

## 6<sup>th</sup> – Food: Where Does It Come From?



### Food Variety

We all get food from both plants and animals. Thus plants and animals products are our source of food. All living beings need different kinds of food according to their needs. We all eat different kind of food every time. There are variety of food items like puri, dhokla, rice etc. They are made up of different raw materials. The raw materials needed to prepare food items are called ingredients. For example, rice and water are the two ingredients of boiled rice.

Some living beings depend up on plants for their food and some are depends up on animals.

**Nutrients:** The chemical substances in food that your body needs are called nutrients. For example: fats, proteins, vitamins.

### Functions of food:

1. It provides energy for various activities of the body.
2. It helps the body to grow and replace worn out cells.
3. It protects the body from various diseases and keeps it fit and healthy.

**Photosynthesis:** Green plants are known as producers because they prepare their own food with the help of light, air (carbon dioxide), water and chlorophyll by the process of photosynthesis.

### Food from Plants

The green plants prepare their own food from carbon dioxide, water and chlorophyll in the presence of sunlight. Thus, green plants are known as producers. They store the extra food in their different body parts.

Mushrooms have good taste and health benefits. They are neither plants nor animals, they are placed in a separate category 'fungi'.

Wheat grains are used to make flour which is used to make chapattis.

### Food from Animals

1. **Milk:** milk is obtained from animals like cow, buffalo, and goat. It is a nutritious food item and rich source of protein. It also contains calcium. It is required for proper bone growth and nerve functions.

2. **Meat:** meat of animals like goat, chicken, fish. It is a rich source of proteins.

3. **Eggs:** Hen's egg is eaten in worldwide. It is a rich source of protein and vitamins.

4. **Honey:** honey is sweet liquid made by bees from the nectar of flowers. Honey is collected from beehives. It is used in cooking and medicinal use. Honeybees collect nectar (sweet juice) from flowers, convert it into honey and store it in their hive. The rearing of honeybees on a large scale is called apiculture. Honeybees are kept in apiaries for rearing.

**Products made from milk are known as dairy products:**

1. **Cheese:** common method of making paneer includes adding lemon juice or vinegar to milk. Then the liquid portion of milk is drained off and solid part forms paneer.

2. **Cream:** cream is made by collection of top fatty layer of milk.

Edible part	Plants
Roots	Carrot, turnip, radish, sweet potato
Stems	Sugarcane, onion, ginger, potato
Leaves	Mint, spinach, cabbage
Flowers	Cauliflower, banana flower, brocolli
Fruits	Apple, guava, mango
Vegetables	Beans, cucumber, brinjal
Seeds	Wheat, rice, kidney beans



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3. **Butter:** butter is made by churning fresh cream.
4. **Ghee:** ghee is made by gently heating butter and removing the solid matter.
5. **Curd:** common method of making curd include adding a small sample of curd in milk. The bacteria present in the curd sample turn the milk into curd.

### Classification of Animals

Based on their feeding habit animals are divided in to: herbivores, carnivores and omnivores.

1. **Herbivores:** Those animals which eat only plant and plant products like cow, deer etc. **Characteristics are:**

- Their teeth have wide and blunt teeth which are suitable for grazing and grinding.
- Some herbivores like cows, bulls and camels have the ability to bring back the previously swallowed grass or other food items to the mouth for rechewing.
- Some herbivores like squirrels, have a pair of sharp incisors in both jaws. These teeth are used to gnaw food items like nuts.
- Some herbivores like butterflies and humming birds have straw like mouthparts to such nectar from flowers.

2. **Carnivores:** Those animals which eat the flesh of other animals. Like lion, tiger etc. **Characteristics are :**

- they have sharp and pointed canines (tearing teeth) along with sharp claws and powerful jaws which help them tear flesh.
- Some carnivores like chameleons and frogs have a long and sticky tongue which helps them catch insects.
- Eagles have a curve and pointed beak which helps them tear flesh of their prey.
- Sharks have several small and sharp teeth that help them bite off flesh.

3. **Omnivores:** Those animals which eat both plants and flesh of other animals. Like bear, crow etc. **Characteristics are:**

- They have different types of teeth that help them eat both plants and flesh of other animals.
- Birds like crows have sharp and pointed beak. Such type of beak is helpful in eating variety of food items.

**Scavengers:** Some birds and animals eat the flesh of other animals that are already dead. Like vulture, jackals and are called **scavengers**.

**Decomposers:** Some organism feed on dead plants and animals and decompose them. These are called **decomposers**. For example: **fungi and bacteria**.

**Scavengers and decomposers help keep the Earth clean.**

**Parasites:** animals that live on or inside the body of other living organism or plants and obtain food from them are called parasites. For example: fleas, leeches live outside the body of other animals, whereas roundworms, tapeworm live inside the bodies of animals.

**Food Chain:** All animals, whether herbivores or carnivores, directly or indirectly depend on plants for food. This feeding relationship among organisms is called food chain. Thus, food chain can be defined as a series of organisms liked together by the process of eating and being eaten for food.

### Food Problem

1. We should grow ore food crops by using modern methods of farming.



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2. We should store the food grains properly, so that they are not eaten by pests like rats, insect and birds, or spoiled by micro-organisms.
3. We should not waste food in any way. Overeating leads to obesity. We should not take more food than we can eat. We should consume all the food we take on our plate. A large amount of food is wasted due to poor management at parties and other social functions.

