

Food : Where does it come from

Introduction

- Anything that an animal, plant, or human eat to nourish their body for proper growth and maintenance is called **food**.
- To cook food we need different kind of ingredients. For example: to cook boiled rice, you need only two ingredient water and rice. On the other hand to prepare vegetable curry, you need vegetable, spices, salt, oil and other ingredients.
- **Ingredients** are components used to prepare food.



Cooked Food



Ingredients of Food

Food materials and sources

- The food that we consume is obtained from mainly two sources: plants and animals.
- Food obtained from plants: Fruits, vegetables, grains, pulses, cereals.
- Food obtained from animals: Egg, meat, milk, beef, fish, chicken, pork, prawns.

Foods Obtained from Plants



Vegetables



Fruits



Wheat

Foods Obtained from Plants



Corn



Daal



Oats

Food Obtained from Animals



Egg



Milk & Cheese



Fish

Food Obtained from Animals



Chicken



Meat



Prawns

Plant parts as food

- We eat many leafy vegetables. We eat fruits, stem, roots, and flowers of some plants.
- Some plants have two or more **edible** (eatable) parts. For example: seeds of mustard plants give us oil and the leaves are used as a vegetable.



Seeds of Mustard used for making mustard oil



Leaves of mustard used for making saag

- Not all the plants are edible, some may be poisonous too. For example: Oleander, Castor bean, Datura Stramonium, Dieffenbachia



Dieffenbachia



Datura Stramonium



Oleander



Castor Bean

- Sprouts of **moong dal** and **chana** is eaten as a healthy snacks.
- Note: **Sprouts** is the white root like structure coming out of seeds when soaked in water overnight.



Sprouts of Moong Dal

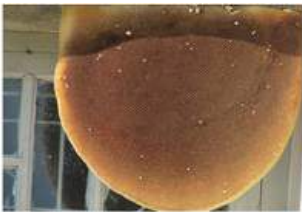
- Carrot, Ginger, Radish, Onion, Beet root etc. are the example of edible root of plants.
- Cinnamon is an example in which bark of tree is used as a spice.



Cinnamon Tree

Animal product as food

- Honey is an edible viscous liquid formed by bees in bee hive.
- Bees collect **nectar**, which is sweet juice from flowers and convert it into honey and store in their hive.



Bee Hive

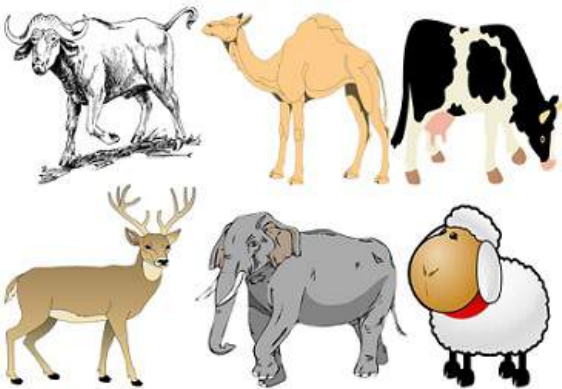


Bees making Honey from Nectar

- Milk and products of milk like cheese, yogurt, butter milk, **ghee** is obtained from milk producing animals Cow and Buffalo.

What do animals eat

- Classification of animals based on nutrition: Herbivorous, Carnivorous, and Omnivorous.
- **Herbivorous:** Animals which eats only plants and products of plants. For example: Cow, Buffalo, Goat, Sheep, Donkey, Elephant, Giraffe, Deer, Camel etc.
- **Carnivorous:** Animals which eats other animals as food. For example: Lion, Tiger, Fox, Wolf, Shark etc.
- **Omnivorous:** Animal which eats both plants and animals as food. For example: Dog, rat, Crow, Pigs, Hens etc.
- Human beings can be herbivorous or omnivorous.



Some Examples of Herbivorous Animals



Some Examples of Carnivorous Animals



Some examples of Omnivorous Animals

Malnutrition



Malnourished Child

- Malnutrition is a condition in which a person does not get enough nutrients for proper function of its body.
- This may be due to, if a person do not get enough food, or not eating enough food in right amount, or the body of a person is unable to utilize the food causing lack of proper nutrition.

Why we should stop wastage of food

- Food is a fuel to our body, without food we cannot perform any physical and mental act.
- Have you ever realize even a day without food? Billions of people in India, Bangladesh, Africa and many other countries were still starving.
- Loss and wastage occurs in all steps in the food supply chain. In developing countries like India, Bangladesh, most loss occurs during production, while in developed countries like USA, European countries much food is wasted at the consumption stage.
- In 2013, we disposed more than 35 million tons of food waste.
- Wastage of food also cause load on agriculture to produce more amount of food.



Stop food wastage

Benefits of not wasting food

- Saves money from buying less food.
- Due to disposal of food large amount of methane is released and methane gas contributes in global warming.
- Conserves energy and resources, preventing pollution involved in the growing, manufacturing, transporting, and selling food.
- Supports community by providing donated food that would have otherwise gone to waste.

