

Food - Where Does It Come From

Food Variety

- There is a lot of variety in the type of food that we eat.
- For example, we commonly consume rice, *chapatti*, *dal*, many fruits and vegetables.
- The substances required for preparing a dish are known as its ingredients.
- People living in different states of India have different food habits.
- Reasons for the variety of food habits of people in different regions of India are
 - - method of preparation
 - climatic conditions
 - types of crops grown
 - geographical location
- The materials that are required to prepare a food item are known as the **ingredients** of that food item.
- These ingredients and various food materials are obtained from either plant or animal sources.
 1. **Plant sources**
 - Food materials such as wheat, rice, vegetables and fruits are obtained from plants.
 2. **Animal sources**
 - Food materials such as milk, eggs, meat, honey, etc. are obtained from animals.
 - Cows, goats, buffaloes, etc. give us milk.
 - Honey is obtained from honey bees. Bees convert nectar (sweet juices of flower) into honey.
- **Parts of plants as food**
 - Food items obtained from fruits - strawberry, tomato, chilli, brinjal, etc.
 - Food items obtained from roots - turnip, carrot, etc.
 - Food items obtained from leaves - cabbage, spinach, etc.
 - Food items obtained from stems - potato, sugarcane etc.
 - Food items obtained from flowers - broccoli, cauliflower, etc.