

## Variety of food:

We know that the all organisms on earth take food for survival.

### Do they all take same food?

No! all living organisms on earth eat different types of food. Different varieties of food we take in our diet provide nutrients to our body.

Food variety in Chennai may differ from the variety of food available in Mumbai, it is based on the geographical and climatic conditions of a place.

Food variety refers to different types of food from the entire range of food groups like vegetables, fruit, cereals, meat, fish, and dairy products. Eating a variety of food helps us to get all types of nutrients necessary for a healthy diet.

We eat different types of food material daily but some food items like rice, dal and vegetables are common in the daily menu. People living in one region usually share common food habits. You might have seen paddy fields near your village. In our state geographical and climatic conditions are more suitable for growing paddy so we produce more rice.



Even though farmers grow various types of food crops we generally use rice as staple food. A variety of food items are prepared using rice. A number of food items are made using rice in the form of Rava and flour. We eat more rice and rice products as compared to other cereals like wheat or maize. But in Rajasthan maize, bajra and wheat is produced more than rice. So the main food in

Rajasthan is chapathi or roti. There is a lot of variation in the food eaten in different regions of India.

To make different kinds of food we need different materials. These materials which are required to prepare food are known as **ingredients**.

Various food items we eat daily are made of more than one ingredient. For example:

To make a vegetable curry, vegetables, spices, oil, salts are required. Then to prepare a chicken curry, chicken, spices, oil and salt are required.

To prepare boiled rice, rice and water are required. To make roti, wheat flour, oil, salt are required.

Hence, two or more than two ingredients are required to prepare a dish.

Now can you guess the ingredients of few recipes? Let us see.

| S.no | Food items | Required ingredients                     |
|------|------------|------------------------------------------|
| 1    | Payasam    | Milk, sugar or jaggery, rice, and ilachi |
| 2    | Pallikaram | Ground nuts, spices, salt and oil        |
| 3    | Idli       | Urad dal, rava, water and salt           |
| 4    | Pappu      | Dal, salt, spices, oil and water         |

**Where does these ingredients come from?**

You know few ingredients like fruits and vegetables.

**Where do they come from?**

Plants, Of course!

**What about pulses, spices and cereals?**

You may have seen paddy or wheat fields which give us these grains.

**What about milk, meat, eggs, fish, prawns then?**

Animals, of course!

Plants are the sources of food ingredients like grains, cereals, vegetables and fruits. Animals provide us with milk, meat and eggs. We get dairy products from milk like butter, cheese, curd etc.

Now can you guess the sources of these ingredients?

| Ingredients     | Plant/animal/others | Name of plant or animal      |
|-----------------|---------------------|------------------------------|
| Cooking oil     | Plant               | Sunflower seeds, palm kernel |
| Honey           | Animal              | Honey bees                   |
| Chips           | Plant               | Potato                       |
| Turmeric powder | Plant               | Turmeric                     |
| Salt            | Others              | Sea water                    |
| Dough           | Plant               | Grains                       |
| Meat            | Animal              | Chicken                      |
| Rice            | Plant               | Oryza sativa                 |
| Eggs            | Animal              | Hens                         |
| Sugar           | Plant               | Sugarcane                    |
| Peanuts         | Plant               | Peanut plant                 |



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