




# Sources of Food: Plants and Animals

## Notes

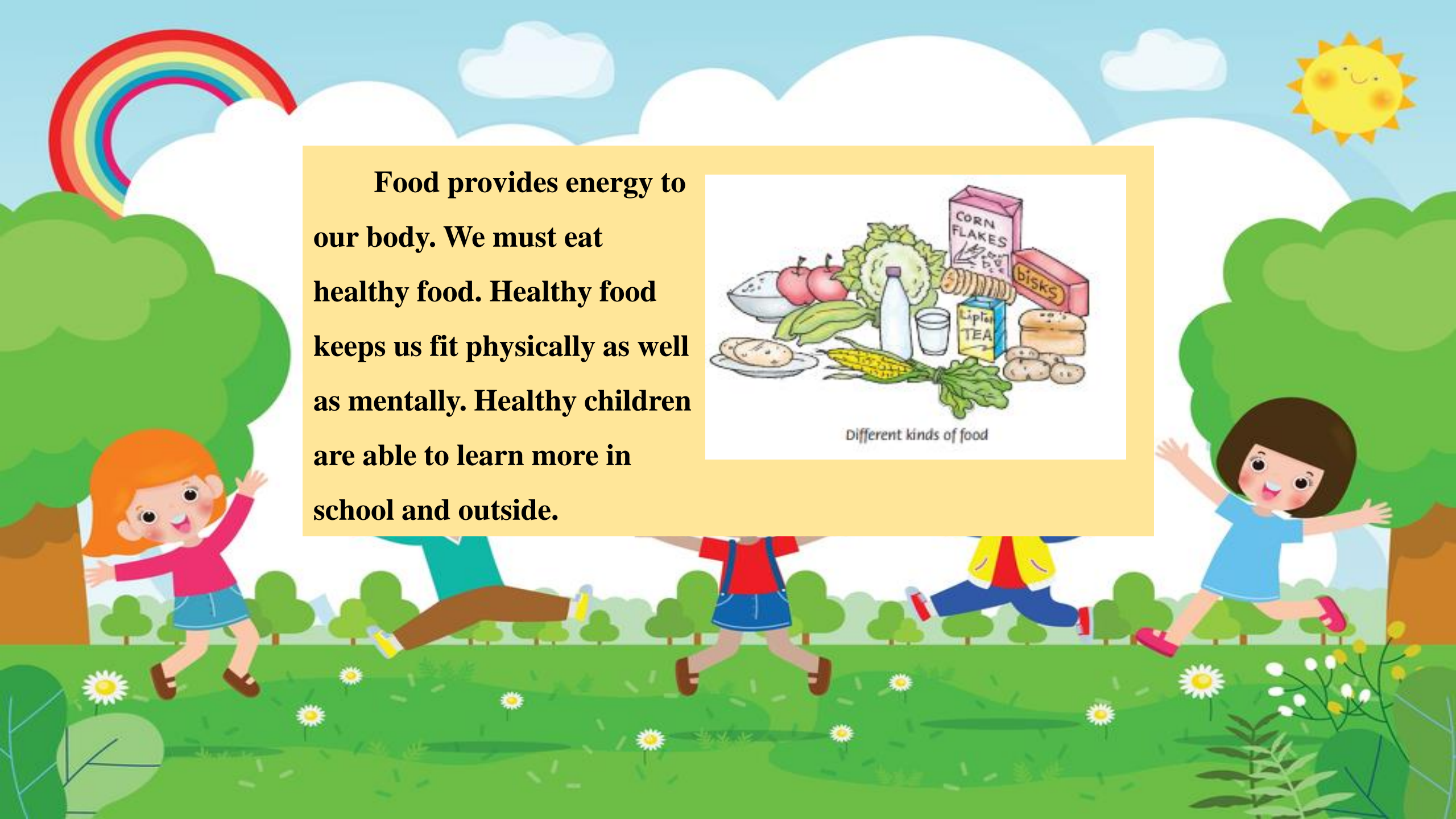


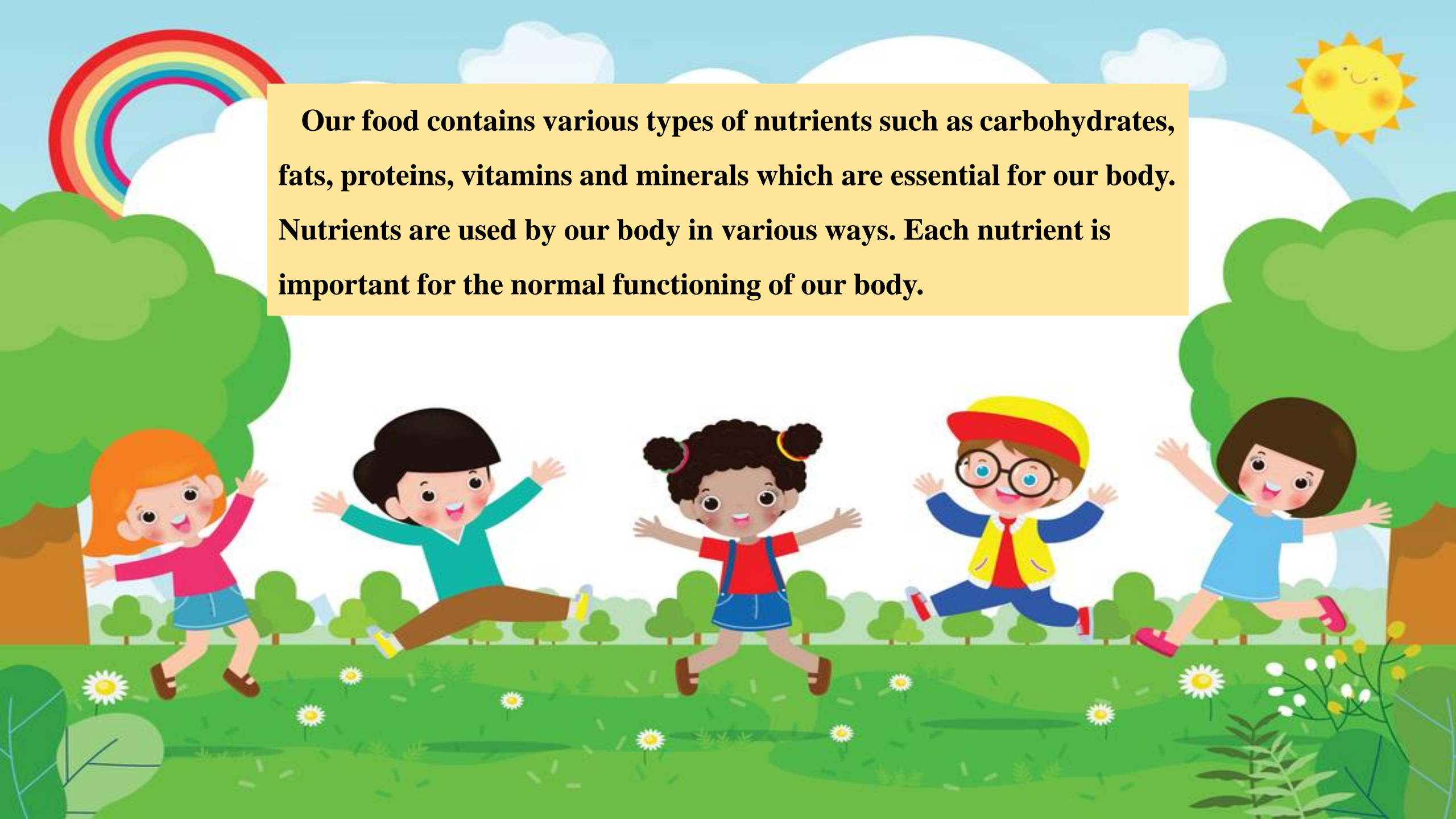


**Food is a substance which  
is consumed by all the living  
beings to get nutritional  
support for the body.**



**Food provides energy to our body. We must eat healthy food. Healthy food keeps us fit physically as well as mentally. Healthy children are able to learn more in school and outside.**





**Our food contains various types of nutrients such as carbohydrates, fats, proteins, vitamins and minerals which are essential for our body. Nutrients are used by our body in various ways. Each nutrient is important for the normal functioning of our body.**









## **SOURCES OF FOOD**

Usually, our food comes from two main sources—plants and animals. Almost every food which we eat, is obtained from the plants or the animals.





**Let us deal with these sources of food in detail.**



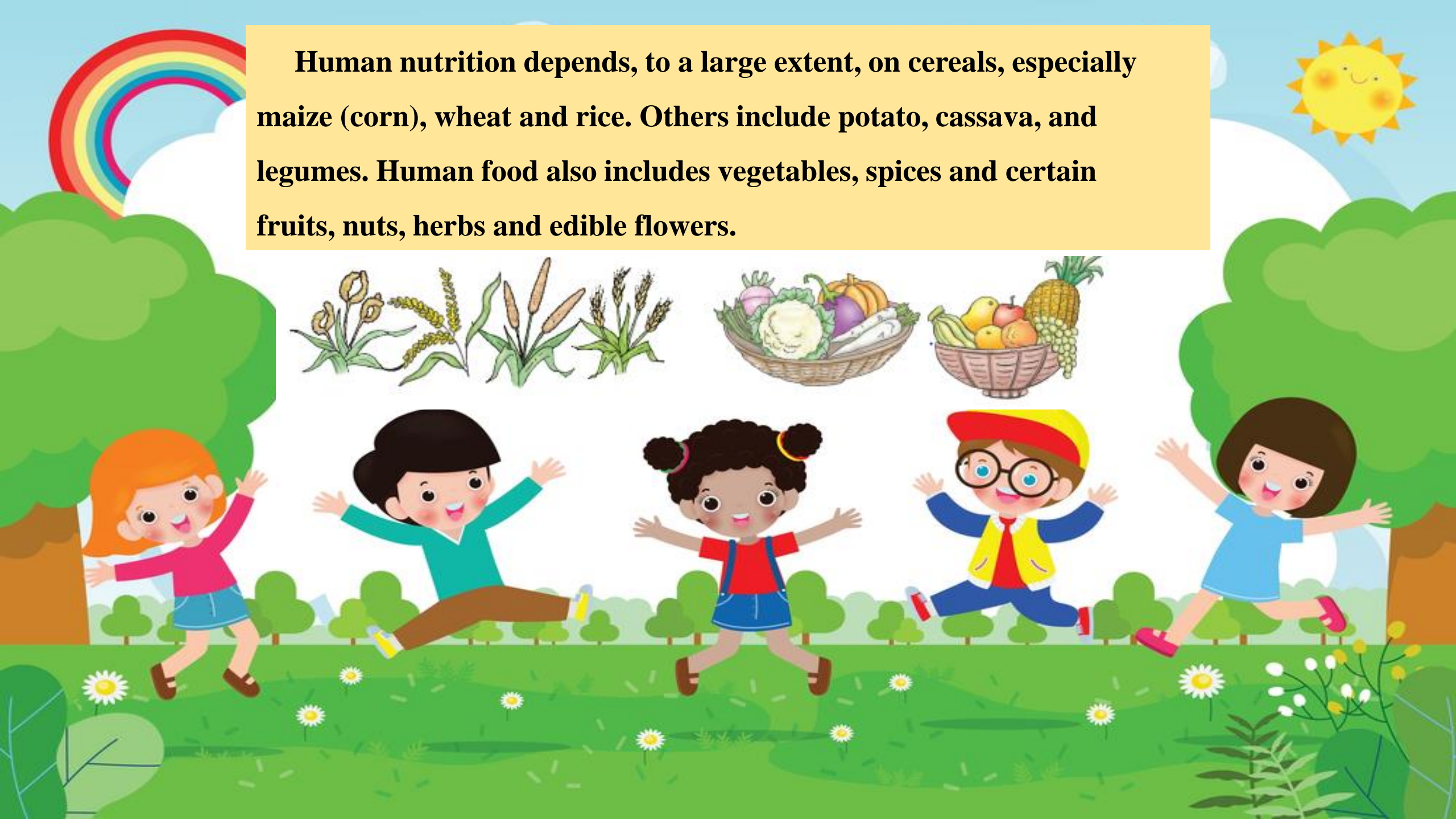
## Plants

Plants serve as a good source of food for humans and animals. There are around 2000 types of plants which are cultivated for food. Many plants and their parts are eaten as food by human beings. Parts of plants like seeds, fruits, leaves, roots are eaten as food.





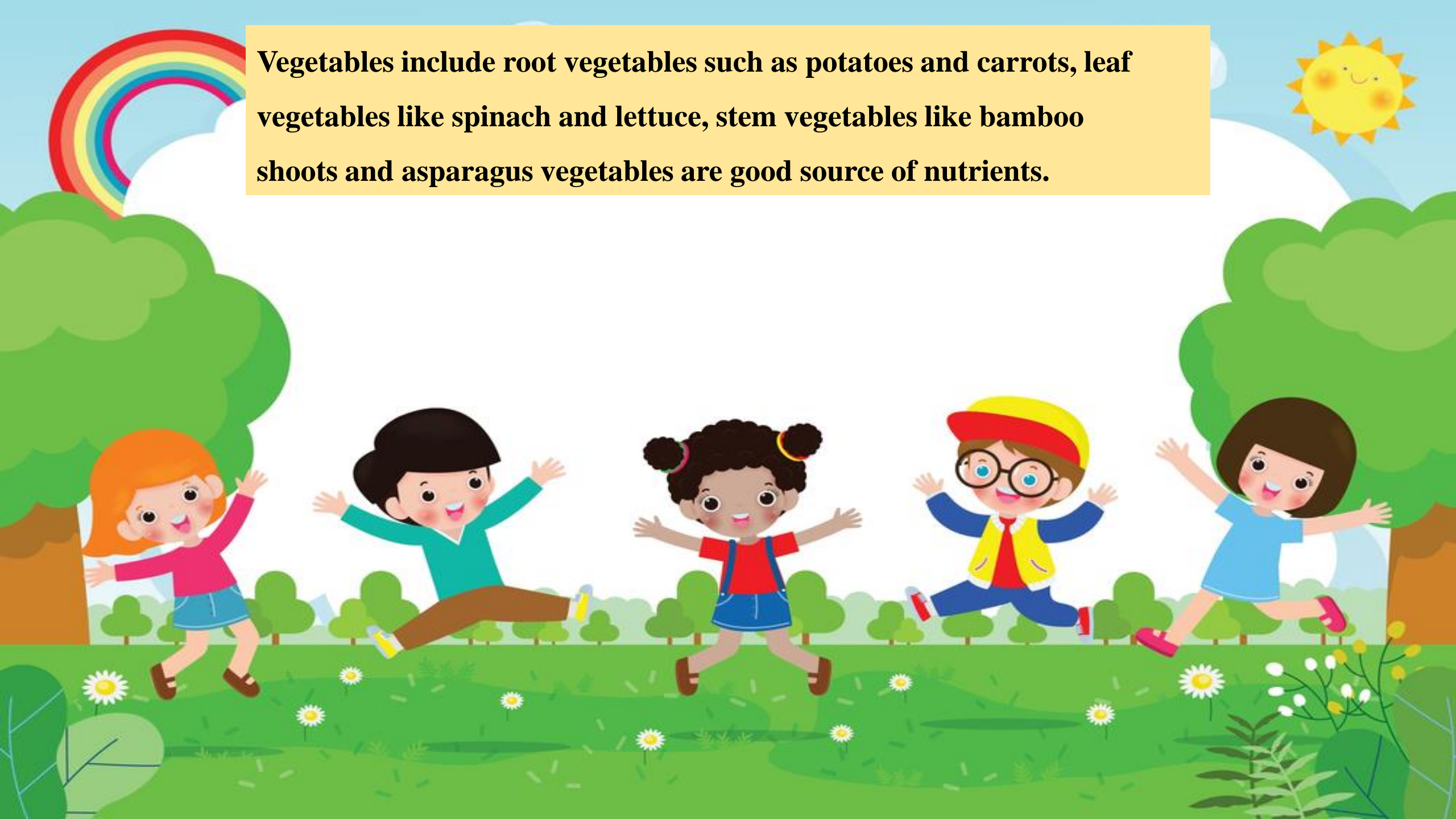
**Human nutrition depends, to a large extent, on cereals, especially maize (corn), wheat and rice. Others include potato, cassava, and legumes. Human food also includes vegetables, spices and certain fruits, nuts, herbs and edible flowers.**



**Seeds of the plants are a good source of food because they contain the nutrients necessary for the initial growth. Fruits like orange, banana, apple, mango, grapes, melon contain healthy nutrients and are high in energy content.**







**Vegetables include root vegetables such as potatoes and carrots, leaf vegetables like spinach and lettuce, stem vegetables like bamboo shoots and asparagus vegetables are good source of nutrients.**

## **Animals**

**Animals are also a good source of food. Animal food sources can provide a variety of nutrients that are difficult to obtain in adequate**





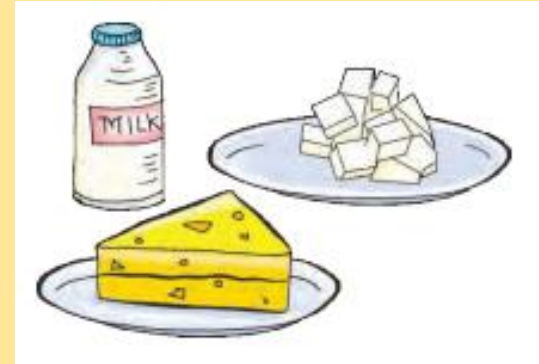


**quantities from plant food sources alone.**



**Animal food sources are used as food either directly or indirectly in the products made with them. Meat is an example of a direct product taken from an animal.**

**Animal food products include milk produced by cows, buffaloes, goats which is either drunk or processed for making paneer, cheese, butter, etc. In addition, birds lay eggs, which are often eaten. Bees produce honey from nectar collected from flowers, which is a popular sweetener.**





**Some people do not eat meat or animal food products for cultural, dietary, health, ethical, or ideological reasons.**





## **Fact File**

- **There are around 2000 types of plants that are cultivated as food.**
- **Some foods which are not obtained from animal or plant sources include various edible fungi, especially mushrooms.**





## Things to Remember

- We must eat healthy food to stay fit.
- Many plants and their parts are eaten as food by human beings.
- Animals are used as food, either directly or indirectly.