. Available from: <https://www.smithsonianmag.com/arts-culture/croissant-really-french-180955130/>

French Moments Ltd. c2018. *The formidable story behind the French croissant*. [Online]. [04 February 2019]. Available from: <https://frenchmoments.eu/the-formidable-story-behind-the-french-croissant/>

Leong, K. 2016. *A Short History of the Croissant*. [Online]. [04 February 2019]. Available from: <http://peacockplume.fr/arts-culture/croissant-really-french>

Mcgeever, C. 2016. *Straight vs crescent croissants: what's the fuss all about?* [Online]. [05 February 2019]. Available from: <https://www.food24.com/News-and-Guides/Features/straight-vs-crescent-croissants-whats-the-fuss-all-about-20160225>

Injera

Allison, S. 2018. *Whose injera is it anyway?* [Online]. [31 January 2019]. Available from: <https://mg.co.za/article/2018-06-29-00-whose-injera-is-it-anyway/>

Chapple, J. 2012. *How to Make Ethiopia's Famous Flatbread*. [Online]. [01 February 2019]. Available from: <https://www.foodandwine.com/blogs/how-make-ethiopia-s-famous-flatbread>

Exploratorium. n.d. *Recipe: Ethiopian Injera*. [Online]. [01 February 2019]. Available from: <https://www.exploratorium.edu/cooking/bread/recipe-injera.html>

Ferrier, M. 2018. *Injera: the bike wheel-sized base of Ethiopian cuisine*. [Online]. [01 February 2019]. Available from: <https://www.theguardian.com/lifeandstyle/2018/feb/01/injera-the-bike-wheel-sized-base-of-ethiopian-cuisine>

TheDaringGourmet.com. 2017. *Authentic Injera (Ethiopian Flatbread)*. [Online]. [22 January 2019]. Available from: <https://www.daringgourmet.com/authentic-injera-ethiopian-flatbread/>

Knäckebröd

Duxbury, J. 2018. *Swedish recipe: how to make super thin rye crispbread*. [Online]. [05 February 2019]. Available from: <https://www.thelocal.se/20180216/swedish-recipe-how-to-make-super-thin-rye-crispbread>

Hearttoearthcookery.wordpress.com. c2020. **Knäckebröd**. [Online]. [05 February 2019]. Available from: <https://hearttoearthcookery.wordpress.com/2016/09/21/knackebrod/>

Marinamarket.com. 2018. **History of Swedish Knäckebröd (Cracker bread) Crisp bread and yummy Bolletje Finnish style Sesame rounds**. [Online]. [05 February 2019]. Available from: <https://gotlicorice.blogspot.com/2018/07/history-of-swedish-knackebrod-cracker.html>

Transparent Language Inc. 2011. **Swedish hard bread is called Knäckebröd**. [Online]. [05 February 2019]. Available from: <https://blogs.transparent.com/swedish/swedish-hard-bread-is-called-knackebrod/>

Pretzel

Howstuffworks. c2020. **Pretzel Facts**. [Online]. [30 January 2019]. Available from: <https://recipes.howstuffworks.com/pretzel-facts.htm>

Pruitt, S. 2018. **The Pretzel: A Twisted History**. [Online]. [30 January 2019]. Available from: <https://www.history.com/news/the-pretzel-a-twisted-history>

Todayifoundout.com. 2013. **The History of Pretzels**. [Online]. [30 January 2019]. Available from: <http://www.todayifoundout.com/index.php/2013/06/the-history-of-pretzels/>

Roti

Bharadwaj, M (2018). **Indian Cookery Course**. United Kingdom: Hachette UK.

Dash, M. 2015. **Food Story: How India's favourite flatbread Roti was born**. [Online]. [04 February 2019]. Available from: <https://indianexpress.com/article/lifestyle/food-wine/food-story-how-indias-favourite-flatbread-roti-was-born/>

Eat Your World, LLC. c2020. **Indian Breads: Naan, Roti, Chapati**. [Online]. [04 February 2019]. Available from: https://eatyourworld.com/destinations/asia/india/delhi/what_to_eat/breads_naan_roti_chapati

Kumari, I. 2018. **Our Ancient Roti Was Found In The History And Is Now World Famous**. [Online]. [04 February 2019]. Available from: <https://www.procaffenation.com/our-ancient-roti-was-found-in-the-history-and-is-now-world-famous/>

Lloyd, L. 2017. **The Origin and History of Chapati**. [Online]. [04 February 2019]. Available from: <https://www.desiblitiz.com/content/history-of-chapati>

WikiHow. 2019. **How to Make Roti**. [Online]. [04 February 2019]. Available from: <https://www.wikihow.com/Make-Roti>

Wikipedia. 2020. **Roti**. [Online]. [04 February 2019]. Available from: <https://en.wikipedia.org/wiki/Roti>

Zopf

Helvetic kitchen. c2020. **Zopf**. [Online]. [30 January 2019]. Available from: <https://www.helvetickitchen.com/curiosities/zopf>

Taste Atlas. n.d. **Zopf**. [Online]. [30 January 2019]. Available from: <https://www.tasteatlas.com/zopf>

Sustainability

Cambridge university press. c2020. **Sustainable**. [Online]. [31 October 2018]. Available from: <https://dictionary.cambridge.org/dictionary/english/sustainable>

Econation. c2018. **The Benefits of Sustainability**. [Online]. [11 November 2018]. Available from: <https://econation.co.nz/blog/the-benefits-of-sustainability/>

EY Global. 2017. **Why Sustainable Development Goals should be in your business plan**. [Online]. [11 November 2018]. Available from: https://www.ey.com/en_gl/assurance/why-sustainable-development-goals-should-be-in-your-business-plan

Forest Stewardship Council®, (2016). *Infographic Facebook English*. [Image]. [15 November 2018]. Available from: <https://www.ca.fsc.org/>

FSC® International Center GmbH. 2012. *FSC and Ecosystem Services - Protecting the planet's essential processes*. [Online]. [30 October 2018]. Available from: <https://ic.fsc.org/file-download.fsc-and-ecosystem-services.a-243.pdf>

Harris, S. 2017. *3 benefits of environmental sustainability*. [Online]. [11 November 2018]. Available from: <https://eco-act.com/sustainability-strategy/3-benefits-of-environmental-sustainability/>

International Institute for Sustainable Development. 2001. *Business Strategies for Sustainable Development*. [Online]. [11 November 2018]. Available from: https://www.iisd.org/business/pdf/business_strategy.pdf

Etiquette

Etiquettescholar.com, (n.d). *Dining Etiquette Infograph*. [Image]. [15 November 2018]. Available from: <https://www.etiquettescholar.com/>

Smoothie Recipes

Blueberry Smoothie:

Sayer, J. 2018. *7 Stunning Reasons You Should Eat Blueberries Every Day*. [Online]. [12 March 2019]. Available from: <https://foodrevolution.org/blog/are-blueberries-good-for-you/>

Welch, S. 2018. *Blueberry Smoothie*. [Online]. [04 March 2019]. Available from: <https://www.dinneratthezoo.com/blueberry-smoothie/>

Kiwi Smoothie:

Bjarnadottir, A. 2018. *11 Evidence-Based Health Benefits of Bananas*. [Online]. [11 March 2019]. Available from: <https://www.healthline.com/nutrition/11-proven-benefits-of-bananas#section1>

Borah, P. 2018. *Benefits Of Kiwi Fruit: From A Powerhouse Of Antioxidants To Inducing Sleep*. [Online]. [11 March 2019]. Available from: <https://food.ndtv.com/food-drinks/7-kiwi-fruit-benefits-from-a-powerhouse-of-antioxidants-to-inducing-sleep-1236599>

Greenblender.com. c2020. *The Health Benefits of Kiwi*. [Online]. [11 March 2019]. Available from: <https://greenblender.com/smoothies/1849/the-health-benefits-of-kiwi>

Palanjan, A. 2018. *Recipe: Easy Banana Kiwi Smoothie*. [Online]. [07 March 2019]. Available from: <https://www.thekitchn.com/easy-banana-kiwi-smoothie-255484>

Citrus Smoothie:

Gunnars, K. 2018. *10 Surprising Health Benefits of Honey*. [Online]. [19 March 2019]. Available from: <https://www.healthline.com/nutrition/10-benefits-of-honey>

Reader's Digest Magazines Ltd. c2020. *You Need to Try This Refreshing Orange Smoothie Recipe*. [Online]. [06 March 2019]. Available from: <https://www.besthealthmag.ca/recipes/almond-orange-smoothie/>

West, H. 2019. *6 Evidence-Based Health Benefits of Lemons*. [Online]. [11 March 2019]. Available from: <https://www.healthline.com/nutrition/6-lemon-health-benefits>

Mango & Watermelon Smoothie:

Allrecipes.com. c2020. *Mango Watermelon Smoothie*. [Online]. [07 March 2019]. Available from: <https://www.allrecipes.com/recipe/238068/mango-watermelon-smoothie/>

Bradford, A. 2015. *Vitamin A: Sources & Benefits*. [Online]. [11 March 2019]. Available from: <https://www.livescience.com/51975-vitamin-a.html>

Petre, A. 2018. *Lycopene: Health Benefits and Top Food Sources*. [Online]. [11 March 2019]. Available from: <https://www.healthline.com/nutrition/lycopene#cancer>