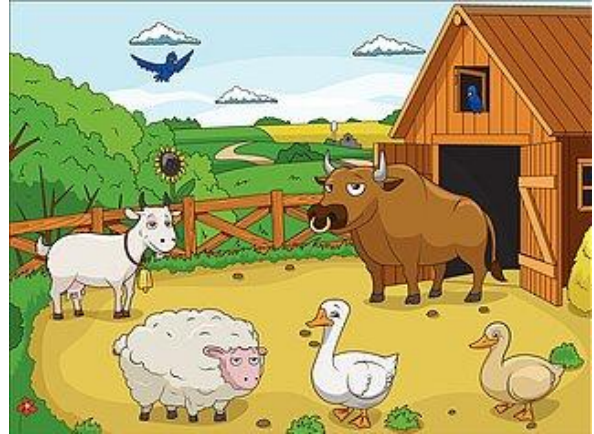


Introduction About Nutrition



All living organisms require food. Plants can synthesize food for themselves but animals including human cannot. They get it from plants or animals that eat plants. Thus humans and animals are directly or indirectly dependent on plants. Nutrition is a process in animals and plants, involving the intake of nutrient materials.



Nutrients are the mineral substances that are absorbed by the roots of the plants. Plants make their food themselves. Therefore plants are Autotrophs. Animals including human beings get their food from the plants.

Thus, human beings and all the other animals are directly or indirectly dependent on the plants. Other organisms which cannot make their food on their own are called Heterotrophs.

