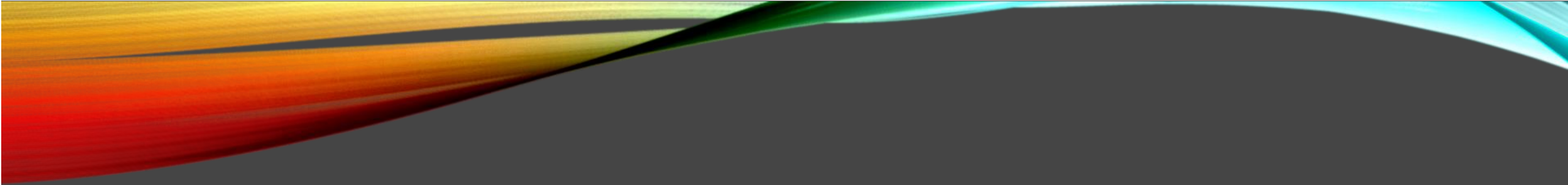


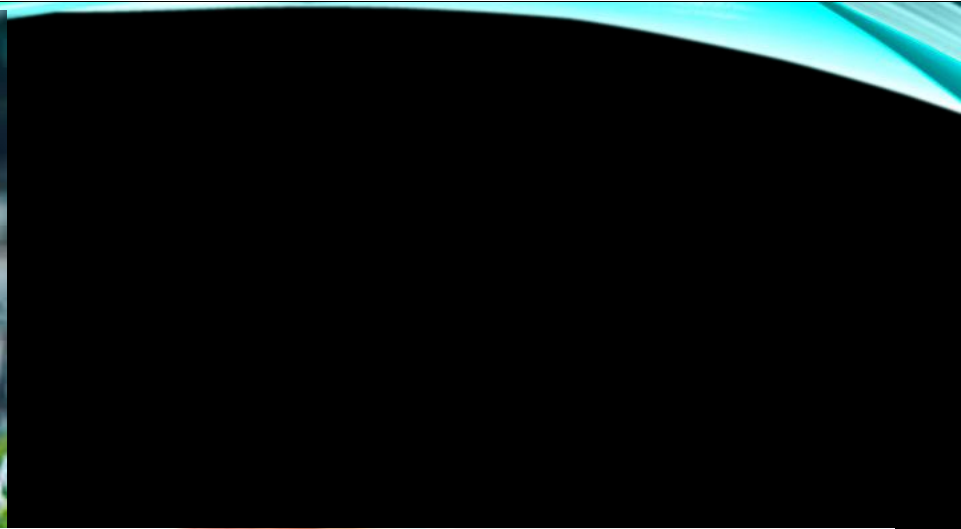
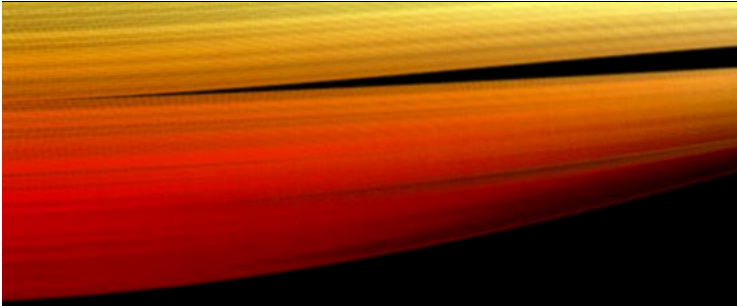


# SOURCES OF FOOD



- 
- What did we observe in the cartoon ?
  - Do We all eat food ?
  - Why do we eat food ?





- 
- 1.To get energy for our day to day activities.
  - 2.For growth & development.
  - 3.To overcome wear & tear ( healing of wounds)
  - 4.To remain Fit and healthy
  - 5.To protect our body from diseases.
  - 6.To provide warmth to our body.

# WHAT IS FOOD ?

- Food is a substance which provides energy and keeps body in good health.

Food contains various substances called nutrients which actually provide us the required energy for our day – to- day activities.

It's not just we human beings , but all living organisms need food to live.

- 
- How many meal do we have in a day ?
  - What are those ?

1. Breakfast
2. Lunch
3. Dinner

Apart from these we also munch on snacks or so ...

- Do all of us have same same kind of food ??







1. What did we see in the pictures ?

2. Do we all eat same kinds of food ?

3. What all different kinds of foods do we eat ?



I want to make some roti ...

What all do I need ??

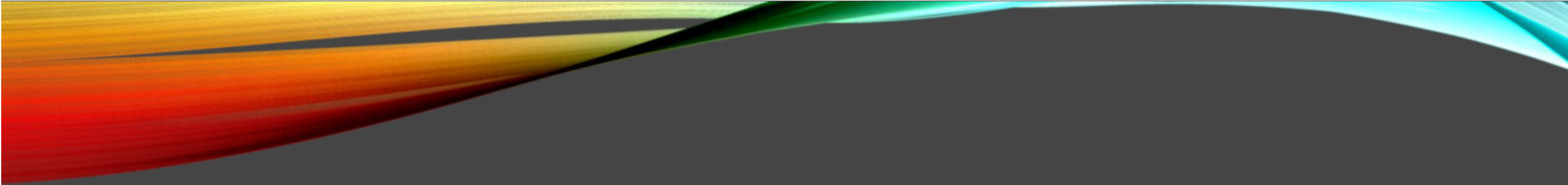
- Wheat flour
- Water
- Salt
- Oil



Similarly I would like to make some chicken curry ...

What do I need ...

- Chicken
- Salt
- Oil
- Onions , chillies
- Ginger garlic paste



What all we need to cook something are said to be as  
“ ***Ingredients*** “ .

Items which we need to cook a particular food are said to be ***ingredients***.

**Now** , where do we get these ingredients from??

**Either plants or Animals ...**

**These** plants or animals are nothing but our  
“ ***sources of food*** “ .



Sources of food are of 2 kinds .. Namely

- ***Foods obtained from plants***
- ***Foods obtained from animals***

***Categorise*** : eggs , milk , meat,  
redgram, wheat flour , meat , yogurt,  
ham, vegetables, butter, cheese ....



## Foods we obtain from plants

- *Cereals*
- *Pulses*
- *Fruits & vegetables*
- *Oil*
- *Sugar*
- *Spices*
- *Beverages*



## Parts of plant as “sources of food “

- *Root-tubers*
- *Stem –tubers*
- *Leaves-leafy vegetables*
- *Buds*
- *Flowers*
- *Fruits*
- *Seeds*
- *Sprouts*



## Sprouting

*Seeds contains good amount of nutrients.*

*Almost all seeds sprout.*

*Sprouting is the natural process by which seeds germinate .*

*Germinating or sprouting seeds are more rich in nutrients compared to regular seeds & are eaten .*

*Sprouts can be eaten raw or cooked slightly & eaten without damaging nutrients.*

