

Revision Notes
CHAPTER – 1
Food: Where Does it Come From?

- Food: Nutritious substance that people or animals eat or drink, or that plants absorb. In order to maintain life and growth.
- food is essential for both plants and animals.

USES OF FOOD IN OUR BODY

- For energy
 - for growth
 - for body functions
 - for wounds healing
 - for good health
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PLANT SOURCE OF FOOD

(A) parts of the plants as a source of food

1. plant roots used as food.Ex. Carrot,Turnip,Radish,Beetroot.
2. Plant stems used as food : Ex. Potato, Coriander and sugarcane.
3. plant leaves use as food : Ex. spinach, cabbage, onion.
4. flowers from plant used as food : Ex. Rose, Cauliflower and Bauhinia(kachnar)
5. Fruits on plant used as food :
 - pulpy fruits: grapes, banana,apple
 - Nuts and dry fruits : almond, currant (kismis)
 - Fruits used as vegetable : Brinjal,tomato,gourd,beans
6. Seeds used as food :
 - Cereals(grains)and seeds : addy(rice),maize(corn),wheat
 - pulses(dal) : Gram(chana),greengram(mung),pegeon pea.

- seeds yield oil which is used as food : mustard(sarson),sesame(til),coconut oil.
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(B) FOOD THAT COMES FROM ANIMALS

1. MILK;
 2. EGGS
 3. MEAT FROM ANIMALS
 4. FISH,PRAWNS,CRABS
 5. HONEY
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There is a lot of variation in the food eaten in different regions of India.

- The main sources of our food are plants and animals.
- Food sources from plants:- vegetables, pulses, spices, cereals, fruits, oils, etc.
- Food sources from animals:- milk, egg, honey, meat, fish, etc.
- Other sources of food are salt and water.
- Animals which eat only plants are called herbivores. Example: cow, goat, sheep etc.
- Animals which eat only animals are called carnivores. Example: tiger, lion, etc.
- Animals which eat both plants as well as other animals are called omnivores.
Example: bears, foxes, dogs, etc.
- Vegetarian : eat only the food from plants.
- Non-vegetarian : eat animal food like meat , fish, chicken and eggs.

Animals that live on dead and decayin food is called scavengers. Example: hyenas, vulture, etc.