# 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



celery

walnuts

broccoli

cauliflower

Stems

#### Fruit



apples

lettuce



strawberries



rhubarb

Seeds



Roots

carrots

onions



wheat

### Foods from animals

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

### Meat comes from:



cows

pigs

chickens

#### Fish comes from:







tuna

salmon

### Dairy products:

cod

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



milk





yoghurt

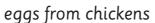


butter

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.



