

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.



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



Sheep provide meat called lamb and mutton. They also provide milk, which can be made into cheese.



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



Chickens, turkeys and geese all provide meat. They also produce eggs.



Fish, such as salmon, tuna and cod, also provide meat.

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

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.

Eton Mess

⚠ Caution: Check for allergies

🕒 30 minutes

👤 6 people

Ingredients

- 300g strawberries
- 300ml low fat natural yoghurt
- 4 meringue nests
- 1 tbsp caster sugar

Equipment

- chopping board
- sharp knife
- mixing bowl
- plastic freezer bag
- fork
- spoon
- six small serving bowls

Method

1. Put the meringue nests into a plastic freezer bag and scrunch them up until broken into pieces.
2. Put half of the strawberries in a bowl and mash them with a fork.
3. Slice the rest of the strawberries in half.
4. Add the sugar to the yoghurt and mix well.
5. Add the yoghurt and sugar mixture to the mashed strawberries and stir.
6. Mix the crushed meringue nests and the halved strawberries into the yoghurt mixture, keeping six strawberry halves for decoration.
7. Spoon the mixture into six small serving bowls and decorate with the remaining strawberries.

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.