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

Flowering heads



broccoli



cauliflower

Stems



lettuce

apples



strawberries

Roots

Fruit



rhubarb

Seeds



onions



wheat



celery

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:







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.







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.



carrots

