

Introduction of Food

Food

Anything which we eat to live called food. Food is necessary for us because it provides 'matter' for the growth of our body and 'energy' to do work. We can define food as follows: "Food is a substance eaten by us to do work, grow, maintain our body and remain healthy. Food provides nutritional support. It contains

Essential nutrients: - carbohydrates, fats, proteins, vitamins, or minerals.



Variety in the Food

We eat many different kinds of food at different times and on different days. This is called variety in food.

We eat different varieties of food like: rice, pulses, bread, vegetables, etc.



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Ingredients of Food

Materials needed to prepare any food item are called ingredients. Two or more than two ingredients are needed to prepare a dish.

Example: To prepare boiled rice- rice+ water are used, so rice and water are the ingredients for boiled rice.



Vegetables, salt, water and spices are used in cooking vegetable curry, so vegetables, salt, water and spices are ingredients of vegetable curry.