



Food

Food Where Does It Come From

IN TEXT QUESTIONS

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Q.1. List some common food items, their ingredients and sources.

Ans. Some common food items, their ingredients and sources are listed below:

Food items	Major ingredients	Sources
Boiled rice	Raw rice Water	Plant Tap/River
Chapatti (roti)	Flour (atta) Water	Plant Tap/River
Vegetable curry	Vegetable Salt Spices Oil Water	Plant Sea water Plant Plant Rain/Well
Dal	Pulses Salt Spices Ghee Water	Plant Sea water Plant Plant Tap/River
Chicken/mutton/ fish curry	Chicken meat/goat or sheep meat/fish meat Salt Spices Oil/Ghee Water	Animal Sea water Plant Plants River/Rain/Lake/Pond

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Q.2. Which parts of a plant are the sources of our food?

Ans. The parts of a plant, i.e. leaf and fruits are the sources of our food. Sometimes, we eat roots, stems and even flowers too.

Q.3. State some of the items of our food whose ingredients are obtained from plants. Also list their plant parts.

Ans. Some of the items of our food whose ingredients are obtained from plants are rice, chapatti (roti), vegetable curry, idli (rice + urad dal), etc.

Some food ingredients and their plant parts are

Ingredients	Plant parts
Rice	Seed
Wheat	Seed
Onion	Stem
Oil	Seeds

Spinach (palak or saag)	Leaf
Apple	Fruit

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Q.4. Perform an activity by taking some seeds of chana (Bengal gram) or moong (green gram), put them in a vessel containing water and keep it overnight. The next day, wrap them in a piece of wet cloth and keep them aside for another day. What changes would you observe in the seeds?

Ans. When we would open the wrap, we will find that tiny white structures have grown out of seeds. Such seeds are said to be sprouted. When the seeds begin to grow (or germinate) by tiny roots, they are called sprouts, and the process is called sprouting (ankuran). The sprouts contain more of vitamins A, B and C and make healthy snacks.

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Q.5. Make a table of various animals, along with the food they eat. Also place them in three groups, Group 1 (Herbivore) Group 2 (Carnivore) and Group 3 (Omnivore).

Ans. Some of the animals along with the food they eat are

Name of the animal	Food the animal eats
Buffalo	Grass, oilcake, hay and grains
Cat	Rats, small animals, birds and milk
Rat	Grains and cloth
Lion	Flesh of other animals
Tiger	Flesh of other animals
Spider	Insects
House lizard	Insects
Cow	Grass, chapatti, oilcake, grains and vegetable
Human beings	Chapatti, egg and flesh
Butterfly	Insects
Crow	Flesh and grains
Others	Both plant and animal products and either plant or animal products.

The table placing them in group is

Herbivores (eat only plant or plant products)	Carnivores (eat other animals)	Omnivores (eat both plants and animals)
Buffalo	Lion	Human beings
Cow	Tiger	Crow
	Spider	Cat
	House lizard	Rat
	Butterfly	

EXERCISES

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Q.1. Do you find that all living beings need the same kind of food?

Ans. No, all living beings do not need same kind of food. As we know that different living organisms have different eating habits according to their structures, requirements, habitats, etc. They may be herbivores (eat only plant products), carnivores (eat other animals) or omnivores (eat both plants and animals). e.g. human being eats bread, rice, fruits and vegetables. Animals such as cow and goat eat grass, oilcake and leaf. Lion and tiger eat other animals.

Q.2. Name five plants and their parts that we eat.

Ans. Five plants and their parts that we eat, are

Plants	Eating parts
Carrot	Root
Spinach	Leaf
Wheat	Seeds
Brinjal	Fruit
Potato	Stem

Q.3. Match the items given in Column A with that in Column B.

	Column A		Column B
(i)	Milk, curd, paneer, ghee	(a)	eat other animals
(ii)	Spinach, cauliflower, carrot	(b)	eat plants and plant products
(iii)	Lions and tigers	(c)	are vegetables
(iv)	Herbivores	(d)	are all animal products

Ans. The correct matching is

	Column A		Column B
(i)	Milk, curd, paneer, ghee	(d)	are all animal products
(ii)	Spinach, cauliflower, carrot	(c)	are vegetables
(iii)	Lions and tigers	(a)	eat other animals
(iv)	Herbivores	(b)	eat plants and plant products

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Q.4. Fill up the blanks with the words given below:

herbivore, plant, milk, sugarcane, carnivore

(a) Tiger is a because it eats only meat.

(b) Deer eats only plant products and so, is called

(c) Parrot eats only products.

(d) The that we drink which comes from cows, buffaloes and goats is an animal product.

(e) We get sugar from

Ans.

(a) Tiger is a **carnivore** because it eats only meat.

(b) Deer eats only **plant** products and so, is called herbivore.

(c) Parrot eats only plant products.

(d) The **milk** that we drink, which comes from cows, buffaloes and goats is an animal product.

(e) We get sugar from **sugarcane**.



NCERT

Exemplar

(Problems-Solutions)

MULTIPLE CHOICE QUESTIONS

Q 1. Given below are the names of some animals:

(i) Goat (ii) Human beings

(iii) Cockroach (iv) Eagle

Which of the above animals form a pair of omnivores?

(a) (i) and (ii) (b) (ii) and (iii)

(c) (ii) and (iv) (d) (ii) and (iv)

Ans. (b) Among the given options human beings and cockroach are omnivores because they eat both plant and animal products.

Goat is a herbivore because it feeds only on plant or plant products. Eagle is a carnivore because it eats other animals.

Q 2. Honeybee makes honey from

(a) pollen (b) petals

(c) nectar (d) bud

Ans. (c) Honeybee makes honey from nectar. The bees collect nectar from flowers and convert them to honey. They store this honey in their nest known as hives.

Q 3. Below are the names of some animals:

(i) Cow (ii) Sheep

(iii) Horse (iv) Ox

Which of the above are the sources of milk for human beings?

(a) (i) and (iii) (b) (i) and (ii) -

(c) (ii) and (iii) (d) (iii) and (iv)

Ans. (b) From the animals given, cow and sheep are the sources of milk for human beings.

Q 4. The part of a banana plant not used as food is

(a) flower (b) fruit

(c) stem (d) root

Ans. (d) The part of banana plant not used as food is root. The other parts, i.e. flower, stem and fruits are used as sources of food.

VERY SHORT ANSWER TYPE QUESTIONS

Q 5. Read the clues and fill up the blanks given below each of them.

(a) Honeybees suck from flower.

N _ _ T _ R

(b) Animals which eat other animals.

A _ N _ V _ R _ S

(c) Animals which eat only plants and plant products.

H E _ B _ _ _ E _

(d) Animals which eat both plants and animals.

_ M N I _ O _ _ _

- Ans.** (a) NECTAR, the honeybees suck nectar from flower and convert it into honey.
(b) CARNIVORES, e.g. tiger, lion, eagle, etc.
(c) HERBIVORES, e.g. cow, goat, etc.
(d) OMNIVORES, e.g. humans, cockroach, etc.

Q 6. Why do boiled seeds fail to sprout?

Ans. The boiled seeds fail to sprout because boiling of seeds kill them.

Q 7. Where do bees store honey?

Ans. The bees store honey in their nest which is known as beehive.

Q 8. Name two ingredients in our food that are not obtained from plants or animals. Mention one source for each ingredient.

Ans. The two ingredients in our food that are not obtained from plants or animals are

- (i) Salt It is obtained from oceans and rocks.
(ii) Water It is obtained from river/tap/pond/lake/rain.

SHORT ANSWER TYPE QUESTIONS

Q 9. Identify the animals in the grid given below as figure and categories them into herbivore, carnivore and omnivore.

T	A	C	O	W	O	L	F
T	A	R	W	X	G	O	R
N	N	O	L	I	O	N	O
E	T	W	Q	L	A	N	G
H	U	M	A	N	T	W	O

Ans. The animals in the grid are

T	A	C	O	W	O	L	F
T	A	R	W	X	G	O	R
N	N	O	L	I	O	N	O
E	T	W	Q	L	A	N	G
H	U	M	A	N	T	W	O

These can be categorized as

Herbivore

Cow, Goat, Hen

Carnivore

Wolf, Lion, Frog

Omnivore

Human, Rat, Cat, Crow, Owl, Ant

Q 10. Why should we avoid wastage of food?

Ans. We should avoid wastage of food because

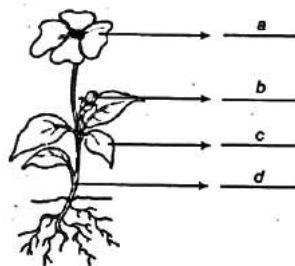
- (i) there are many people amongst us, who do not get sufficient food.
- (ii) some people do not have enough money to buy it.

Q 11. Why do organisms need food? Write two reasons.

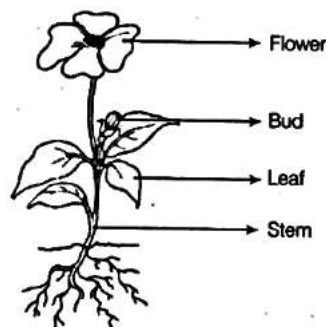
Ans. Food is needed by organisms for the following reasons:

- (i) Food provides us energy to perform various functions of body to sustain life.
- (ii) Food helps us to protect the body against various diseases and infections.

Q 12. Label the different parts of the plant given below in figure.

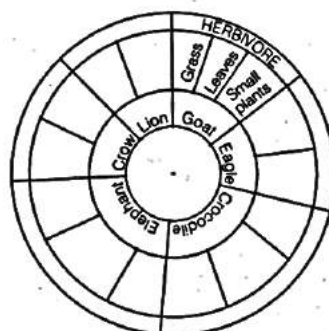


Ans. The different parts of the plant are as labelled:



LONG ANSWER TYPE QUESTION

Q 13. Read the names of animals written in the inner ring of figure. Within the second ring, write the types of food they eat and the category to which they belong (based on the eating habit) in the outermost ring. One example has been worked out I for you.



Ans. The completely filled ring is as given below:

