

SCIENCE

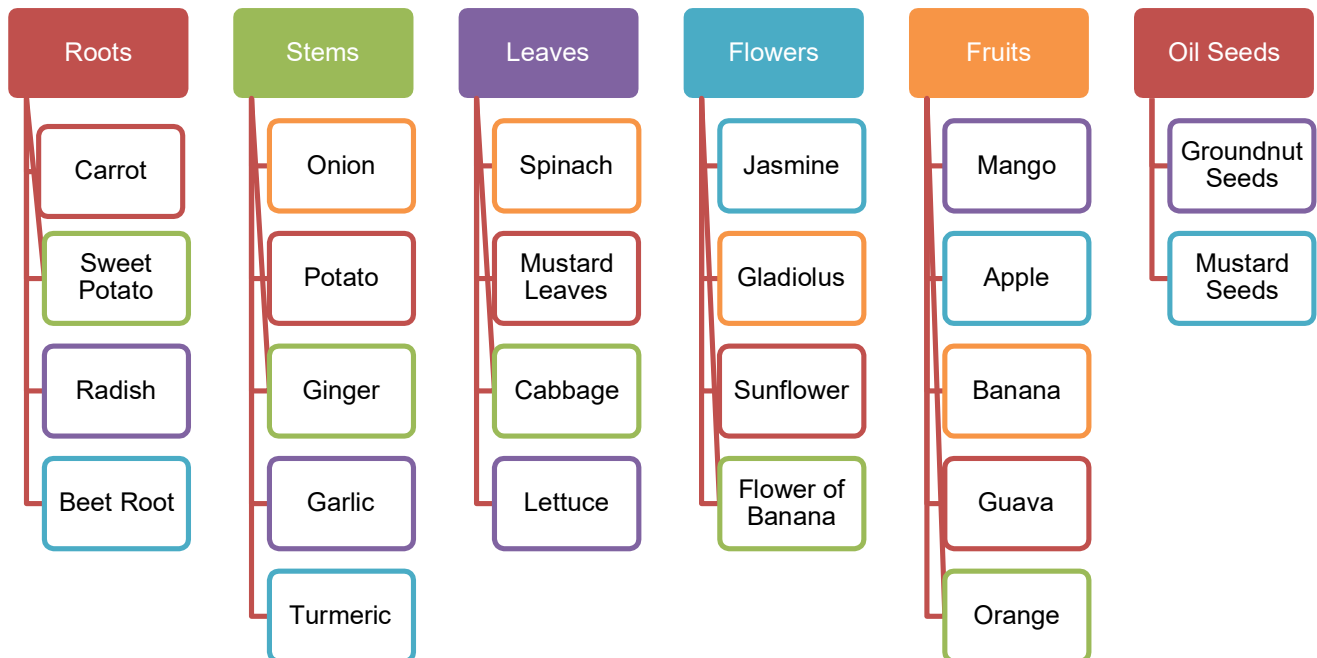
Food: Where Does It Come From?

- We eat different kinds of food at different times.
- In the morning, we include milk, bread, fruit etc. in our breakfast.
- We include chapati, dal, sabji, rice and salad in our lunch and dinner.
- Each time we eat different food items which contain different ingredients.



Food Items	Their Ingredients
Chapati	Wheat Flour and Water
Rice	Rice, Water
Dal	Pulses, Water, Salt, Oil, Ghee, Spices
Idli	Rice, Urad Dal, Salt, Water
Kheer	Rice, Milk, Sugar
Chicken Curry	Chicken, Salt, Oil, Spices
Vegetable	Vegetable, Salt, Spices

- We get our food from plants and animals.

Plant Parts: Sources of Food



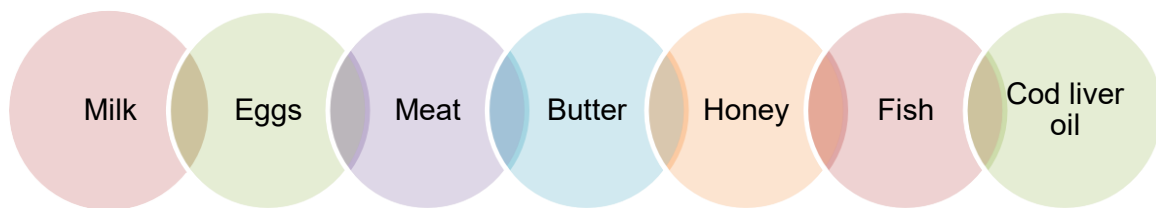
- Some plants have more than two edible parts:

Mustard Plant	Banana Plant
 <p>Seeds are used to extract oil. Leaves are used as a vegetable.</p>	 <p>Banana is rich in nutrients. Flower of banana plant is used as a vegetable.</p>

- All plants are not edible. Some plants may be poisonous and hence not fit for eating.
- When the seeds begin to grow, they develop tiny roots and are called sprouts.
- Sprouts are rich in vitamin A, B and C.

Animal Products: Sources of Food

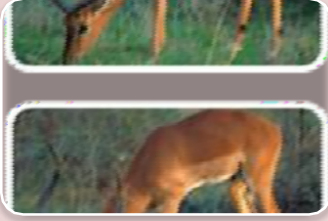


- Following is the list of food products which we obtain from animals:



- Honey bees collect nectar from flowers and convert it into honey.
- Bees store honey in beehives called honeycombs.
- Honey is collected from honeycombs.

What Do Animals Eat?

- Animals cannot produce their own food. So, they depend on plants and other animals to obtain their food.
- Based on eating habits, animals can be divided into three categories:

		
<p style="text-align: center;">Herbivores</p> <p>These are animals which eat only plants.</p> <p>Examples: Deer, cow, goat, buffalo, sheep, horse, camel, elephant etc.</p>	<p style="text-align: center;">Carnivores</p> <p>These animals eat other animals as their food.</p> <p>Examples: Lion, tiger, vulture, wolf, fox etc.</p>	<p style="text-align: center;">Omnivores</p> <p>These animals eat both plants and other animals.</p> <p>Examples: Bear, human, pig, crow etc.</p>