

# 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

### Stems



rhubarb



celery

### Roots



carrots



onions

### Seeds



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:



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.

