

L-1 FOOD - Where Does It Come From?

In this chapter, following concepts will be discussed

- * Food and its importance
- * Variety of food, ingredients required to make a dish.
- * Sources of food
- * Types of organisms on the basis of their food habits

* FOOD

Food is a substance which is eaten daily by all living organisms to get energy

It performs following functions:

- (i) it provides energy to do work.
- (ii) helps us to grow
- (iii) protect the body against various

diseases and infections.

* VARIETY OF FOOD

Different kinds of food at different times and locations make food variety. It is observed due to

- a) Lifestyle
- b) taste
- c) food eating habits
- d) food availability.

INGREDIENTS

Can be defined as materials, things required to make a particular dish. For eg. In dal the food ingredients are dal, water, spices.

* SOURCES OF FOOD

The food which we eat (edible part) comes mainly from two sources:

PLANTS and ANIMALS

⇒ Plants Parts as a food

ROOT - Carrot, radish

STEM - Potato, onion

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LEAF - Spinach, Fenugreek
FLOWER - Cauliflower, Rose
FRUIT - Banana, mango
SEED - Wheat, rice

⇒ Animal Products as food
Meat, chicken, fish, egg
Honey from honey bee
Milk and products like curd, ghee,
butter, cheese

* CATEGORISATION OF ANIMALS

- Herbivores - those animals which eat plant and plant parts eg cow, deer
- Carnivores - those animals which eat flesh of other animals eg lion, tiger
- Omnivores - those animals which eat both plant and animal product eg human, crow

After the completion of the understanding of concept by students they are instructed to write the question answers in science

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Copies

Textbook Questions

Q-1 Do you find that all living beings need the same kind of food?

Ans-1 No, all living beings do not need same kind of food. The living organisms have different eating habits depending on their structures, requirements, habitats and may be herbivores, carnivores and omnivores.

Q-2 Name five plants and their parts that we eat.

Plant	Eating part
Carrot	Root
Sugarcane	stem
Cabbage	leaf
Cauliflower	flower
Apple	Fruit
Rice grains	Seed

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EXTRA QUESTIONS

Q-1. Why do organisms need food? Write two reasons.

Ans-1 Food is needed by organisms for the following reasons-

- a) Food provides us energy to perform various functions of body to sustain life.
- b) Food helps us to protect the body against various diseases and infections.

Q-2. People living in different regions of India show variations in food habits. How do we conclude this?

Ans-2 Food habits depend on availability, lifestyle, environment of the region's people live in, thus leading to variations in food habits.

Q-3. Cooking of food is necessary. Why?

Ans-3 Cooking of food increases food taste and can be easily absorbed by our body.

Q-4 Why should we avoid wastage of food?

Ans-4 We should avoid wastage of food because

- a) there are many people who do not have enough money to buy it.
- b) there are many people amongst us who do not get sufficient food.

Q-5 Wheat is staple food in Northern India. We make chapati from flour obtained from wheat grains (atta). Show various contributions involved till the chapati is made (through a flow chart)

Ans-5 A flow chart shows various contributions involved till the chapati is made.

Step I farmers grow wheat in the field



Step II wheat is harvested, stored and packed



Step III wheat grains ground to flour at flour mill



Step IV flour kneaded to make dough by cook

Step V Chapati is made by cook

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Q-6 Write the names of major ingredients of brinjal curry.

Ans-6 The major ingredients used to make brinjal Curry are brinjal, spices, oil, water

Q-7 Does preparing different food items involve addition of same ingredients. Give an example.

Ans-7 Yes, some ingredients are used commonly in preparation of various dishes eg water, spices, oil.

Q-8 Give a reason as to why the food culture in different regions of our country is different.

Ans-8 People living in different regions of our country use different methods of cooking food depending upon the availability of food products eg. in Northern India, wheat is grown, so people eat chapati as a staple food, whereas in South India, people are rice eaters because rice is produced there in large quantity.

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Q-9 Define the following terms-

a) Ingredients - Ingredients are the materials things required to make a particular food dish.

b) Edible - Edible means the food part that can be consumed by living organisms.

Q-10 From where do humans obtain their food?

Ans-10 The plants, animals and their products are the main sources of food for humans.

Q-11 Where do bees store honey?

Ans-11 The bees store honey in their nest which is known as beehive.

Q-12 Flowers of which plants are used as vegetables?

Ans-12 Pumpkin flowers are used as vegetables.

Q-13 Why do boiled seeds fail to sprout?

Ans-13 The boiled seeds fail to sprout because

boiling of seeds kill them.

Q-14 Mention a plant whose seeds and leaves are useful for us.

Ans-14 Seeds of fenugreek plants are used as spices and leaves as vegetables (methi)

Q-15 Plants are called producers. Why?

Ans-15 As plants produce their own food by the process of photosynthesis, they are called autotrophs or producers.

Q-16 If you are given moong dal grains. How will you make the sprouts from them?

Ans-16 Soak a handful of moong dal in water overnight. Next day drain out water and wrap seeds in wet cotton cloth for 2 to 3 days. The seed will show sprouts which are edible and are good source of proteins and minerals.

Q-17 On which process sprouting is based on?
List benefits of sprouting.

Ans-17 Sprouting is based on germination process.
Following are the benefits of sprouting.

- a) Sprouts contain more vitamins and higher protein content.
- b) They form easy snacks as they can be eaten raw or cooked.

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SEA ACTIVITY

- a) In a tabulated form on a plain page of your science copy write 10 dishes of your choice, their ingredients used and their sources. For eg.

dal	→ Ingredient	dal	→	plant source
		spices	→	plant source
		water		
		oil	→	plant / animal source
- b) With the help of an elder, do the process of sprouting. Provide proof of activity by writing the procedural steps and paste photograph of same on a plain sheet of your science copy.

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