

OUR FOOD

Food is essential for everyone. Healthy food provides us the nutrients and energy to work, play, grow, think and learn.

What is food?

Food is a mixture of various ingredients that is consumed for nutrition.



Food is the third most important thing for living beings to provide energy and development, maintain life, to promote growth after air and water. It is one of the most complicated sets of chemicals.

The nutritious foods are in the form of grains, pulses, fruits, vegetables, oils etc. As much as we eat, our body gets nourished. When there is insufficient intake of protein, energy or carbohydrate, there is often illness or infection.

Where does food come from?

WHERE DOES FOOD COME FROM?



Our mom prepares it and serves in our plate. Right!

How is it coming into our or our friend's home then?

The first step is to know where do they come from so that we can understand the different nutrients provided by particular item of food.

Most of the food has its origin in plants. Plants are a source of wide variety of nutrients required to keep the human body in working condition. All food comes from plants, even the animals depend on plants. The reason for advising to eat the fruits and vegetables on daily basis is that it is a source of rich nutrients.

Some food is derived directly from plants, but even animals are also used as food sources that are picked up by feeding food from plants.



Some foods are not directly obtained from animal or plant sources they are obtained from various edible fungi, especially mushrooms. Fungi and ambient bacteria are used in the preparation of fermented and pickled foods like leavened bread, alcoholic drinks, cheese, pickles, etc.

Plants provide us with vegetables, coffee, cereals, pulses, fruits, sugar, spices, oil etc. different parts of the plants provide different food materials. Let us have a look at some of the food obtained from different parts of the plant.

Vegetables:

These are the most common food we get from plants. These are a rich source of nutrients. The roots, stems and leaves of many plants are used as vegetables and are edible.

Roots:

Radish, carrot and beetroot are some of the roots that are eaten as the vegetables.

Stem:

Potato and ginger are the stems that are eaten as the vegetables. An onion is a modified stem bulb that is used as a vegetable.

Leaves:

Spinach, cabbage, lettuce are the leaves eaten as vegetables.

**Flowers:**

Broccoli and cauliflower are the flowers eaten as vegetables.

Fruits:

Fruits are a healthy source of food from plants. These are full of nutrients and taste. There is a saying that “An apple a day keeps the doctor away”. Orange, mango, apple, grapes are some of the fruits consumed by humans.

Cereals:

Cereals include rice, wheat, maize, jowar, barley, etc. These are a rich source of nutrients provided by the plants.

Pulses:

Pulses are rich source of proteins that we get from plants. Few examples of pulses are lentils, chick-peas, kidney beans etc.

Tea, Coffee:

Coffee and tea are widely grown in the southern parts of India. These are also obtained from the plants. Not just these, sugar is also obtained from the plants. It is processed from the sugarcane plant.

Oil:

Oil can be extracted from the seeds and leaves of the plants. Some of the plants producing oil are castor, mustard, and sunflower.

Even processed food like chips, biscuits, noodles, pizzas, etc. that we use in our day-to-day life comes from plants. The spices and condiments used for seasoning and adding flavor to the food also come from plants.

Spices:

Cinnamon, cardamom, pepper, clove, cumin seeds, and ginger are obtained from the plants and are used for cooking purposes.

Spices	Plant parts
Cinnamon	Barks
Pepper	Fruits
Clove	Flower buds
Cumin	Seeds
Ginger, turmeric	Rhizomes
Garlic	Bulbs

In this way, food from plants is a good source of nutrients and are essential for the human body to stay healthy and in perfect working condition. Human beings use many food products from plants and these food plants are also an essential food source for animals. Finally, we take food directly or indirectly from plants.