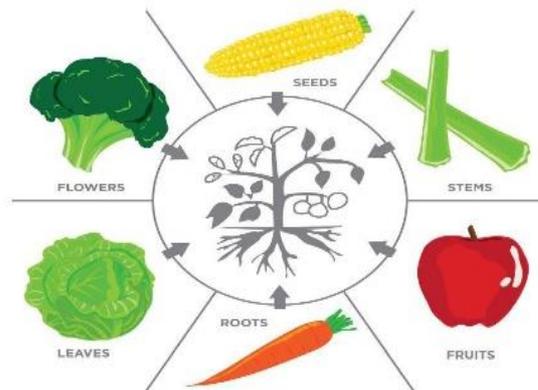


Chapter 1 FOOD: WHERE DOES IT COME FROM

All living things need energy to do work and for growth and repair. They get this energy from the food. Our body uses this energy for doing work. We eat different varieties of food like rice, bread, vegetables, eggs, butter, sweets, cheese, etc. Materials needed to prepare any food item are called ingredients. Two or more than two ingredients are needed to prepare a dish.

Example: To prepare boiled rice, rice and water are used, so rice and water are the ingredients for boiled rice.

Plants are a source of a wide variety of nutrients required to keep the human body in perfect working condition. Humans consume everything from fruits, flowers, even the stem of some plants, leaves and stem-like lettuce, celery, roots of some plants like carrots, beetroot, and seeds like wheat, rice, etc. We get milk, eggs, meat, honey, fish, etc. from animals.



Plants make their food themselves by the process of photosynthesis so they are called autotrophs. Animals, including humans; do not make their food. They eat foods prepared by plants are called heterotrophs. Heterotrophs are divided into following types on the basis of their food habit.

Herbivores: Animals which eat only grass and plant products are called herbivores. Cow, Elephant, Camel, Deer, Goat, etc. are examples of Herbivores.

Carnivores: Animals which eat flesh of other animals are called carnivores. Lion, jackal, frog, tiger, lizard, snake, etc. are examples of Carnivores.

Omnivores: Animals which eat both plants and meat are called omnivores. Crow, monkey, bear, human, sparrow, etc. are examples of Omnivores.

Qus 1: Name five plants and their parts that we eat.

Qus 2: Match the items given in Column A with that in Column B.

Column A	Column B
Milk, curd, paneer, ghee	eat other animals
Spinach, cauliflower, carrot	eat plants and plant products
Lions and tigers	are vegetables
Herbivores	are all animal products

Qus 3: Fill in the blanks with the words given:

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.

Qus 4: What are the ways we can think of to avoid wastage of food?

Qus 5: Tick the correct answer

1. Human beings are
(a) herbivores (b) carnivores (c) omnivores (d) all of these

2. Plant → _____ → frog _____ → eagle.
(a) grasshopper, snake (b) cat, lion
(c) goat, cheetah (d) sheep, lizard

3. Plants make their own food in the presence of
(a) Sunlight (b) Water (c) CO₂ (d) All of these

4. Food
(a) Gives us energy (b) Helps us in growth
(e) All of these

5. _____ is not a milk product.
(a) Bread (b) Curd (c) Cheese (d) Butter

6. Roti, rice, samber, vegetables are examples of
(a) Ingredients (b) Food
(c) Animal products as food (d) All of these

7. Two underground stems utilized as food are
(a) Potato, onion (b) Carrot, radish
(c) Cabbage, turnip (d) Arvi, asparagus

8. What are heterotrophs ?
(a) Animals (b) Plants
(c) Both animals and plants (d) None of these

