

Chapter 1

Food: Where Does It Come From

Food Variety

Food:

The substance which we eat to live is called food

Function of food:

1. Food is the fuel for our body.
2. Food provides energy to do work.
3. Food gives us essential materials needed by the body for growth.
4. Food provides materials needed for repairing damaged cells and to protect us from various diseases.
5. Food also helps in building new cells and tissues.

Food Variety:

We eat different kinds of food at different times. This is called variety in food. There is a great variety of food for different people living in different places.

Ingredients:

The materials that are needed to prepare a particular type of dish are called its ingredients.

Ingredients for chapatti are atta and water.

Ingredients required for preparing idli are rice, urad dal, salt, and water.

Food Materials and Sources:

Plants and animals are the major sources of food for human beings and animals.

◆ Plant provides cereals, pulses, vegetables, fruits, oils, spices, sugar, tea, and coffee, etc.

◆ Animal provide milk, eggs, meat products, fish, etc.

Plant Parts And Animal Products As Food

Plant parts as a source of food:

Plants are autotrophs, they prepare food themselves and store the excess food in different parts. These parts of plants are used as a source of food and are called eatable or edible parts of plants.

Edible parts of plants	Example
Root	Radish, carrot, beetroot, turnip and sweet potato.
Stem	Potato, sugarcane, ginger, onion.
Leaf	Spinach, cabbages, mustard, coriander, mint, fenugreek.
Flower	Cauliflower, broccoli, banana, pumpkin.
Fruit	Pumpkin, banana, mango, apple, tomato.
Seed	Pea, pulses, maize, mustard, beans, cumin seeds.

*Sprouts: The process in which seeds like moong and chana are allowed to germinate by developing small white structures is called sprouts. Sprouts are rich in vitamins, proteins, and minerals. Hence sprouts are more nutritious.



*Tip: Two or more parts of a plant are used as food.

Example: Mustard - Seeds and leaves; Pumpkin - Fruit and flower

Animal products as food:

The most important animal product used as food is milk. Milk can be converted into many other products like ghee, butter, curd, cheese, paneer, etc.

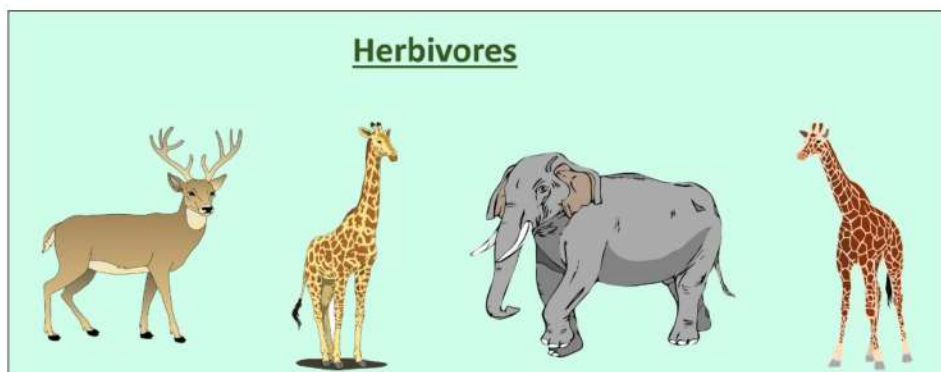
Animals Product	Animals
Milk	Cow, goat, sheep, buffalo.
Egg	Hen, duck.
Meat	Goat, sheep, hen, pigeon, fish
Seafood	Oyster, crab and prawns.
Honey	Honeybees

What Do Animals Eat?

Animals are classified into three groups on the basis of their food habits.

◆ Herbivores:

Those animals that eat only plant or plants products are called herbivores. For example, Cow, goat, deer, rabbit, elephant, sheep, etc.



◆ Carnivores:

Those animals that only eat the flesh of other animals are called carnivores. For example, Lion, tiger, wolf, eagle, etc.



◆ **Omnivores:**

Those animals that eat both plant and flesh of other animals are called omnivores. For Example, Human, cat, dog, cockroaches, crows, etc.

