



CHAPTER:- Food - Where does it come from?

GUIDELINES:-

Dear Students

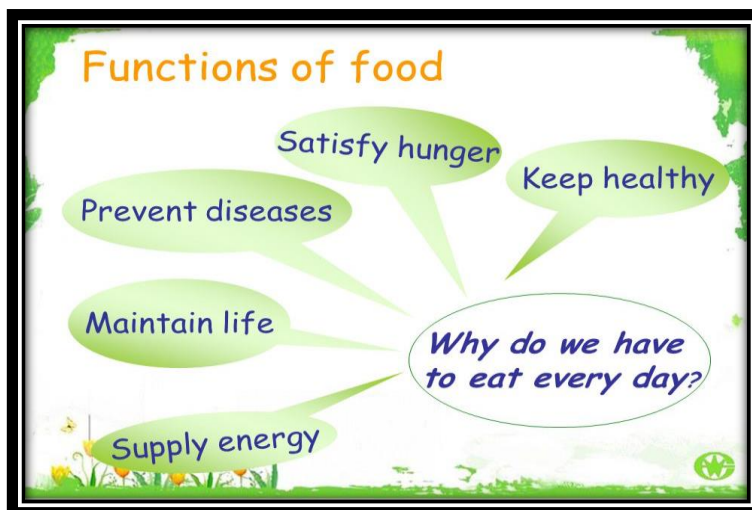
- Refer to the following content of the chapter : Food - Where does it come from?
- *Make a new notebook of science.
- The notes will help you understand the concept of the lesson and complete the assignment that follows, which will be graded on submission.
- You may follow the given link to refer to class 6 science NCERT
<http://ncert.nic.in/textbook/textbook.htm?fesc1=1-16>

SUB-TOPICS:-

- **Food ,Food Variety and ingredients**
- **Food Material and Sources**

1. Food

- Food is a nutritious substance that living organisms eat, drink or absorb to maintain life processes.
- Food is essential for all living organisms.
- **Functions of Food** :
 - a) Provides energy to perform work, growth and development of the body.
 - b) Maintains the functions of the body organs.
 - c) Maintains good health.
 - d)Heals wounds and performs wear and tear of body parts.



Please refer to the link and look at the video twice for better understanding of concepts explained above :

<https://youtu.be/s7FcWYRELow>

Food Variety and ingredients:

Different people eat different kinds of food.

- For example- the people from North India prefer to eat paranthas or rotis, whereas the people from South India prefer to eat rice, idli or dosa.
- **Ingredient:** Any substances or material that are required to cook a dish are called **Ingredients**.
- **Example:** Atta (flour) and water are the two ingredients required to make a chapatti.



- There is so much of variety in the food we eat. Some types of food can be prepared with just few ingredients and some with many ingredients. We also add salt, spices and oil to make our food tasty.
- For example:for preparing kheer and idli, we need:

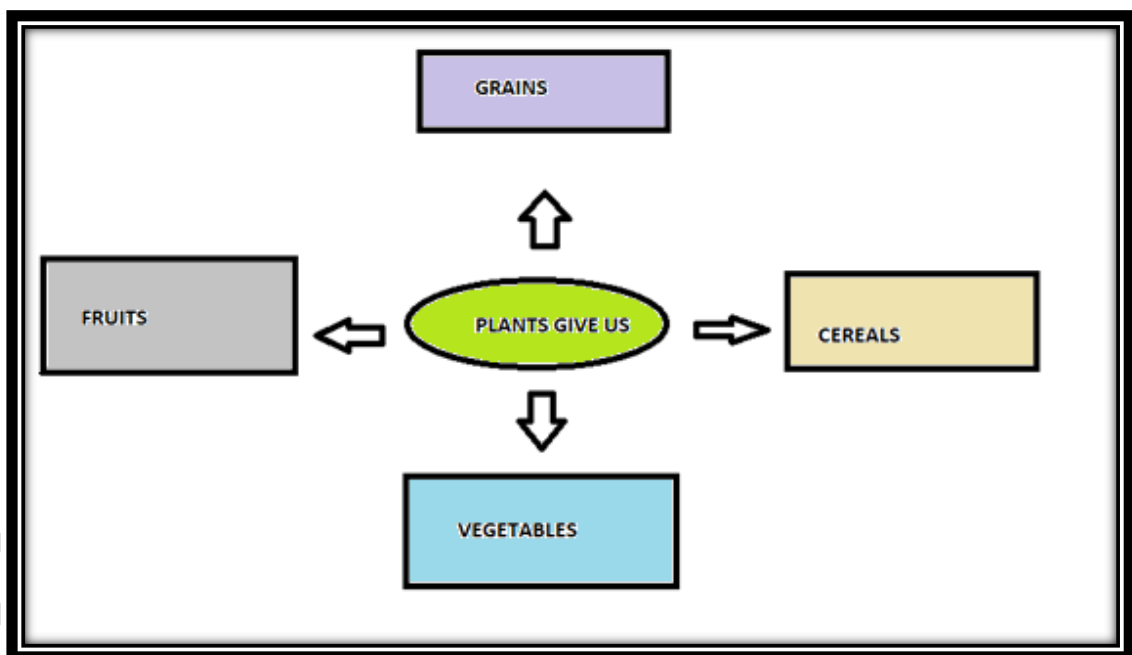
Food items	Ingredients
Kheer	Rice, milk and sugar
Idli	Rice, urad dal, salt and water

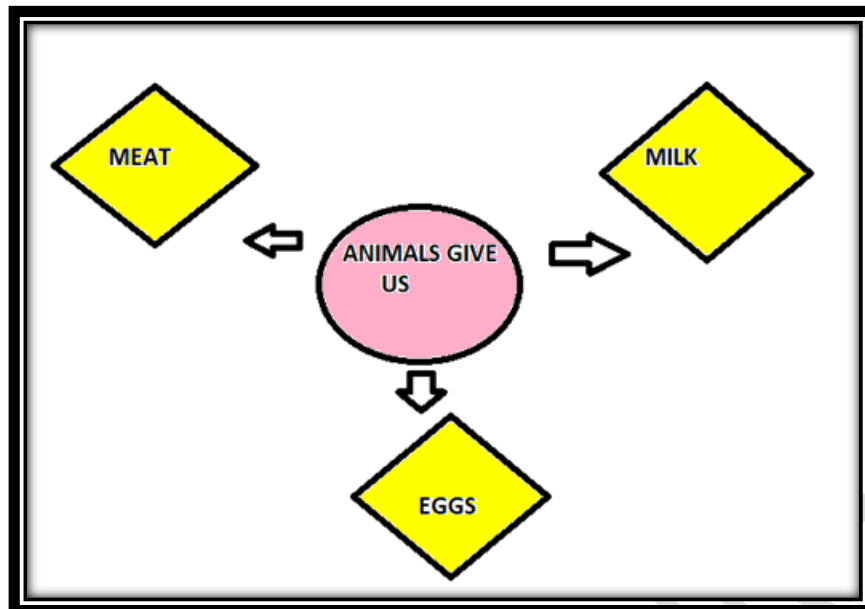
Please refer to the link and look at the video twice for better understanding of concepts explained above :

<https://www.youtube.com/watch?v=YcWToFr3JLE>

Food material and sources

The ingredients needed to cook a dish can come from plants (grains)/ animals (meat)/ nature i.e. earth or sea (like salt)





Given below is a table that shows you the information related to ingredients needed to cook a certain food item . It also mentions their sources.

Food Item	Ingredients	Sources
<i>Idli</i>	Rice	Plant
	<i>Urad dal</i>	Plant
	Salt	Sea
	Water	Earth
Chicken curry	Chicken	Animal
	Spices	Plant
	Oil/ <i>ghee</i>	Plants/ Animals
	Water	Earth
<i>Kheer</i>	Milk	Animal
	Rice	Plant
	Sugar	Plant

Assignment

Q1. Fill in the blanks:-

1. Food gives us _____.
2. The material required to cook a dish are called _____.
3. The _____ that we drink, comes from cows, buffaloes and goats, is an animal product.

Q2. List the ingredients of your favourite dish. Also write the source of each ingredient.

Q3. State any 3 functions of food.

Q4. Solve the following word search puzzle and classify the given foods as plant/animal/both plant and animal sources:

FOOD

K	V	C	T	L	R	F	E	P	E	A	C	H	N	R	T	C
N	R	H	T	E	Q	B	R	E	A	D	C	H	E	E	S	E
V	T	E	A	M	S	F	Q	Z	P	K	J	Q	E	Q	A	R
P	Z	E	N	O	U	B	F	T	O	M	A	T	O	L	A	E
W	O	S	X	N	G	N	C	C	T	O	N	I	O	N	O	A
S	D	E	C	A	A	C	Z	O	P	P	Q	A	B	Z	M	L
O	T	B	O	D	R	B	W	F	X	I	P	P	A	I	D	O
D	V	U	O	E	S	Q	A	F	Q	Z	W	P	N	J	E	R
A	K	R	K	U	A	O	B	E	P	Z	B	L	A	L	P	A
G	M	G	I	E	V	G	S	E	O	A	C	E	N	C	J	N
U	Z	E	E	T	A	C	O	N	T	S	K	C	A	A	M	G
F	P	R	B	V	L	N	U	Y	A	M	D	V	C	R	I	E
H	A	M	B	U	R	G	E	R	T	K	O	M	O	R	L	T
S	T	Q	S	O	U	P	U	O	X	I	H	I	O	K	B	
E	R	H	L	K	S	A	N	D	W	I	C	H	T	T	C	V
Z	Y	X	U	U	T	R	M	A	Y	O	N	N	A	I	S	E
V	L	D	B	L	E	T	T	U	C	E	B	U	T	T	E	R

TOMATO	TEA	TACO	SUGAR
SOUP	SODA	SANDWICH	POTATO
PIZZA	PEACH	ORANGE	ONION
MILK	MAYONNAISE	LETTUCE	LEMONADE
HAMBURGER	COOKIE	COFFEE	CHEESEBURGER
CHEESE	CEREAL	CARROT	BUTTER
BREAD	BANANA	APPLE	