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Ch-1
Food:- Where does it come from?

1) What is food?

⇒ Food is any substance consumed to provide nutritional support for an organism.

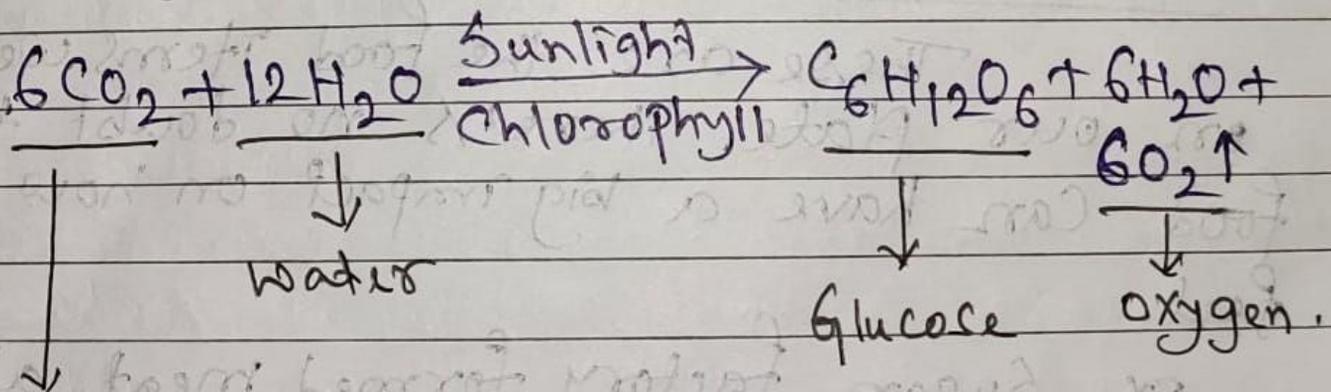
Foods are of two types -

- i) Energy giving foods - Carbohydrate, fat
- ii) Body building foods - protein, vitamins, minerals.

2) What is the primary food of the living system?

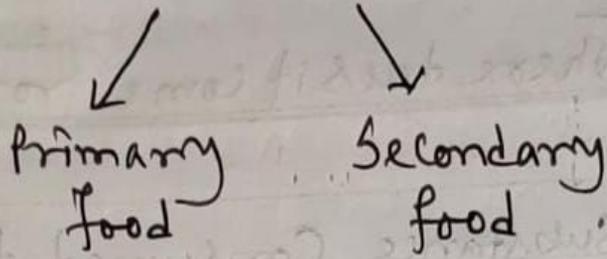
⇒ Glucose is the primary food of all the living system and it is prepared by green plants by the process of photosynthesis.

Photosynthesis :-



Carbon dioxide

3) Classification of food:-



• Primary food:-

It means basically agricultural products, such as raw wheat kernels or live stock, into something that can eventually be eaten. The category includes ingredients that are produced by the ancient processes such as drying, threshing, winnowing etc.

Ex- all types of grains, vegetables, fruits, proteins etc.

It may include healthy relationship, regular physical activity etc.

• Secondary food:-

These are the food items we put on our plate. There's no doubt this food can have a big impact on how you feel.

Ex- Sugar, factory formed meat, alcohol, industrial vegetable oil etc.

4) Edible parts of the plant.

⇒ The parts of the plant which are eatable are called edible parts of the plant.

EX- In a mango tree the edible part is its fruit.

Edible parts be like stems, roots, leaves, seeds, flowers, fruits.

Now, few plants have two or more edible parts.

Like seeds of mustard plant give us oil and leaves are used as vegetable.

5) What are sprouts?

⇒ Generally, germinated seeds are called sprouts, which can be eaten as raw or cooked.

EX- Broccoli sprouts, mustard sprouts, clover (Labanga) sprouts, Lentils (Dal) sprouts, Sprouted chick peas (Chola).

6) How are seeds sprouted?

⇒ The process of sprouting involves soaking and draining excess water and leaving those seeds till they germinate.

OK, [for 4 or 5 marks]

Take some dry seeds of moong or chana. put a small quantity of seeds in a container filled with water and leave this aside for a day. Next day, drain the water completely and leave these seeds in the vessel. Wrap them with a piece of wet cloth and set aside. The following day if you will observe a small white structure ~~in~~ have grown out of the seeds, then the seeds have sprouted.

If not, wash the seeds in water, drain the water and leave them aside for another day, covered with a wet cloth. The next day, see if seeds have sprouted.

After washing these sprouted seeds, you can eat them. They can also be boiled. Add some spices and get a tasty snack to eat.

7) What do you mean by ingredients?

⇒ The materials ~~are~~ required to prepare a food item is known as ingredients.

To prepare boiled rice two ingredients are such as - water & rice are required.

8) Why is food essential for our body?

- ⇒
- It provides energy to do work.
 - It helps in the growth and development of our body.
 - It protects us from diseases.
 - It gives the body strength.
 - It helps us to repair the damaged cells.

9) What is Nectar?

- ⇒ The sweet liquid that bees collect from flowers to make honey is called nectar.

10) What is honey? write its importance.

- ⇒ Honey is a sweet liquid prepared by honeybees from the nectar.

It consists of water, sugar, minerals and enzymes. It is used in medicines as an antiseptic to destroy the growth of germs.

11) How is honey made?

⇒ Honey is manufactured by honeybees by collecting the nectar of flowers. After collecting the nectar they convert it into honey by a process of regurgitation (expelling materials from mouth). These bees store the honey in their beehives.

12) How are cereals different from pulses?

⇒ Cereals are mainly rich in carbohydrates. EX - Rice, wheat, maize etc.

whereas, pulses are rich in proteins. EX - pigeon pea (arhar dal), black gram (Urad dal) etc.

13) Write a short note on herbivores, carnivores and omnivores on the basis of their feeding habits.

⇒ • Herbivores :- Animals which eat only plants are called Herbivores.

EX - Buffalo, Cow, goat etc.

• Carnivores :- Animals which eat only the flesh of other animals are called Carnivores.

EX - Tiger, Lion etc.

• Omnivores:- Animals which eat both plants and animals are called omnivores.

Ex - Human beings, Crow etc.

14) Do you find that all living beings need the same kind of food?

⇒ NO, all living beings do not need the same kind of food. Different living being need different types of food according to their age, work, habit and taste.

15) Does everyone around you get enough food to eat? If not why?

⇒ NO, ~~eg~~ everyone does not get enough food to eat due to income inequality. Some people do not have enough purchasing power to buy enough food for their families. So, people with less income or no income face the problem to get enough food.

16) What are the ways we can think of to avoid wastage of food?

⇒ The ways are as follows:-

- check your daily food intake.
- Manage your food portions.

- Plan your meals and make lists for required ~~atables~~ vegetables.

- We should always look at storage options.

- There should be no leftovers.

- vegetable peelings and scraps must be thrown in the compost or worm farm.