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





Stems

cauliflower

Flowering heads

broccoli

Fruit



apples

lettuce



strawberries



rhubarb

Seeds





onions carrots

Roots



wheat



celery

walnuts

Foods from animals

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

Meat comes from:



cows

pigs

tuna

chickens

Fish comes from:







salmon

Dairy products:

cod

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



milk







butter

yoghurt

Some other foods also come from animals.

cheese







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.

