

Introduction of Sources of Food



Food

As we know food is a substance consumed by all living things. This is needed to get nutritional support for the body. It provides energy also. We should eat healthy food. Food keeps us healthy and fit physically and mentally also.

Food is the substance we eat every day for energy and strength. There are many different types of food such as fruits, vegetables, rice and pasta. We need to eat a variety of foods to get all the essential nutrients that our body needs. Nutrients are used by our body in many ways. Each one is important for the proper growth of the body.

Plants and animals are the main source of food for all the organisms on earth. Food obtained from animals is the main source of protein and include fish, milk, meat, poultry, and cheese, whereas plants provide us with fruits and vegetables which are an important source of fibers, proteins and carbohydrates.



Sources of Food

Mainly our food comes from two main sources. They are **plants and animals**. All the food that we eat is from plants and animals.