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.



Flowering heads







cabbage lettuce

Fruit

broccoli

cauliflower



apples

Roots

strawberries

rhubarb







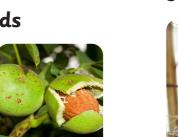
wheat







walnuts





Foods from animals

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

Meat comes from:



cows





pigs

chickens

Slicing

flat pieces.

into pieces.

Peeling

Tearing

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

product

tool



carrots







tuna

salmon

Dairy products:

cod

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









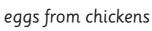






cheese Some other foods also come from animals.











Food preparation

We use different tools to prepare foods.

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

Our **hands** tear leaves

A **knife** slices food into thin,



A tightly-packed group of flower buds at the top of a stem.

Something that is made.

A piece of equipment that makes a job easier.

