

Food: Where Does It Come From?

Food Variety

You must have observed all of the students in your class bring different variety of food. For instance, one student brings chapatti and paneer curry while other brings rice and fish curry or halwa.

Have you wondered what are the ingredients required to prepare these food items? But first let us become familiar with the term ingredients.



These are the ingredients required to make *halwa*.

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.

Answer the following.

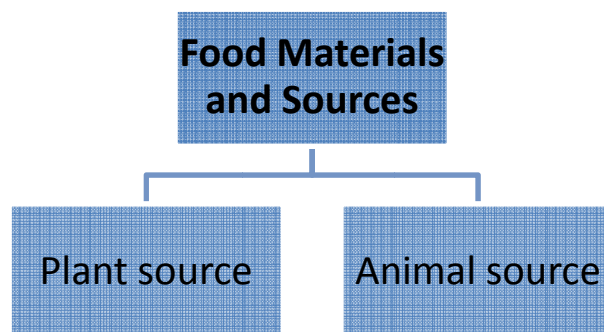
Write any three food items that are needed to make fish curry.

Answer: Fish, spices and coconut.

Food Materials and Sources

Now let us study what is the source of these food items?

The source of food items can be categorized into two parts.



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 a animal product that is further processed to make curd, paneer, cheese, ghee and butter.



Plant products

Animal products

Enlist any four food items obtained from plant and animal source which you eat in a day.





Answers:



Plant source	Animal source
Banana	Egg
Chapatti	Butter
Rice	Fish
Dal	Curd

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.

Below is a table discussing the edible parts of various plants.

Leaves The leaves of spinach are eaten. Other e.g. are mustard and fenugreek.	 Spinach
Roots Carrot, radish and beetroot are the roots.	 Carrot
Flower Flower of banana and pumpkin are the edible parts.	 Banana
Stem The sugarcane that is used to make sugar is the stem of the plant. Potato is also an underground stem called tuber.	 Sugarcane

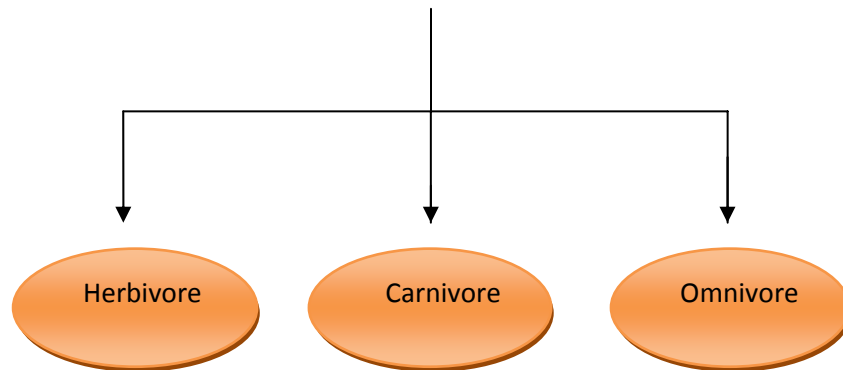
<p>Seeds</p> <p>The seeds of mustard are used for making vegetable oil. Other e.g. is soyabean. Black pepper is a seed used as a spice.</p>	 <p>Mustard seeds</p>
<p>Fruit</p> <p>Apple , banana and mango are all eaten as fruit.</p>	 <p>Mango</p>

Do you know that the seeds of gram or cereals mixed with some spices can serve for snacks? But for that you need to soak in water and leave it for a day. Then drain out the water and wrap it in a wet cloth and keep for another day. You will find that the seeds have sprouted. Now this can be mixed with some spices and eaten as snacks.

Why are the flowers so colourful? Well the answer for this is, to attract the bees. But what is the need for it. The reason is that the bees suck nectar from the flowers to make honey. **The nectar is the sweet juice present in the flowers.** This is an animal product.

The cow eats the grass while a lion eats a deer and a crow eats both grains as wells as rat. It is clear that different animals eat different food types. On the basis of the type of food they eat animals are divided into three categories.

These are









Herbivore- These animals eat only plants. Examples are cow, horse deer.

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

Omnivore- These are the animals eat both plants as well as the animals like the crow and pigeon.

Given below are the pictures of various animals. Write the food they eat and also the category to which they belong to.

Animal	Food	Type of animal
	Raw or cooked meat, organ meats, vegetables, grains and fruits.	Omnivore
	Green leaves and grass	Herbivore

	Flesh of deer, zebra	Carnivore
	Green leaves and grass	Herbivore
	Green leaves and vegetables	Herbivore
	Small animals like mouse, lizard	Omnivore
