

# Food

## TALENT & OLYMPIAD



### Food

Food is a substance eaten by the living organisms in order to remain alive. Fruits, vegetables, eggs, meat and milk etc. are the example of food.



#### What are the functions of food?

The functions of food are:

- ❖ It provides energy and enables us to do work
- ❖ It keeps us fit and healthy
- ❖ It protects us from the diseases
- ❖ It gives us strength
- ❖ It helps our body to grow



### Sources of Food

Plants and animals are two prime sources of our food.



### Plants

Foods like cereals, pulses, fruits, vegetables etc. are obtained from the plants.



**Plant parts as food:** Different types of plants store their food in different parts such as roots, leaves, stem etc. So the part, in which food is stored, is used by us as food. Let us know about this in some detail.

**Roots as food:** Some plants store food in their roots. Therefore roots of such plants are used as food. For example, carrot, beet, radish, sweet potato etc.

**Stems as food:** Some plants store food in their stems. Therefore stems of such plants are used as food. For example, turmeric, garlic, ginger, potato, onion etc.

**Leaves as food:** Some plants store food in their leaves. Therefore their leaves are used as food. For example, cabbage, lettuce, spinach etc.

**Fruits as food:** Some plants store food in their fruits. For example, apple, orange, mango etc.

**Flowers as food:** Flowers of some plants are also used as food. For example, jasmine, sunflower, dandelion etc.

**Seeds as food:** Some plants store their food in their seeds. So seeds of such plants are used as food. For example, wheat, rice, pulses, peas etc.



## Animals

Food like meat, milk, eggs, honey etc. are obtained from animals.



## Producers & Consumers

All living organisms have been broadly classified into two groups, producers and consumers.

**Producers:** All the green plants make their own food, therefore, green plants are called producers.



**Consumers:** Animals consume the food prepared by green plants, therefore, animals are called consumers.



## Types of Consumers

Consumers have been classified into the following groups on the basis of their food habits.



### Herbivores

The animals that eat only plants or plant products, are called herbivores. Cow, buffalo, goat, elephant, horse, rabbit, camel etc. are the example of herbivores animals.



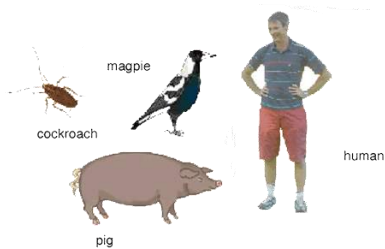
## Carnivores

The animals that eat only other animals are called carnivores. Tiger, lion, cheetah, wolf, snake, etc. are the example of carnivores animals



## Omnivores

The animals that eat both plants and animals are called omnivores. Man, bear, dog, crow etc. are the example of omnivores animals.



## Scavengers

The animals that eat dead bodies of other animals are called scavengers. Crow, vulture, hyena etc. are the examples of scavengers.



## Commonly Asked QUESTIONS

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Which one of the following plants store food in its stem?

- (a) Turnip
- (b) Garlic
- (c) Lettuce
- (d) Beet
- (e) None of these

**Answer: (b)**

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Which one of the following animals is a herbivores?

- (a) Giraffe
- (b) Hyena
- (c) Lion
- (d) Bear
- (e) None of these

**Answer: (a)**

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## SUMMARY



- ❖ Food gives us energy, keep healthy and protects from diseases.
- ❖ Food like cereals, pulses, fruits etc. are obtained from plants.
- ❖ Food like milk, eggs, meat we obtain from animals.
- ❖ Some plants store their food in roots.
- ❖ Green plants are called producers.
- ❖ Animals are known as consumers.

# Self Evaluation **TEST**



Duration  
**10 Minutes**

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**1. Which one of the following is true about food?**

- (a) Food is essential for our survival
- (b) Food is essential for keeping us healthy and fit
- (c) Food is essential for our growth
- (d) All of these
- (e) None of these

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**2. Which one of the following statements is true?**

**Statement 1:** Animals depend on plants for their food.

**Statement 2:** Plants depend on animals for their food.

- (a) Statement 1
- (b) Statement 2
- (c) Both statements are true
- (d) Both statement are false

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**3. The animals that eat dead and decaying organic substances are called:**

- (a) Herbivores
- (b) Carnivores
- (c) Omnivores
- (d) Scavengers
- (e) None of these

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**4. Choose the food substance from the following which is animal product.**

- (a) Pulses
- (b) Rice
- (c) Honey
- (d) Fruits
- (e) None of these

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**5. The animals eat only flesh of other animals are called:**

- (a) Herbivores
- (b) Carnivores
- (c) Omnivores
- (d) All of these
- (e) None of these

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**6. The animal 'crocodile' belongs to which one of the following groups**

- (a) Herbivores
- (b) Carnivores
- (c) Omnivores
- (d) All of these
- (e) None of these

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**7. Choose the omnivores from the following.**

- (a) Tiger shark
- (b) King cobra
- (c) Horse
- (d) Ant
- (e) None of these

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**8. Choose the food from the following which is a plant product.**

- (a) Milk
- (b) Egg
- (c) Fruits
- (d) Meat
- (e) None of these

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**9. Look at the following statements:**

**Statement 1:** The living organisms which can prepare their own food are called producers

**Statement 2:** The living organisms which consumes the food prepared by plants are called consumers

**Which of the above statements is correct?**

- (a) Statement 1 is correct
- (b) Statement 2 is correct
- (c) Both statements are correct
- (d) Both statements are incorrect

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**10. Which one of the following is dependent on plants for its food?**

- (a) Hippos
  - (b) Fishes
  - (c) Birds
  - (d) All of these
  - (e) None of these
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**Answers – Self Evaluation Test**

|    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |     |   |
|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|-----|---|
| 1. | D | 2. | A | 3. | D | 4. | C | 5. | B | 6. | B | 7. | D | 8. | C | 9. | C | 10. | D |
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