

Sources of Food



Plants and animals are the main sources of food.

Food from Plants

Plants are main source of our food for human beings and other animals.

Plants are the source of food materials like-

Grains, pulse, oils, fruits, Vegetables, sugar, spices, tea and coffee etc.



Food from Animals

Animals provide us food materials: milk, chicken, meat, fish and honey.



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Plant Parts as Food



Plant root as food

We eat root of radish, carrot, turnip, potato, sweet potato, beet, etc.



Plant Stem as Food

In certain plants the stem grows underground and store the food. Ginger, potato, and onion are stems of plants in which food is stored. So, we eat stem of these plants as food.



Plant Leaves as Food

Spinach, mustard, cabbage, Lettuce, Trigonella, etc. We eat leaves of these plants.



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Flowers as Food

Banana and pumpkin etc.



Fruits as Food

Guava, apple, banana, mango, papaya, orange, etc. We eat fruits of these plants.



Seeds as Food

We eat the seeds of these plants as foodgrains- wheat, maize, rice, millet, Bengal gram.

Many plants are used to extract oil. For example Mustard oil is extracted from seeds of mustard plant. Similarly sunflower oil, coconut oil, groundnut oil, soybean oil, etc. are obtained seeds of respective plants.

When the seeds begin to grow (germinate) by developing tiny roots, they are called sprouts.



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Animal Products as Food

We get milk, eggs, meat, honey, fish, etc. from animals.

- Buffaloes and cow give milk.
- Hen and duck give eggs. We get meat from goat, chicken, hen etc.
- Fish is the major part of food for people living in the coastal regions.
- Honey - Honeybee produces honey from nectar of flowers. It is rich in sugars, minerals and enzymes.

