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.











cabbage lettuce

Fruit

broccoli

Stems

cauliflower



apples strawberries



celery





carrots

onions

wheat





Seeds







walnuts



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

Meat comes from:



cows

cod

milk

Dairy products:

Fish comes from:





pigs

tuna

Milk from cows and sheep is used to make dairy

chickens

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

product

tool





Tearing

into pieces.





salmon

cheese 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 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.

