

Variety of Food

Food Materials and Their Sources

Plants Products and Animals Products as Food

Animals Nutrition

## Variety of Food

### Food

Food is any edible materials that growth, repair and maintenance of the body. Food also protects body from the infection and diseases.

### Nutrition

Nutrition process by which utilizes the food for growth and maintenance healthy body

There are varieties of food with different nutritional value. Each food is prepared with the help of several different ingredients.

Ingredients are the food materials required to prepare a dish. For example to make *halwa* we need milk, suji, dry fruits, sugar, ghee and cinnamon powder.



Ingredients to make *Halwa*

## Food Materials and Their Sources

The sources of food materials are:

- Plant source
- Animal source

The food items obtained from plants are called plant products. The vegetables, cereals, grains, wheat and rice all are plant products similarly food items obtained from animals like chicken, fish, prawns, pork, beef are called animals products. Milk which we drink is also an animal product that is further processed to make curd, paneer, cheese, ghee and butter.



Plant products



Animal product

## Plants Products and Animals Products as Food

### Plant Parts Products as Food

It is surprising to know that we eat different parts of the plant in different food variety. For instance take the example of cabbage, a green leafy vegetable that most kids dislike to eat. It is the leaf of the plant that we eat.

The edible parts of various plants are given below as:

#### Leaves

Leaves are plant of parts which edible. The leaves of spinach are eaten. Other e.g. are mustard and fenugreek.



Spinach

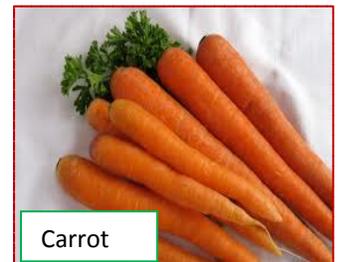


Fenugreek

#### Roots

The roots of many plants are used as vegetables.

For example :Carrot, radish and beetroot are the roots.



Carrot

#### Flower

Flower of banana and pumpkin are the edible parts. Fruits of many plants are eaten as fruits and vegetables.

#### Stem

The sugarcane that is used to make sugar is the stem of the plant. Potato is also an underground stem called tuber.



Fruits

#### Seeds

Seeds are used as cereals, spices, sprouts and for taking out vegetable oil.



Seeds

## Animal Product as Food

- Animals also provide us some of important products which we eat/drink daily, i.e., milk, curd, eggs.
- We get milk from cow, buffalo and goat and even from camel in desert areas.
- We get eggs from hens and duck.
- We also get meat from chicken, goat, camel, etc. Fish, prawn are also eaten.

## Animals Nutrition

On the basis of the type of food they eat animals are divided into three categories.

These are:

**Herbivore:** Animals which eat only plants are called herbivore. For e.g : horse, deer, goat, cow etc

**Carnivore:** Animals which eat flesh of other animals are called carnivore. For e.g. lion, leopard, tiger etc.

**Omnivore:** Animals which eat both plants as well as the animals are called onivore .For e.g. crow , pigeon, human.