

Sources of Food and Food
Habits of Animals

- A. 1. Do yourself.
- B. 1. (d); 2. (c); 3. (a); 4. (d)
- C. 1. roots; 2. tea, coffee; 3. herbivores; 4. plants, animals; 5. made; 6. leafy;
- D. 1. False; 2. True; 3. True; 4. False; 5. True
- E. 1. People who eat plant products as well as animals products such as meat, fish etc., are called non-vegetarians.
2. We get food items from two sources : plants and animals.
(i) Food from plants : cereals, pulses, oilseeds, fruits, etc.
(ii) Food from animals : meat, milk, eggs, honey.
3. The animals which depend for their food (nourishment) on other creatures.
4. Food makes our body work, grow and repair itself.
- F. 1. Functions of food :
- (a) Food gives us a lot of energy, which helps us to work and play.
(b) Food helps us to grow.
(c) Food makes our body strong.
(d) Food protect us from diseases.
(e) Food is needed for the growth of organism.
2. Honey is a sweet liquid made by bees from the necktar of flowers. Honey is collected from beehives. The hives which contain, honey are called honeycomb. The traditional method of collecting honey from honeycomb is to burn fire under it which makes the bees fly away.
3. We eat different parts of plants as vegetable. Vegetables can be classified as following :
- (i) Roots : Roots are underground parts of plants, examples are carrot, radish etc.
(ii) Stem : Stems of certain plants are eaten such as stem of sugarcane.
(iii) Leaves : For examples lettuce, spinach etc.
(iv) Flowers : Cauliflower, pumpkin flower etc.

Food Components and Nutrition

- A. Do yourself.
- B. 1. (d); 2. (a); 3. (d); 4. (c)
- C. 1. Fats; 2. Papaya; 3. dehydration
- D. 1. False; 2. True; 3. False; 4. True; 5. False