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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



## Glossary

edible—Suitable, or safe, to eat.

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

ingredients—The foods that are necessary to prepare a specific dish.

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