Chop, Slice and Mash

Sources of food

Some foods come from plants and some foods come from animals.

Foods from plants

We eat different parts of plants.

Leaves



cabbage



Flowering heads



Stems

broccoli



cauliflower

Fruit



apples

lettuce

strawberries





rhubarb

Seeds



Roots

carrots



onions



wheat



celery

walnuts

Foods from animals

Some foods, such as meat, fish and dairy products, come from animals.

Meat comes from:



cows

pigs

chickens

Fish comes from:







salmon

Dairy products:

cod

Milk from cows and sheep is used to make dairy products. Dairy products include:



milk



cheese





butter

yoghurt

Some other foods also come from animals.







honey from bees

Food preparation

We use different tools to prepare foods.

Peeling

A vegetable **peeler** takes the skin off vegetables and fruits.



Tearing

Our **hands** tear leaves into pieces.



Slicing

A knife slices food into thin, flat pieces.



Chopping

A knife cuts foods into small pieces.



Mashing

A masher crushes and softens foods.



Grating

A grater shreds foods into small pieces.



Glossary

flowering head	A tightly-packed group of flower buds at the top of a stem.
product	Something that is made.
tool	A piece of equipment that makes a job easier.



