Remarkable Recipes

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.

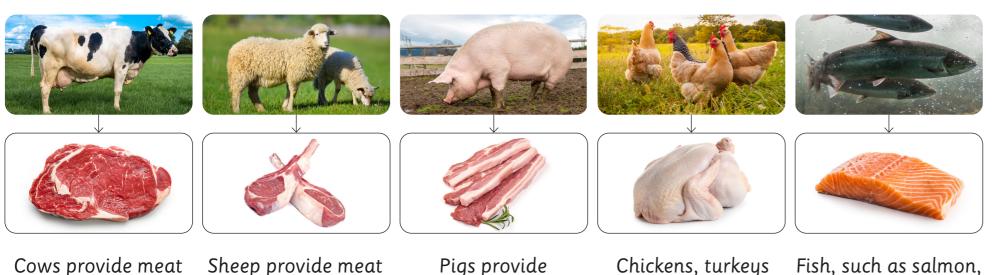
Different diets

Some people eat a mixed diet of foods from plants and animals. Vegetarians choose to only eat foods from plant sources and foods produced by animals but not meat. Vegans only eat foods from plants.

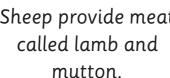
Preparing food

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



called beef. They also produce milk, which can be made into butter, cheese, cream and yoghurt.



They also provide milk, which can be made into cheese.

meat called pork, bacon and ham. Sausages are often made from pork.

and geese all provide meat. They also

produce eggs.

tuna and cod, also provide meat.

ingredients

equipment

pulses

edible



Cooking food

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

• taste better

safer to eat

• easier to digest

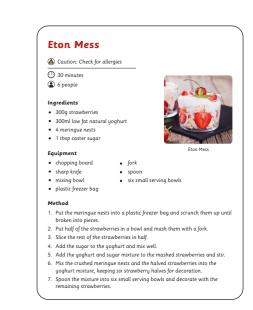
last longer

softer and more edible

Recipes

A recipe is a series of instructions for preparing and cooking a dish. Recipes have a title, list of ingredients and method. Recipes also tell you how long the dish will take to make and how many people it will serve.





Glossary

Suitable, or safe, to eat.

The set of tools needed for a particular purpose.

The foods that are necessary to prepare a specific dish.

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

