

## Chapter 1

### Food: Where does it come from?

#### WHY WE NEED TO TAKE FOOD? / FUNCTIONS OF FOOD.

Food is need for life as it provides us:

- It provides us energy to do some work.
- It helps us to grow.
- Food also helps us to protect from different diseases.

#### WHAT ARE THE MAIN SOURCES OF FOOD? / SOURCES OF FOOD.

Main sources of food are Plants and Animals. Some foods like wheat, rice and pulses are example of sources of plant food. Whereas meat, egg and honey are example of sources of animal food.

#### EDIBLE PARTS OF PLANTS/ PART OF PLANTS THAT WE CAN EAT

Parts of plants that we can eat are called edible. Some example of edible of different plants are :

- Carrot and radish as root.
- Mango and apple as fruit.
- Cauliflower as flower.

#### NECTAR AND HOW HONEY IS MADE.

Honey is made by honey bees. Bees collect sweet juice from flower known as Nectar, then they store this nectar in hives. And we collect honey from those hives through the year.

#### CLASSIFICATION OF ANIMALS DEPENDING ON WHAT THEY EAT

**Herbivores:** Those animals who only eats plants are known as Herbivores. For example: goat and cow.

**Carnivores:** Those animals who only eat other animals are known as Carnivores. For example: tiger and lion.

**Omnivores:** Some animals, like humans and crows who eat both animals and plant, these types of animals are known as Omnivores.

#### FOOD CHAIN/ WHAT IS FOOD CHAIN?

In nature grass is eaten by deer, and deer is eaten by lion, this sequence of grass, deer and lion is known as food chan.

#### NCERT QUESTION-ANSWERS

##### 1. Do you find that all living beings need the same kind of food?

**Answer.** No, all living beings do not need same kind of food.

##### 2. Name five plants and their parts that we eat.

**Answer.** Names of five plants and their parts that we eat are:

- (i) Wheat: seeds
- (ii) Brinjal plant: fruits
- (iii) Potato plant: stems
- (iv) Mustard plant: seeds and leaves
- (v) Cauliflower: Flower

##### 4. Fill up the blanks with the words given:

- (a) Tiger is a **carnivore** because it eats only meat.
- (b) Deer eats only plant products and so is called **herbivore**.
- (c) Parrot eats only **plant**.
- (d) The **milk** that we drink, which comes from cows, buffaloes and goats is an animal product.
- (e) We get sugar from **sugarcanes**.