

# FOOD

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Where it comes from

# Food is like the fuel for our body.

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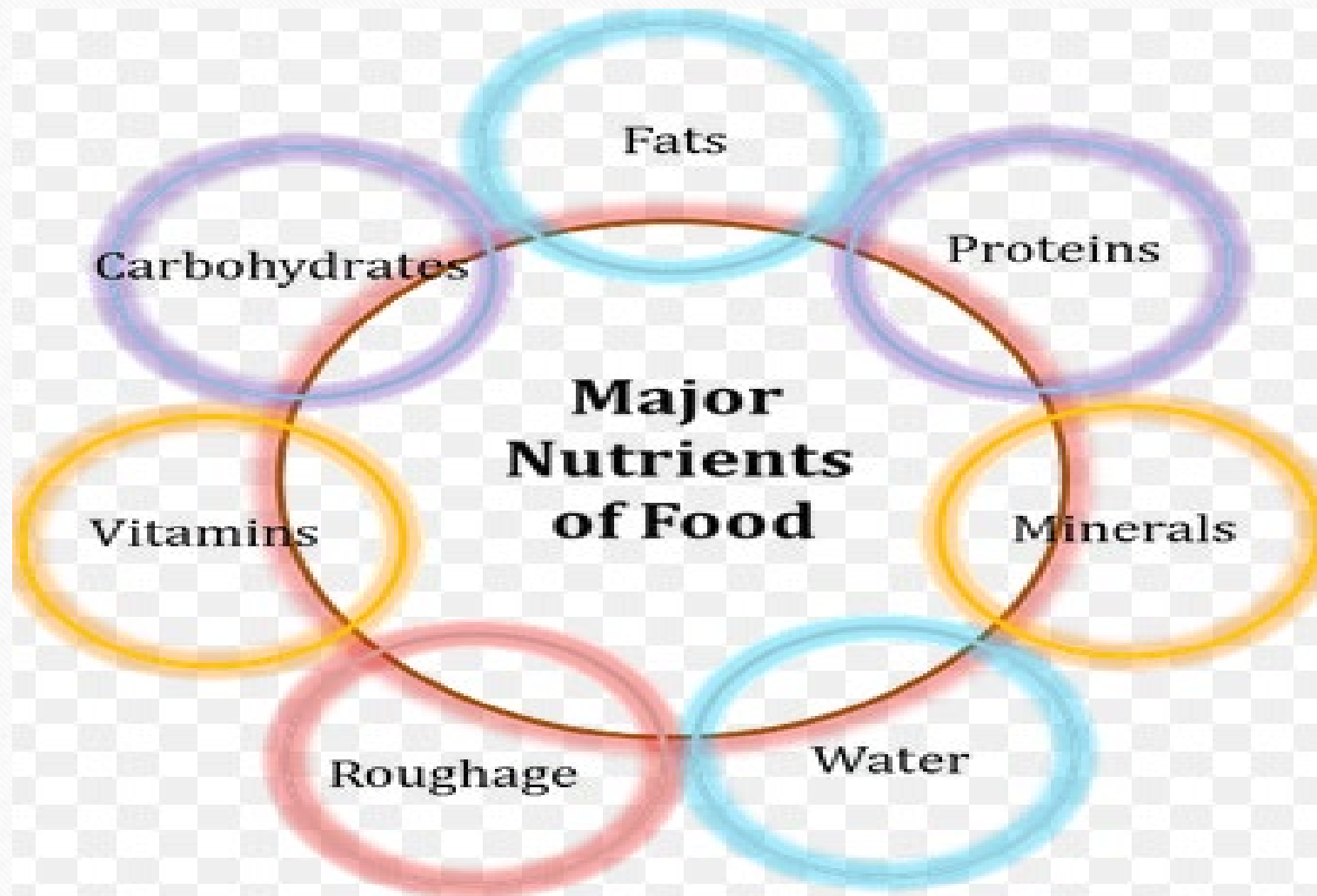
**Organisms need food (nutrients) to**

obtain energy

obtain materials for  
growth

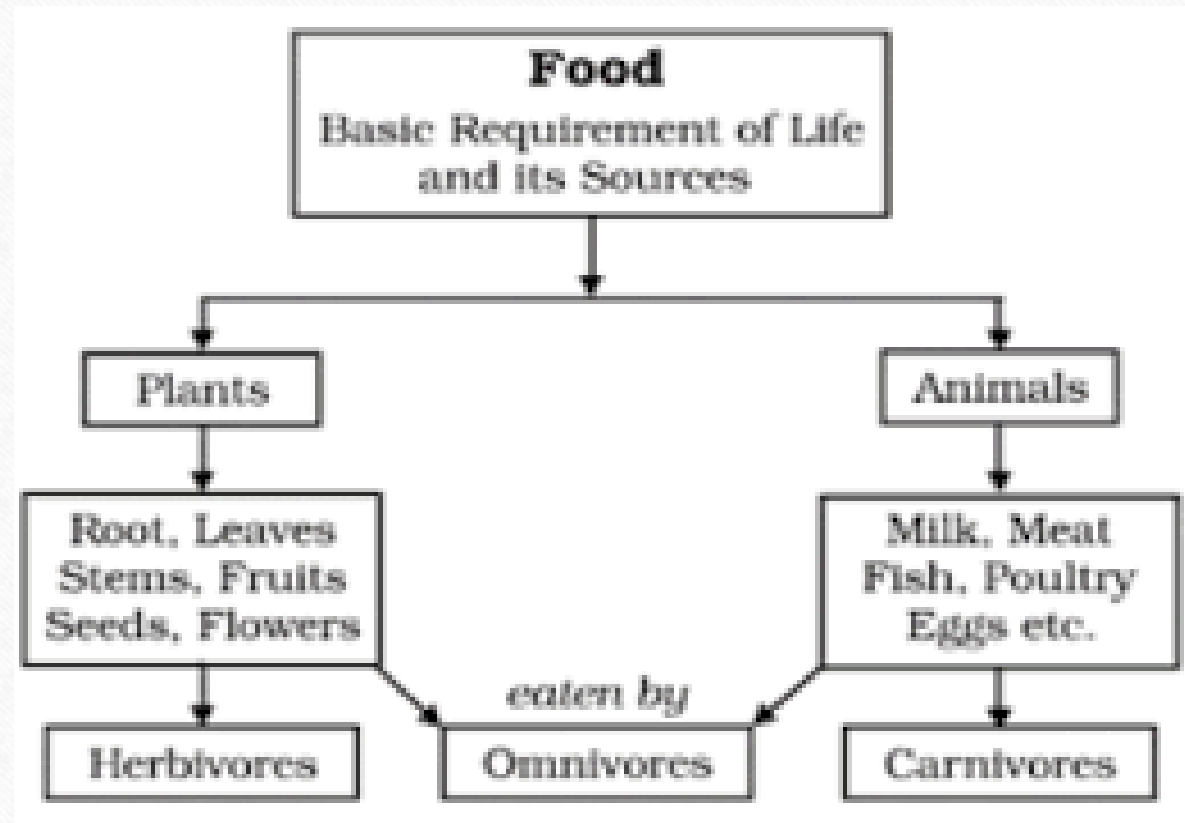
obtain materials for  
repair of damaged body  
parts

carry out life processes



**Ingredients** : The components or materials required to prepare a food item are called as ingredients. E.g., different types of vegetables, spices are ingredients for sambar.

**Sources of ingredients: Plants and animals**



## Parts of Plant as food

- Roots
- Stem
- Leaves
- Flowers
- Fruits
- Seeds



## Animal products as food

- Milk
- Honey
- Eggs
- Meat



## **Animals on the basis of food habits**

**Herbivores – Those animals which eat only plants or plant products.**

**Carnivores – Those animals which eat the flesh of other animals**  
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**Omnivores – Those animals which eat both plants and animals.**

How it should look

Herbivores  
(only eat plants)

Omnivores  
(eat plants and animals)

Carnivores  
(only eat animals)

