# 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







lettuce

cabbage

cauliflower broccoli

Stems





Roots

apples

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

## Fish comes from:



cod



tuna



salmon

### **Dairy products:**

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









Glossary

small pieces.

Peeling

Tearing

Slicing

flat pieces.

Chopping

small pieces.

Mashing

Grating

into pieces.

flowering head

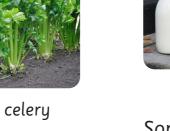
product

tool



carrots

onions





milk



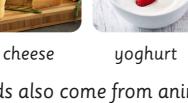
Some other foods also come from animals.



eggs from chickens



honey from bees











# **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 knife cuts foods into

A **masher** crushes and softens foods.

A grater shreds foods into





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.

