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Remarkable Recipes - Advent 2

Where food comes from:

Most of our food comes from two sources: plants and animals.

Food from plants

We eat different parts of plants, including roots, stems, leaves, flowers and fruits. Sugar, some oils, nuts and pulses also come from plants.



Food from animals

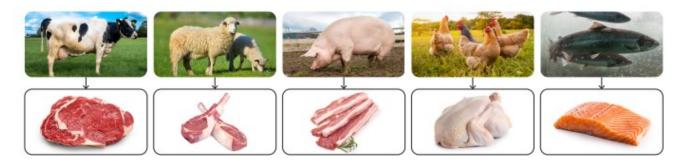
Animals also provide us with food.

Preparing food:

Some foods need preparation before they can be cooked or eaten.

There are many ways to prepare ingredients:

- peeling skins using a vegetable peeler
- grating hard ingredients, using a grater
- chopping vegetables using a knife
- mashing foods using a masher
- slicing foods using a knife



Cooking:

There are many reasons to cook food. Cooking makes some foods:

- · taste better
- safer to eat
- easier to digest
- last longer
- softer and more edible



<u>Glossary</u>

edible—Suitable, or safe, to eat.

equipment—The set of tools needed for a particular purpose.

<u>ingredients</u>—The foods that are necessary to prepare a specific dish.

<u>pulses</u> - The edible seeds of some plants, such as peas, beans and lentils.