

# CHAPTER - 1

Food:

Date: \_\_\_\_\_

Where does it come from:

① Food Variety

② Ingredients: It is a part of a mixture. In food, it is a specific constituent of food.

e.g. Rice - Rice + Water + Salt + Teera etc. all the ingredients.

Vegetable curry - Diff. veggies, oil, salt, spices, water etc.

③ Food and their sources:-

Plant based

Animal based

1. Rice

1. Milk

2. Wheat

2. Eggs

3. Pulses

3. Meat

4. Vegetables

4. Fish

5. Fruits

④ Plant Parts:-

Root - Carrot, Beetroot, turnip, Radish, Turnip

Stem - Cucumber, Watermelon, Potato, Onion

Flower - Broccoli, Cauliflower, Ginger, Tomato, Brinjal, Okra

Date: \_\_\_\_\_

Edible — That can be eaten

Banana — stem, flower & fruit — edible  
— root, leaf, outer skin are non-edible

Mustard — Oil  
— Leaves are edible

ex: - Pumpkin — Fruit & seeds  
Moolgi — seeds & leaves

sprouts — Moong (whole)  
High in protein & fibre

Honeybee — Honey

(\*) Animals & their food :-

Squirrel — Nuts, seeds, fruits, Roti etc.

Pigeon — Grains, seeds, fruits, insects (sometimes)

Lizard — Omnivorous — insects  
spiders

Herbivorous :- Eat only Plant or plant products.

eg. Cow, Buffalo, Rabbits, Squirrels  
Goats.

Carnivorous → Eat other animals

eg. Lion, Tiger, Hawks, snakes  
Crocodiles.

Omnivorous :- Both plant & animal  
& their products

eg. Human, Crow, Dog, Foxes