

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



lettuce



cabbage



broccoli



cauliflower

Flowering heads

Fruit



apples



strawberries



rhubarb



celery

Stems

Roots



carrots



onions



wheat



walnuts

Seeds

Foods from animals

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

Meat comes from:



cows



pigs



chickens

Fish comes from:



cod



tuna



salmon

Dairy products:

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



milk



cheese



yoghurt



butter

Some other foods also come from animals.



eggs from chickens



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.

