



## Sources of Food

Food comes from plants and animals. These are called the sources of food.

### i. Food from Plants

Plants give us many healthy foods.

Plant Part	Examples
Fruits	Mango, Banana, Apple
Vegetables	Carrot, Tomato, Potato
Grains	Rice, Wheat, Corn
Pulses	Moong, Rajma, Chana
Oil	Mustard oil, Coconut oil
Spices	Turmeric, Pepper

We also get tea, coffee, and sugar from plants.

### ii. Food from Animals

Animals also give us important food items.

Animal Product	Examples
Milk	Cow, Buffalo, Goat
Eggs	Hen
Meat	Chicken, Mutton
Honey	From bees
Fish	Sea and river fish