

Now let us try to fill the plant parts that we eat in our daily life.

Name of the plant	Parts that we eat
Fenugreek (menthulu)	Leaves, seeds
Mustard (avaalu)	Leaves, seeds
Sugarcane	Stem
Carrot	Taproot
Onion	Modified leaves
Cabbage	Leaves
Asafoetida	Resin from rhizome and root

Food from animals:

Food is one of the most important energy source for all the living organisms. Humans consume food from animals in cooked form.

The food we get from animals is in the form of different animal products that are rich in nutrients, proteins, calcium etc.



Animal products are used as food directly or indirectly. Milk, eggs and meat are important examples of food from animals. Animal products too are a rich source of nutrients. The food chain is composed of exactly these animals starting with organisms that use the energy of the sun to the apex at which the organisms are predators and rely on producers. Let us have a look at some of the food obtained from animals:

Milk:

Cows, buffaloes, sheep, goat, and camels are a great source of milk. Milk is also called as an ideal food. It is rich in vitamins, minerals, proteins, carbohydrates and fats. Milk is also converted into other useful products. There we come to the dairy products. This is milk, curd, cream, cheese, butter, etc. These are also sources of food we get from animals. All of these are made from milk and comes from animals such as cows, goats etc.

Honey is also another food we get from animals, namely bees.

Eggs:

Chickens, ducks, geese, and quails are raised for eggs and meat. The egg is a rich source of protein and vitamin. The yolk of the egg contains vitamins, phosphorus, calcium and iron.

Meat:

Meat is of two types- red meat and white meat. The meat of goat, sheep and pigs has a lot of fat and is called red meat. White meat contains less fat and is obtained from chicken and fish. White meat is healthier and can be easily digested as compared to the red meat. Meat is rich in proteins, vitamins, zinc, phosphorus and iron.

Another source of food is seafood. This is fishes and other sea creatures like crabs, lobsters, oysters etc that we catch. They too are consumed by humans and are an important source of food in coastal regions especially.

Fish constitute an important and rich source of high – quality animal protein. We get fish from both fresh water and marine water.

Food from animals is rich in nutrients. Eating meat strengthens the bones and immune system. Young children should consume the enough milk daily to get enough calcium and to make the bones and teeth stronger.

