food: A table that holds foods (dishes) and the ingredients to make them. A dish can have many ingredients and an ingredient can be in many dishes;
prices: A table of the cost of each ingredient. the ingredient column in this table corresponds to the ingredient column in the food table;
fd : fd stands for favorite dish. This is a table of people's favorite dishes. There are 2 columns: pn and fvdsh. pn stands for person and holds the person's name. fvdsh stands for favorite dish.
fvdsh corresponds to the dish column of the food table.

