

Points to study

- 1.1 Need of food
- 1.2 Classification of animals on the basis of food
- 1.3 Sources of food
 - (a) Plants as source of food
 - (b) Animals as source of food
- 1.4 Regional food
- 1.5 Special food

Our body needs energy to play, jump, run, study and to perform various types of other tasks. The stored energy of the body is spent to perform these tasks due to which we start feeling tired and hungry. We eat food when we are hungry.

What do we eat in the form of the food?

In this chapter, we will study about the different sources of food that are utilized by us and other living beings.

1.1 Need of Food

List all the food items eaten by you during a day in table 1.1.

Table 1.1: Food items eaten by us during a day

S.No.	Name of the student	Name of the food items used
1		
2		
3		
4		
5		



Why does our body need food? Let us discuss-

Food performs the following main functions in our body:

- (a) Food provides energy for various activities of the body.
- (b) Food keeps body healthy and also helps in growth and development of the body.
- (c) Food maintains the ability to fight diseases (disease resistance) in the body.

1.2 Classification of animals on the basis of food:

Do all organisms and animals have the same physical requirement?

Do all animals eat the same type of food material?

Let us classify the animals listed in table 1.2 according to their food habits.

Table 1.2: Classification of animals on the basis of food

S.No.	Name of the animal	Material eaten as food	
		Obtained from plants (cereals /fruits/fodder/vegetables etc)	Obtained from animals (meat/ fish/ insects)
1	Goat		
2	Lizard		
3	Lion		
4	Snake		
5	Cat		
6	Humans		

According to table 1.2, state whether:-

Are plants the source of food for all animals?

Are animals the source of food for all animals?

Do some animals obtain their food from both, plants as well as animals?

So from table 1.2, we can say that some animals eat food stuffs obtained from plants while some animals eat food stuffs obtained from other animals as food. But there are some animals that eat both, products obtained from plants as well as animals. On the basis of food habits, animals are mainly classified into



Figure 1.1 Herbivorous Animals

three categories:-

1. Herbivorous animals
2. Carnivorous animals
3. Omnivorous animals

(1) Herbivorous Animals

Those animals which eat plants and their parts as food, are known as **Herbivorous animals**. For example - cow, sheep, goat, camel, deer etc.

(2) Carnivorous Animals

Those animals which eat products obtained from animals like meat, fish etc as their food are called **Carnivorous animals**. For example - lion, leopard, wolf, crocodile, snake etc.



(3) Omnivorous Animals

Those animals which eat both, plant as well as animal products are called **Omnivorous animals**. For example- crow, dog, humans etc.



Figure 1.2 - Carinivorus animals

Apart from these examples, write three- three names of animals found in your locality which belong to the categories mentioned in table 1.3-



Figure 1.3 Omnivorous Animals



Table 1.3 : Names of animals on the basis of their food

S. No.	Herbivore	Carnivore	Omnivore
1			
2			
3			

1.3 Sources of food

We know that when animals feel hungry, then they obtain food in the form of one or the other food stuff. Generally, we get food from two main sources-

(a) Plants

(b) Animals

(a) Plants as a source of food

Generally, we consume food in the form of products obtained from different parts of the plants, which are mentioned below-

(i) Cereals

(v) Sugar

(ii) Pulses

(vi) Oils

(iii) Vegetables

(vii) Spices

(iv) Fruits

(viii) Energy drinks

(i) Cereals- Cereals are important plant products for all animals. They are used as a food ingredients. They are the main source of carbohydrates and provide energy. Example- Wheat, corn, rice, millet, barley etc.

**Figure 1.4 - Different types of cereals- wheat, corn, rice, millet**

(ii) Pulses- Pulses are obtained from the seeds of the leguminous plants and are used as food. They are the main source of protein for us. Example- various types of pulses like gram, soyabean, pea, kidney bean, lentil, pigeon pea etc.

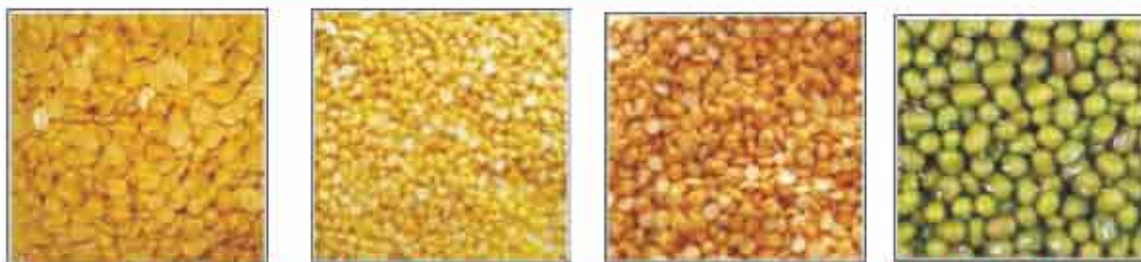


Figure 1.5 - Different types of pulses – pigeon pea, green moong dal, gram and kidney bean

(iii) Vegetables- Various parts of plants like root, stem, leaves, fruits, flowers etc are used as vegetables.



Figure 1.6 - Various types of vegetables – Cauliflower, lady finger, spinach

Table 1.4 Various parts of the plants as the source of vegetables

S.no	Part of the plant	Name of the vegetable
1.	Flower	Cauliflower
2.	Fruit	Lady finger
3.	Leaf	Spinach
4.	Stem	Potato
5.	Root	Radish

(iv) Fruit - Fruit is also an edible product obtained from plants. Fruits like banana, mango, apple, grapes, pomegranate, sweet lemon, guava, plum, papaya etc are helpful for our body because they are rich in sugar and nutrients. Fruits which are obtained from plants and consumed even after drying are called dry fruits. For example- almond, pistachios, cashewnuts, walnut etc.



Figure 1.7 (a) Different Types of Fruits





Figure 1.7 (B) Different types of dry fruits

(v) Sugar- From where do we get jaggery and sugar? These are the products obtained from sugarcane. We either suck the stem of sugarcane or drink the sweet juice extracted from it. Jaggery, sugar etc which are important part of our daily meals are prepared by using this sweet juice. Apart from sugarcane, sugar is also made from beetroot.



Figure 1.8 Sugarcane and beetroot.

(vi) Spices- The spices used in our daily life are also obtained from plants. They are used in small amounts. They enhance the taste and nutrient richness of the food. Dry ginger, turmeric, clove, fennel, black pepper, bay leaf, cardamom, cumin etc are examples of spices used regularly.



Figure 1.9 Different types of spices- clove, cardamom, black pepper and bay leaf

(vii) Oils -Oil is an important ingredient of our food which is obtained from various parts of the plant. They are also the source of energy. Oil is obtained mainly from seeds and fruits of various plants like -soyabean, coconut, mustard, groundnut, sesame, sunflower etc.



Figure 1.10 - Sources Of Oils - Soyabean, Coconut, Mustard, Groundnut

(vii) **Energy drink** - Tea is prepared by drying the leaves of tea plant and we use them as an energy drink. Similarly, the seeds of coffee plant are used to make coffee powder. Tea and coffee are known as energy drinks.



Figure 1.11 - Energy drinks- coffee and tea

(A) Animals as a source of food

Various types of food are obtained directly or indirectly from animals, like milk, eggs, honey, meat etc. We can say that plants are also a source of food. Edible products obtained from animals are mentioned below-

- | | |
|----------------------------|------------|
| (i) milk and milk products | (ii) honey |
| (iii) eggs | (iv) meat |

(i) Milk and milk products

Which are the milk products that you use? Make a list-



Figure 1.12 - Milk and milk products- milk, cheese, ghee and curd

We get milk from cow, buffalo, goat, sheep etc. Milk is helpful in the physical growth of the body. Milk is the major source of calcium. Curd, buttermilk, maava, ghee, cheese etc are prepared from milk and are used by us as food.



(ii) Honey

You must have seen honey.

Where do we get honey from and how does it taste?

We get honey from honeybees. It is sweet in taste. It has many medicinal values. It is an important insect product for our body.



Figure 1.13
honeycomb and honey

(iii) Eggs - Eggs are obtained from hen. They contain calcium and protein.

(iv) Meat - Meat is obtained from goat, hen, fish etc. It is a source of protein.



Figure 1.14 Eggs and hen

1.4 REGIONAL FOOD

India is a vast nation with cultural prosperity and geographic variation. The climatic and cultural diversity in the states and regions of our nation affects its food and costumes. Some regional food are depicted in the following pictures.



Dal bati churma
Rajasthan



Missi roti sarso ka saag
Punjab



Idli dosa
South India

Figure 1.15 Regional Food

With the help of your teacher, make a list of some regional foods apart from those depicted in the pictures above.

1.5 Special food

In various regions of Rajasthan, different food items are made during different festivals. In table 1.5, classify the dishes prepared in different areas along with the names of the related festivals.

Table 1.5 Dishes prepared during various festivals in different regions of Rajasthan

S.No.	Name of the region	Name of the festival	Dish prepared
1			
2			
3			
4			
5			

What have you learnt

1. All living things eat food when they feel hungry.
2. The two major sources of food are plants and animals.
3. There are three types of animals on the basis of food – herbivorous, carnivorous and omnivorous.
4. Various food ingredients such as- cereals, pulses, vegetables, oils, spices etc are obtained from different parts of plants such as- roots, stem, leaves, seed and fruits.
5. We get food ingredients like milk, honey, egg, meat, fish etc from animals.

□□□

Exercises**Choose the correct option**

1. Which of the following is a herbivorous animal?
 (a) Cheetah (b) Deer ()
 (c) Lion (d) Dog
2. Which part of the plant is Pulse?
 (a) Flower (b) Fruit ()
 (c) Seed (d) Stem

Short Answer Type Question

1. What is an omnivorous animal? Write giving examples?
2. What benefits do living beings get from food?



3. Write the names of five fruit-bearing plants that are grown in your locality.
4. Name the plants from which the food ingredients are obtained from the roots, stem and leaves?
5. Name the food items obtained from milk?

Long Answer Type Question

1. Describe the food ingredients obtained from different parts of plants?
2. Describe the food ingredients obtained from animals?
3. Mention some good habits related to food.

Practical work

1. Collect different types of edible seeds and display them in your classroom.
2. Complete the table by listing the food provided as lunch in the school.

S. no	Day	Food provided
1	Monday	
2	Tuesday	
3	Wednesday	
4	Thursday	
5	Friday	
6	Saturday	

