

TOPIC: SOURCES OF FOOD.INTRODUCTION:

Foods are substances from which an organism derives energy and materials for its growth and maintenance. Food is needed by the body for energy, growth and maintenance, repair of damaged cells and protection from diseases.

ANIMALS ON THE BASIS OF THEIR FOOD HABIT:

- 1. HERBIVORES:** Animals eating plants and plant products are called herbivores. For example cow, deer, sheep, elephant, goat etc.
- 2. CARNIVORES:** Animals eating other animals are called carnivores. For example lion, tiger etc.
- 3. OMNIVORES:** Animals eating both plants and animals are called omnivores. For example humans, crow, squirrels and cockroaches.



Cow (Herbivore)



Tiger (Carnivore)



Crow (Omnivore)

PLANTS AS SOURCES OF FOOD:

- 1. CEREALS:** Cereals like wheat, rice and maize are rich sources of carbohydrates.
- 2. PULSES:** Pulses or legumes or dals are rich in proteins and are obtained from seeds of leguminous plants. Common pulses include pea, bean, groundnut, soya bean and gram.
- 3. VEGETABLES AND FRUITS:** Vegetables are rich sources of vitamins, minerals and roughage. Their food value is low. Some common vegetables are radish, potato, carrot, cabbage etc. Fruits have high water content, low food value but are rich in minerals and vitamins. Common fruits are mango, apple, grapes, orange etc.
- 4. SUGARS:** Sugars are produced by plants by photosynthesis. Sugar producing plants are sugarcane and sugar beet.
- 5. TEA AND COFFEE:** They are common beverages. Tea is obtained from leaves while coffee is obtained from seeds.
- 6. SPICES:** They have no food value and are used for adding flavor to the food. Common spices are pepper, cardamom, ginger, fennel, thyme, coriander etc.
- 7. OILS:** Major oil yielding plants are cotton, groundnut, mustard, coconut, Soya bean and sunflower.



PLANT FOOD ITEMS



ANIMAL FOOD ITEMS

ANIMALS AS SOURCES OF FOOD:

- 1. MILK YIELDING ANIMALS:** These animals provide us milk. For example Cow and Buffalo.
- 2. MEAT YIELDING ANIMALS:** These animals provide us meat. For example Sheep, Goat, and pig.
- 3. POULTRY ANIMALS:** Animals which provide us meat and egg are called poultry animals. For example Hen, duck and turkey.
- 4. FISH:** Fishes like Catla, Labeo, Cirrhina, Barbus etc are good source of proteins. Rearing and management of fish on a large scale is called Pisciculture.

5. HONEYBEES: Insects which provide us honey are honeybees. They collect nectar from flowers and convert it into honey and store it in their nest called beehive. A beehive has small compartments called combs. Rearing of honeybees on a large scale is called Apiculture.

SOLVED EXERCISE

FILL IN THE BLANKS:

Q1. A beehive has small compartments called Combs.

Q2. Pulses or legumes or dals are rich in Proteins.

MULTIPLE CHOICE QUESTIONS:

Q3. Which among the following is herbivore?

(a) Cow

(c) Tiger

(b) Lion

(d) Crow

Ans. Cow

Q4. Which among the following is an omnivore?

(a) Cockroach

(c) Deer

(b) Lion

(d) Plants

Ans. Cockroach

Q5. Which one of the following is **NOT** an animal product?

(a) Cheese

(c) Butter

(b) Honey

(d) Onion

Ans. Onion

SHORT ANSWER TYPE QUESTIONS:

Q6. Give any two examples of Pulses.

Ans. Soya bean and gram are two examples of pulses.

Q7. What are used for adding flavor to the food?

Ans. Spices are used for adding flavor to the food.

Q8. What are poultry animals? Give two examples.

Ans. Animals which provide us meat and egg are called poultry animals. Two examples of poultry animals are duck and turkey.

Q9. Define the following:

(a) Pisciculture.

(b) Apiculture.

Ans. (a) The rearing and management of fish on a large scale is called Pisciculture.

(b) The rearing of honeybees on a large scale is called Apiculture.

DIAGRAM BASED QUESTION:

Q10. Look at the following picture and identify the product obtained from it?



Ans. This picture depicts a beehive. The product obtained from it is honey.

PRACTICE QUESTIONS

FILL IN THE BLANKS:

- Q1.** Animals eating plants and plant products are called _____.
- Q2.** Cereals are rich sources of _____.
- Q3.** Animals eating other animals are called _____.
- Q4.** Deer eats only plant parts and is called _____.

MULTIPLE CHOICE QUESTIONS:

- Q5.** Lion is a carnivore because it eats only _____.
- (a) Animals
(b) Plants
(c) Both (a) and (b)
(d) None of these
- Q6.** Which one of the following is a spice?
- (a) Potato
(b) Bean
(c) Mango
(d) Coriander
- Q7.** Human beings are
- (a) Herbivore
(b) Carnivore
(c) Scavenger
(d) Omnivore
- Q8.** Wheat, rice, maize are
- (a) Pulses
(b) Cereals
(c) Spices
(d) None of these
- Q9.** Cow and buffalo are _____ animals.
- (a) Milk yielding
(b) Meat yielding
(c) Poultry
(d) None of these
- Q10.** Which of the following have high water content?
- (a) Pulses
(b) Cereals
(c) Fruits
(d) All of these

SHORT ANSWER TYPE QUESTIONS:

- Q11.** Name the group of animals eating both plants and animals.
- Q12.** What is Tea and Coffee commonly called?
- Q13.** Define (a) Food (b) Herbivores

Q14. Why do we need food?

DIAGRAM BASED QUESTION:

Q15. Identify the diagram. Which product we get from this plant?

